



Peter Gilgan Family YMCA Program Schedule

Effective January 8, 2024

FACILITY HOURS

Monday - Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

MONDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM	Family Swim	Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Closed for Rental				
03:30 PM						
04:00 PM	Swim Lessons	Swim Lessons				
04:30 PM						
05:00 PM	Swim Lessons	Swim Lessons				
05:30 PM						
06:00 PM	Swim Lessons	Swim Lessons				
06:30 PM						
07:00 PM	Family Swim	Swim Lessons				
07:30 PM						
08:00 PM		Lane Swim				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

TUESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
7:15 AM		Lane Swim				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Family Swim	AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM	Lane Swim					
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Family Swim	Private lesson bookings		Lane Swim	Swim Lessons	Lane Swim
04:30 PM						
05:00 PM	Family Swim					
05:30 PM						
06:00 PM	Family Swim					
06:30 PM						
07:00 PM	Family Swim	AquaFit				
07:30 PM						
08:00 PM		Lane Swim				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						



Peter Gilgan Family YMCA Program Schedule

Effective January 8, 2024

FACILITY HOURS

Monday - Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

WEDNESDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM		Lane Swim				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaZumba				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM	Family Swim	Lane Swim				
11:30 AM						
12:00 PM		Lane Swim				
12:30 PM						
01:00 PM		AquaFit				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM	Lane Swim					
03:30 PM						Lane Swim
04:00 PM	Swim Lessons	Swim Lessons				
04:30 PM	Swim Lessons					
05:00 PM	Swim Lessons	Swim Lessons				
05:30 PM	Swim Lessons					
06:00 PM	Swim Lessons	Swim Lessons				
06:30 PM	Swim Lessons					
07:00 PM	Family Swim	Swim Lessons				
07:30 PM						
08:00 PM		Lane Swim				
08:30 PM	Lane Swim					
09:00 PM						
09:30 PM						
10:00 PM						

THURSDAY								
	Leisure Pool	Main Pool						
		20 m	23 m	25 m	25 m	25 m		
7:15 AM		Lane Swim						
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		AquaFit						
9:30 AM								
10:00 AM		Lane Swim						
10:30 AM								
11:00 AM		Lane Swim						
11:30 AM								
12:00 PM		Lane Swim						
12:30 PM								
01:00 PM		Lane Swim						
01:30 PM								
02:00 PM		Lane Swim						
02:30 PM								
03:00 PM		Lane Swim						
03:30 PM								
04:00 PM	Family Swim	Private lesson bookings		Lane Swim		Swim Lessons		Lane Swim
04:30 PM								
05:00 PM	Family Swim							
05:30 PM	Family Swim							
06:00 PM	Family Swim							
06:30 PM	Family Swim							
07:00 PM	Family Swim	Lane Swim						
07:30 PM							Adult Lessons	
08:00 PM	Adult Lessons							
08:30 PM						Adult Lessons		
09:00 PM								
09:30 PM								
10:00 PM								



Peter Gilgan Family YMCA Program Schedule

Effective January 8, 2024

FACILITY HOURS

Monday - Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

FRIDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
6:00 AM						
6:30 AM						
7:00 AM		Lane Swim				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit				
9:30 AM						
10:00 AM		Lane Swim				
10:30 AM						
11:00 AM		Lane Swim				
11:30 AM						
12:00 PM	Family Swim	Lane Swim				
12:30 PM						
01:00 PM		Lane Swim				
01:30 PM						
02:00 PM		Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
04:00 PM	Swim Lessons	Swim Lessons				
04:30 PM						
05:00 PM	Swim Lessons	Swim Lessons				
05:30 PM						
06:00 PM	Swim Lessons	Swim Lessons				
06:30 PM						
07:00 PM	Family Swim	Swim Lessons/ Adult Lessons				
07:30 PM		Lane Swim				
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

SATURDAY									
	Leisure Pool	Main Pool							
		20 m	23 m	25 m	25 m	25 m			
8:00 AM		AquaZumba							
8:30 AM									
9:00 AM	Swim Lessons	Swim Lessons							
9:30 AM									
10:00 AM	Swim Lessons	Swim Lessons							
10:30 AM									
11:00 AM	Swim Lessons	Swim Lessons							
11:30 AM									
12:00 PM	Family Swim	Swim Lessons							
12:30 PM									
01:00 PM		Private lesson bookings			Lane Swim				
01:30 PM	Family Swim								
02:00 PM	Family Swim				Lane Swim				
02:30 PM									
03:00 PM					Lane Swim				
03:30 PM									
07:00 PM									

SUNDAY						
	Leisure Pool	Main Pool				
		20 m	23 m	25 m	25 m	25 m
8:00 AM		Lane Swim				
8:30 AM						
9:00 AM	Family Swim	Lane Swim				
9:30 AM						
10:00 AM	Family Swim	Lane Swim				
10:30 AM						
11:00 AM	Family Swim	Lane Swim				
11:30 AM						
12:00 PM	Family Swim	Lane Swim				
12:30 PM						
01:00 PM	Family Swim	Lane Swim				
01:30 PM						
02:00 PM	Family Swim	Lane Swim				
02:30 PM						
03:00 PM		Lane Swim				
03:30 PM						
06:00 PM						