

Niagara Centre YMCA Pool Schedule June 30 - August 29, 2008

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool	25 Metre Pool	Leisure Pool
6:00	Lane Swim 6:00 - 9:00	Open Swim 6:00 - 10:00	Lane Swim 6:00 - 9:00	Open Swim 6:00 - 10:00	Lane Swim 6:00 - 9:00	Open Swim 6:00 - 10:00	Lane Swim 6:00 - 9:00	Open Swim 6:00 - 10:00	Lane Swim 6:00 - 9:00	Open Swim 6:00 - 10:00				
6:15														
6:30														
6:45														
7:00														
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45														
9:00	Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down		Lane Take Down	
9:15	AquaFit		AquaFit		AquaFit		AquaFit		AquaFit		Swim Lessons 9:00 - 11:30		AquaFit	
9:30											Swim Lessons			
9:45											Swim Lessons			
10:00	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Camp/Open Swim	Adult Learn to Swim		Open Swim	
10:15											Adult Learn to Swim			
10:30											Adult Learn to Swim			
10:45											Adult Learn to Swim			
11:00	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Adult Learn to Swim			
11:15											Adult Learn to Swim			
11:30											Adult Learn to Swim			
11:45											Adult Learn to Swim			
12:00	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	Open Swim	Lane Swim	
12:15														
12:30														
12:45														
1:00	Open Swim		Camp & Open Swim		Camp & Open Swim		Camp & Open Swim		Open Swim		Open Swim		Family Swim	
1:15			Camp & Open Swim		Camp & Open Swim		Camp & Open Swim		Open Swim				Family Swim	
1:30			Camp & Open Swim		Camp & Open Swim		Camp & Open Swim		Open Swim				Family Swim	
1:45			Camp & Open Swim		Camp & Open Swim		Camp & Open Swim		Open Swim				Family Swim	
2:00	AquaFit		AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	Family Swim		Open Swim	
2:15			AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	Family Swim		Open Swim	
2:30			AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	Family Swim		Open Swim	
2:45			AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	AquaFit	Open Swim	Family Swim		Open Swim	
3:00	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
3:15			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
3:30			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
3:45			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
4:00			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
4:15			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
4:30			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
4:45			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Family Swim		Open Swim	
5:00	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
5:15			Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
5:30			Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
5:45			Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
6:00	Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		Lane Swim	Open Swim
6:15			Open Swim		Open Swim		Open Swim		Open Swim		Open Swim		Lane Swim	Open Swim
6:30	Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
6:45			Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Open Swim		Lane Swim	Open Swim
7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lane Swim	Open Swim		
7:15			Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lane Swim	Open Swim		
7:30	AquaFit		AquaFit		AquaFit		AquaFit		AquaFit		Lane Swim	Open Swim		
7:45			AquaFit		AquaFit		AquaFit		AquaFit		Lane Swim	Open Swim		
8:00			AquaFit		AquaFit		AquaFit		AquaFit		Lane Swim	Open Swim		
8:15			AquaFit		AquaFit		AquaFit		AquaFit		Lane Swim	Open Swim		
8:30	Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Open Swim			
8:45			Lane Set Up		Lane Set Up		Lane Set Up		Lane Set Up		Open Swim			
8:30	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
9:00			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
9:15			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
9:30			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
9:45			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
10:00			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			
10:15			Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Lane Swim	Adult Open Swim	Open Swim			

Indicates Lane Swim
 Indicates Lane Take Down / Set-up

Lane Swim 13 years and older.

Family Swim: All swimmers under age 16 must be accompanied by a parent/guardian 16+ years. Under 6 years, maximum 2 children/guardian. Non-swimmers 6-9 years, maximum 4 children/guardian.

Open Swim: Children under 6 years must be accompanied by a parent/guardian 13+ years – maximum 2 children per guardian. Children 6-9 years who are non-swimmers should be accompanied by a parent/guardian at least 13 years – maximum 4 children per guardian.

Holiday Pool Schedule

7:30 - 9:30am	Lane Swim
9:15 - 11:30am	Open Swim
11:30am - 1:00pm	Lane Swim
1:00 - 2:30pm	Family Swim
2:30 - 4:30pm	Open Swim
4:30 - 5:30pm	Lane Swim

Open Swim Fees	Includes GST
Family (any number)	\$10
16+ years	\$10
15 yrs and under	\$ 3
Adult with child under 6 yrs	\$ 3