



# Peter Gilgan Family YMCA Program Schedule

Effective July 2, 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		AquaFit									
9:00 AM	Family Swim										
9:30 AM							Aquatics Leadership Courses	Swim + Sport camp			
10:00 AM											
10:30 AM	Swim + Sport Camp	Lane Swim									
11:00 AM											
11:30 AM		Lane Swim									
12:00 PM											
12:30 PM	Sports Seniors Camp										
01:00 PM											
01:30 PM											
02:00 PM		Aquatics Leadership Courses		Lane Swim							
02:30 PM	Family Swim										
03:00 PM											
03:30 PM		Swim Lessons									
04:00 PM	Swim Lessons										
04:30 PM											
05:00 PM											
05:30 PM											
06:00 PM											
06:30 PM											
07:00 PM	Family Swim						Lane Swim				
07:30 PM											
08:00 PM											
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				
6:00 AM										
6:30 AM		Lane Swim								
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM		AquaFit								
9:00 AM	Family Swim									
9:30 AM							Aquatics Leadership Courses	Swim + Sport camp		
10:00 AM										
10:30 AM	Swim + Sport Camp	Lane Swim								
11:00 AM										
11:30 AM		Lane Swim								
12:00 PM										
12:30 PM	Sports Seniors Camp									
01:00 PM										
01:30 PM										
02:00 PM		Aquatics Leadership Courses		Lane Swim						
02:30 PM	Family Swim									
03:00 PM										
03:30 PM		Private lesson bookings								
04:00 PM	Family Swim						Lane Swim	Swim Lessons		Lane Swim
04:30 PM										
05:00 PM										
05:30 PM										
06:00 PM										
06:30 PM										
07:00 PM	AquaFit									
07:30 PM										
08:00 PM	Lane Swim									
08:30 PM										
09:00 PM										
09:30 PM										
10:00 PM										



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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	Family Swim	AquaFit					
9:30 AM							
10:00 AM							
10:30 AM	Swim + Sport Camp	Aquatics Leadership Courses		Swim + Sport camp			
11:00 AM		Lane Swim					
11:30 AM	Swim + Sport Camp	Lane Swim					
12:00 PM		Lane Swim					
12:30 PM	Sports Seniors Camp	Aquafit					
01:00 PM		Lane Swim					
01:30 PM		Lane Swim					
02:00 PM		Lane Swim					
02:30 PM	Family Swim	Aquatics Leadership Courses		Lane Swim			
03:00 PM		Aquatics Leadership Courses		Lane Swim			
03:30 PM		Aquatics Leadership Courses		Lane Swim			
04:00 PM	Swim Lessons	Swim Lessons					
04:30 PM							
05:00 PM							
05:30 PM							
06:00 PM							
06:30 PM							
07:00 PM	Family Swim	Swim Lessons					
07:30 PM		Lane Swim					
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				
6:00 AM										
6:30 AM		Lane Swim								
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	Family Swim	AquaFit								
9:30 AM										
10:00 AM										
10:30 AM	Swim + Sport Camp	Aquatics Leadership Courses		Swim + Sport camp						
11:00 AM		Lane Swim								
11:30 AM	Swim + Sport Camp	Lane Swim								
12:00 PM		Lane Swim								
12:30 PM	Sports Seniors Camp	Lane Swim								
01:00 PM		Lane Swim								
01:30 PM		Lane Swim								
02:00 PM		Lane Swim								
02:30 PM	Family Swim	Aquatics Leadership Courses		Lane Swim						
03:00 PM		Aquatics Leadership Courses		Lane Swim						
03:30 PM		Aquatics Leadership Courses		Lane Swim						
04:00 PM		Private lesson bookings	Lane Swim	Swim Lessons	Lane Swim	Lane Swim				
04:30 PM										
05:00 PM										
05:30 PM										
06:00 PM										
06:30 PM										
07:00 PM										
07:30 PM										
08:00 PM		Adult Swim Lessons		Lane Swim						
08:30 PM		Lane Swim								
09:00 PM										
09:30 PM										
10:00 PM										



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FRIDAY							
	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		AquaFit					
9:00 AM							
9:30 AM	Family Swim	Aquatics Leadership Courses		Swim + Sport camp			
10:00 AM							
10:30 AM	Swim + Sport Camp	Lane Swim		Leadership Course Exam			
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Sports Seniors Camp	Lane Swim		Lane Swim			
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM	Family Swim	Lane Swim		Lane Swim			
03:00 PM							
03:30 PM							
04:00 PM							
04:30 PM	Swim Lessons	Swim Lessons					
05:00 PM							
05:30 PM							
06:00 PM							
06:30 PM	Family Swim	Adult Swim Lessons		Lane Swim			
07:00 PM							
07:30 PM		Lane Swim		Lane Swim			
08:00 PM							
08:30 PM		Lane Swim					
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							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Family Swim	Private lesson bookings		Lane Swim			
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM		Lane Swim					
03:30 PM							
04:00 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	Private lesson bookings		Lane Swim			
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM		Lane Swim					
02:30 PM							
03:00 PM		Lane Swim					
03:30 PM		Lane Swim					
04:00 PM							