YMCA Program Schedule - POOL

Shine On Oakville

Effective June 30th, 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: 7:30 am to 9:30 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 6:30-8:45 am				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Family Swim 9-11 am	AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Aquatics Leadership Courses 10 am -12 pm			Lane Swim 9:45 am-4 pm	
10:30 AM						
11:00 AM	Camp Swim 11 am-2 pm					
11:30 AM						
12:00 PM		Camp 12-1:30 pm		Swim Lessons 12-1:30 pm		
12:30 PM						
01:00 PM						
01:30 PM		Aquatics Leadership Courses 1:30 -4:30 pm				
02:00 PM	Family Swim 2-4 pm					
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4-7 pm				Swim Lessons 4 -7:30 pm	Lane Swim 4 -5 pm
04:30 PM		Swim Lessons 4:30-7:30 pm				
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Family Swim 7-8:30 pm					
07:30 PM		Swim Lessons 7:30-8:15 pm				Lane Swim 7:30-9:30 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		Lane Swim 7:30-8:45 am				
8:00 AM						
8:30 AM						
9:00 AM	Family Swim 9 am -11 pm	AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Aquatic Leadership Courses 10 am -12 pm			Lane Swim 9:45 am-4 pm	
10:30 AM						
11:00 AM	Camp Swim 11 am-2 pm					
11:30 AM						
12:00 PM		Camp 12-1:30 pm				
12:30 PM						
01:00 PM						
01:30 PM		Aquatic Leadership Courses 1:30 -4:30 pm				
02:00 PM	Family Swim 2-8 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						
07:00 PM						
07:30 PM		AquaZumba 7-7:45 pm				
08:00 PM		Lane Swim 8:15-9:30 pm				
08:30 PM						
09:00 PM						
09:30 PM						
10:00 PM						

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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: 7:30 am to 9:30 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 6:30-8:45 am				
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Family Swim 9-11 am	AquaZumba 9-9:45 am				
9:30 AM						
10:00 AM		Aquatics Leadership Courses 10 am -12 pm			Lane Swim 9:45 am-4 pm	
10:30 AM						
11:00 AM	Camp Swim 11 am-2 pm					
11:30 AM						
12:00 PM		Camp 12-1:30 pm				
12:30 PM						
01:00 PM						
01:30 PM		Aquatics Leadership Courses 1:30 -4:30 pm				
02:00 PM	Family Swim 2-4 pm					
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4-7 pm				Swim Lessons 4 -7:30 pm	Lane Swim 4 -5 pm
04:30 PM		Swim Lessons 4:30-7:30 pm				
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Family Swim 7-8:30 pm					
07:30 PM		Swim Lessons 7:30-8:15 pm				Lane Swim 7:30-9:30 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		Lane Swim 7:30-8:45 am				
8:00 AM						
8:30 AM						
9:00 AM	Family Swim 9 am -11 pm	AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Aquatic Leadership Courses 10 am -12 pm			Lane Swim 9:45 am-4 pm	
10:30 AM						
11:00 AM	Camp Swim 11 am-2 pm					
11:30 AM						
12:00 PM		Camp 12-1:30 pm				
12:30 PM						
01:00 PM						
01:30 PM		Aquatic Leadership Courses 1:30 -4:30 pm				
02:00 PM	Family Swim 2-8 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						
07:00 PM						
07:30 PM		Adult Lessons 7:30-8:15 pm				
08:00 PM						
08:30 PM						
09:00 PM		Lane Swim 8:15-9 pm				
09:30 PM						
10:00 PM						

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Holidays: 8 am to 4 pm

POOL HOURS

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

SUNDAY SCHEDULE UPDATE:

Lane Swim is now 12+ and will run in the other two 25m lanes during the same time slot.

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 6:30-8:45 am				
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Family Swim 9-11 am	AquaFit 9-9:45 am				
9:30 AM						
10:00 AM		Aquatics Leadership Exams 10 am-4:30 pm			Lane Swim 9:45 am-4 pm	
10:30 AM						
11:00 AM	Camp Swim 11 am-2 pm					
11:30 AM						
12:00 PM						
12:30 PM						
01:00 PM						
01:30 PM						
02:00 PM	Family Swim 2-4 pm					
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM	Swim Lessons 4-7 pm	Swim Lessons 4-7:30 pm				Lane Swim 4-5 pm
04:30 PM						
05:00 PM						
05:30 PM						
06:00 PM						
06:30 PM						
07:00 PM	Family Swim 7-8:30 pm					
07:30 PM		Adult Swim Lessons 7:30-8:15pm				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						
12:00 PM	Family Swim 12:15-3 pm					
12:30 PM						
01:00 PM		Private lesson bookings 1-4 pm	Family Swim 1-4 pm	Lane Swim 1-4 pm		
01:30 PM						
02:00 PM		Family Swim 1:45-4 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	Family Swim 9 am-3pm	Private Lessons 9 am-3 pm	Family Swim 9 am-4 pm	Youth Lane 9 am-4 pm	Lane Swim 9 am-3 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						
02:30 PM						
03:00 PM						
03:30 PM						
04:00 PM						