

YMCA Program Schedule - POOL

Effective February 9th, 2026

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 9:30 pm
 Tuesday/Thursday: 7:15 am to 9:30 pm
 Saturday/Sunday: 8 am to 4 pm

PRIVATE LESSONS

Interested in private or additional swim lessons please email Gessica Zublena at gessicazu@oakville.ymca.ca

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 6:30 - 8:45 am				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		AquaFit 9 - 9:45 am				
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM		Lane Swim 9:45 am - 4 pm				
11:00 AM						
11:30 AM						
12:00 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		Swim Lessons 4 - 7:30 pm				
04:30 PM	Swim Lessons 4 - 7 pm					
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Family Swim 7 - 8:30 pm	Lane Swim 7:30 - 9:30 pm				
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		Rental 6-7:30 am									
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM		Lane Swim 7:30-8:45 am									
8:30 AM											
9:00 AM											
9:30 AM											
9:30 AM		AquaFit 9-9:45 am									
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
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		Swim Lessons 4-7:30 pm									
04:30 PM	Family Swim 4-8:30 pm										
05:00 PM											
05:30 PM											
06:00 PM											
06:30 PM											
07:00 PM	Aqua Zumba 7-7:45 pm										
07:30 PM											
08:00 PM											
08:30 PM											
08:30 PM	Lane Swim 7:45-9:30 pm	Rental 8-9 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 6:30-8:45 am									
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM		AquaZumba 9-9:45 am									
9:00 AM											
9:30 AM		Lane Swim 9:45 am-12:45 pm									
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM		AquaFit 1-1:45 pm									
01:00 PM											
01:30 PM		Lane Swim 1:45-4 pm									
02:00 PM											
02:30 PM											
03:00 PM											
03:30 PM		Swim Lessons 4-7:30 pm									
04:00 PM	Swim Lessons 4-7 pm										
04:30 PM											
05:00 PM											
05:30 PM	Family Swim 7-8:30 pm						Lane Swim 7:30-9:30 pm				
06:00 PM											
06:30 PM											
07:00 PM		Lane Swim 7:30-9:30 pm									
07:30 PM											
08:00 PM											
08:30 PM		Swim Lessons 4-7:30 pm									
09:00 PM											
09:30 PM		Lane Swim 8:15-9:30 pm									
10:00 PM											

THURSDAY												
	Leisure Pool	Main Pool										
		20 m	23 m	25 m	25 m	25 m						
6:00 AM		Rental 6-7:30 am										
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM		Lane Swim 7:15-8:45 am										
8:30 AM												
9:00 AM		AquaFit 9-9:45 am										
9:30 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		Swim Lessons 4-7:30 pm										
03:30 PM												
04:00 PM	Family Swim 4-8:30 pm											
04:30 PM							Swim Lessons 4-7:30 pm					
05:00 PM												
05:30 PM												
06:00 PM		Lane Swim 4-9 pm										
06:30 PM												
07:00 PM												
07:30 PM	Adult Lessons 7:30-8:15 pm											
08:00 PM												
08:30 PM		Lane Swim 8:15-9:30 pm										
09:00 PM												
09:30 PM		Lane Swim 8:15-9:30 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						
7:00 AM		Lane Swim 6:30-8:45 am				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Lane Swim 9:45 am-4 pm				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 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		Swim Lessons 4-7 pm				
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM		Adult Swim Lessons 7:30-8:15pm			Lane Swim 7:30-8 pm	
07:30 PM	Family Swim 7-8:30 pm	Lane Swim 8-9:30 pm				
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 8-8:45 am									
8:30 AM											
9:00 AM		Swim Lessons 9 am-12:15 pm									
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM		Swim Lessons 9 am-1 pm									
12:30 PM											
01:00 PM							Private lesson bookings 1-4 pm		Lane Swim 1-4 pm		
01:30 PM	Family Swim 12:15-3 pm										
02:00 PM											
02:30 PM											
03:00 PM											
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 8-9 am				
8:30 AM						
9:00 AM		Swim Lessons 9 am-4 pm				
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 9 am-3pm				
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM		Lane Swim 3-4 pm				