YMCA Program Schedule - POOL



Effective November 9th, 2025

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)

MOND	AY								
	Leisure Pool	Main Pool							
		20 m	23 m	25 m	25 m	25 m			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM		Lane Swim 6:30 -8:45 am							
8:00 AM		0:30 -8:45 UE:0							
8:30 AM									
9:00 AM				AquaFit					
9:30 AM				9 -9:45 am					
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM				Lane Swim					
01:00 PM				9:45 am -4 pm					
01:30 PM									
02:00 PM									
02:30 PM									
03:00 PM									
03:30 PM									
04:00 PM									
04:30 PM	Swim Lessons								
05:00 PM	4 -7 pm			Swim Lessons					
05:30 PM				4 -7:30 pm					
06:00 PM									
06:30 PM									
07:00 PM	Family Swim								
07:30 PM	7-8 pm			Lana Cusin-					
08:00 PM				Lane Swim 7:30-9 pm					
08:30 PM									
09:00 PM									
09:30 PM									
10:00 PM									

TUESD	AY							
	Leisure Pool			Main Pool				
		20 m	23 m	25 m	25 m	25 m		
6:00 AM								
6:30 AM		Rental 6-7:30 am						
7:00 AM								
7:30 AM								
8:00 AM				Lane Swim 7:30-8:45 am				
8:30 AM				7.50 0.45 um				
9:00 AM				AquaFit				
9:30 AM				9-9:45 am				
10:00 AM	Parent + Tot 10-10:30 am							
10:30 AM	Family Swim							
11:00 AM	10:30 am-							
11:30 AM	12 pm							
12:00 PM			Lane Swim 9:45 am-4 pm					
12:30 PM								
01:00 PM								
01:30 PM								
02:00 PM								
02:30 PM								
03:00 PM								
03:30 PM								
04:00 PM								
04:30 PM								
05:00 PM		Private less	on bookings	Swim I	Lessons			
05:30 PM	Family Swim	4-7	pm	4-7:3	80 pm	Lane		
06:00 PM	4-8 pm					Swim 4-7:30 pm		
06:30 PM						17.50 piii		
07:00 PM			Aqua Zumba					
07:30 PM			7-7:45 pm					
08:00 PM								
08:30 PM		Lane Swim 7:45-9 pm	Rental 8-9 pm					
09:00 PM								
09:30 PM								
10:00 PM				L				

Shine ()n Oakville

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DI = Drop In (Anyone over age 10 can attend)

WEDNE	SDAY								
	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 6:30-8:45 am						
7:30 AM									
8:00 AM				0.50 0.15 0					
8:30 AM									
9:00 AM				AquaZumba					
9:30 AM				9-9:45 am					
10:00 AM									
10:30 AM									
11:00 AM				Lane Swim					
11:30 AM		9:45 am-12:45 pm							
12:00 PM									
12:30 PM									
01:00 PM				AquaFit					
01:30 PM			1-1:45 pm						
02:00 PM									
02:30 PM		Lane Swim							
03:00 PM			1:45-4 pm						
03:30 PM									
04:00 PM									
04:30 PM									
05:00 PM	Swim Lessons			Ci 1					
05:30 PM	4-7 pm			Swim Lessons 4-7:30 pm					
06:00 PM									
06:30 PM									
07:00 PM	Family								
07:30 PM	Swim 7-8 pm								
08:00 PM			Lane Swim 7:30-9 pm						
08:30 PM									
09:00 PM									
09:30 PM									
10:00 PM									

THURS	DAY						
	Leisure Pool			Main Pool			
		20 m	23 m	25 m	25 m	25 m	
6:00 AM							
6:30 AM			Rental 6-7:30 am				
7:00 AM							
7:30 AM							
8:00 AM				Lane Swim 7:15-8:45 am			
8:30 AM							
9:00 AM				AquaFit			
9:30 AM				9-9:45 am			
10:00 AM	Parent + Tot 10-10:30 am						
10:30 AM	Family						
11:00 AM	Swim 10:30 am-						
11:30 AM	12 pm						
12:00 PM							
12:30 PM		Lane Swim 9:45 am-4 pm					
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM							
05:30 PM	Family Swim	Private less	on bookings	Swim I	.essons		
06:00 PM	4-8 pm	4-7:3	80 pm	4-7:3	0 pm		
06:30 PM						Lane Swim	
07:00 PM						4-9 pm	
07:30 PM							
08:00 PM			Adult I	Lessons			
08:30 PM			7:30-8	:15 pm			
09:00 PM				Swim -9 pm			
09:30 PM							
10:00 PM							

Shine On Oakville

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SU = Sign Up (My Wellness App or website)

 $\label{eq:RP} \mathsf{RP} \! = \! \mathsf{Registered} \, \mathsf{Program} \, (\mathsf{Register} \, \mathsf{online}, \, \mathsf{additional} \, \mathsf{fee} \, \$)$

DI = Drop In (Anyone over age 10 can attend)

	Leisure Pool	Main Pool					
		20 m	23 m	25 m	25 m	25 m	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM				Lane Swim			
8:00 AM				6:30-8:45 am			
8:30 AM							
9:00 AM				AquaFit			
9:30 AM				9-9:45 am			
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Lane Swim 9:45 am-4 pm					
12:30 PM							
01:00 PM							
01:30 PM							
02:00 PM							
02:30 PM							
03:00 PM							
03:30 PM							
04:00 PM							
04:30 PM							
05:00 PM	Swim						
05:30 PM	Lessons 4-7 pm			Swim Lessons			
06:00 PM	'			4-7:30 pm			
06:30 PM							
07:00 PM	Family						
07:30 PM	Swim 7-8 pm			vim Lessons -8:15pm		Lane Swin 7:30-8 pm	
08:00 PM				Lane Swim			
08:30 PM				8-9 pm			
09:00 PM							
						+	

	Leisure Pool			Main Pool				
		20 m	23 m	25 m	25 m	25 m		
8:00 AM				AquaZumba				
8:30 AM				8-8:45 am				
9:00 AM								
9:30 AM	Swim							
10:00 AM	Lessons							
10:30 AM	9 am-12:15	Swim Lessons 9 am-1 pm						
11:00 AM	- pm							
11:30 AM								
12:00 PM								
12:30 PM								
01:00 PM								
01:30 PM	Family Swim 12:15-3 pm		Private lesson bookings Lane Swim 1-4 pm 1-4 pm					
02:00 PM		1-4						
02:30 PM								
03:00 PM								
03:30 PM								

SUNDA	Y							
	Leisure Pool	Main Pool						
		20 m	23 m	25 m	25 m	25 m		
8:00 AM				Lane Swim				
8:30 AM				8-9 am				
9:00 AM								
9:30 AM								
10:00 AM		Swim	Private Lesson					
10:30 AM		Lessons 9 am- 12:30 pm	Bookings 9 am- 12:30 pm					
11:00 AM								
11:30 AM	Family Swim		12.50 p		Lane Swim			
12:00 PM	9 am-3pm				9 am-3pm			
12:30 PM								
01:00 PM								
01:30 PM								
02:00 PM			on Bookings -4 pm					
02:30 PM		.2.50						
03:00 PM					Lane Swim			
03:30 PM					3-4 pm			
04:00 PM								