

YMCA Program Schedule - POOL

Effective March 22nd, 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						
9:00 AM		AquaFit 9 - 9:45 am				
9:30 AM		Lane Swim 9:45 am - 4 pm				
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		Aqua HIIT 1 - 1:45 pm				
12:30 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						
04:00 PM		Swim Lessons 4 - 7 pm				Lane Swim 4 - 5 pm
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM		Swim Lessons 7:30 - 8:15 pm				
07:00 PM						
07:30 PM						
07:30 PM	Family Swim 7 - 8:30 pm	Swim Lessons 4 - 7:30 pm				
08:00 PM						
08:30 PM		Lane Swim 7:30 - 9:30 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		Lane Swim 7:30 - 8:45 am				
8:00 AM						
8:30 AM						
9:00 AM		AquaFit 9 - 9:45 am				
9:30 AM		Lane Swim 9:45 am - 4 pm				
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		Swim Lessons 4 - 7:30 pm				
02:00 PM						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM		Swim Lessons 4 - 7:30 pm				Lane Swim 4 - 7:30 pm
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM	Family Swim 4 - 8:30 pm	Swim Lessons 4 - 7:30 pm				
07:00 PM						
07:30 PM		Aqua Zumba 7 - 7:45 pm			Swim Lessons 7:30 - 8:15 pm	
08:00 PM		Rental 8 - 9 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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Sunday: 8 am to 6 pm
Holidays: 8 am to 4 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		Aqua HIIT 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						
04:30 PM	Swim Lessons 4-7 pm					
05:00 PM						
05:30 PM						
06:00 PM	Family Swim 7-8:30 pm					
06:30 PM						
07:00 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						

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		Lane Swim 9:45 am-4 pm				
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM		Swim Lessons 4-7:30 pm				
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM						
04:30 PM	Family Swim 4-8:30 pm					
05:00 PM						
05:30 PM		Swim Lessons 4-7:30 pm				
06:00 PM						
06:30 PM		Adult Lessons 7:30-8:15 pm		Swim Lessons 7:30-8:15 pm		
07:00 PM						
07:30 PM	Lane Swim 8:15-9:30 pm					
08:00 PM						
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

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POOL HOURS

Monday/Wednesday/Friday: 6:30 am to 9:30 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						Lane Swim 4-5 pm	
04:30 PM	Swim Lessons 4-7 pm	Swim Lessons 4-7:30 pm					
05:00 PM							
05:30 PM							
06:00 PM							
06:30 PM		Adult Swim Lessons 7:30-8:15pm					
07:00 PM							
07:30 PM	Family Swim 7-8:30 pm					Lane Swim 7:30-8 pm	
08:00 PM		Lane Swim 8-9:30 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	Swim Lessons 9 am-1 pm									
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM		Lane Swim 1-4 pm									
12:00 PM	Family Swim 12:15-3 pm						Private lesson bookings 1-4 pm			Family Swim 1-4 pm	
12:30 PM											
01:00 PM							Family Swim 1-4 pm				
01:30 PM											
02:00 PM											
02:30 PM											
03:00 PM							Family Swim 1:45-4 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	Family Swim 9 am-3pm	Swim Lessons 9 am-4 pm			Youth Lane 9 am-3pm		Lane Swim 9 am-3pm		
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM			Family Swim 1-4 pm						
12:00 PM									
12:30 PM									
01:00 PM									
01:30 PM			Lane Swim 3-4 pm						
02:00 PM									
02:30 PM									
03:00 PM		Lane Swim 3-4 pm							
03:30 PM									
04:00 PM									