



YMCA of Greater Halifax/Dartmouth

John W. Lindsay YMCA

AQUATIC CENTRE SCHEDULE

Effective April 11-June 25

LANE POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
6:00						PLEASE NOTE: The DIRECTIONAL arrows indicate the number of lanes available for lane swims.		6:00					
6:15								6:15					
6:30								6:30					
6:45								6:45					
7:00								7:00					
7:15								7:15					
7:30	LANE SWIM ↑↑↑↓	LANE SWIM ↑↑↑↓	LANE SWIM ↑↑↑↓	LANE SWIM ↑↑↑↓	LANE SWIM ↑↑↑↓			7:30					
7:45								7:45					
8:00							LANE SWIM ↑↑↑↓	LANE SWIM ↑↑↑↓	8:00				
8:15									8:15				
8:30								8:30					
8:45								8:45					
9:00						Swim Lessons	LANE SWIM ↑↓	AQUA FIT	9:00				
9:15										9:15			
9:30										9:30			
9:45										9:45			
10:00	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓		AQUA FREE	Registered Programming	LANE SWIM ↑↓	10:00			
10:15												10:15	
10:30												10:30	
10:45	LANE SWIM ↑↓	AQUA FIT	LANE SWIM ↑↓	AQUA FIT	LANE SWIM ↑↓		AQUA FIT					10:45	
11:00												11:00	
11:15												11:15	
11:30											11:30		
11:45											11:45		
12:00					LANE SWIM ↑↑↓						12:00		
12:15											12:15		
12:30	LANE SWIM ↑↑↓	LANE SWIM ↑↑↓	LANE SWIM ↑↑↓	LANE SWIM ↑↑↓		LANE SWIM ↑↓	Rec Swim		12:30				
12:45									12:45				
1:00									1:00				
1:15									1:15				
1:30									1:30				
1:45									1:45				
2:00	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓	AQUA FREE	Swim Lessons	LANE SWIM ↑↓	2:00				
2:15											2:15		
2:30											2:30		
2:45											2:45		
3:00		Rec Swim	LANE SWIM ↑↑↓	Rec Swim	LANE SWIM ↑↑↓	Rec Swim					3:00		
3:15											3:15		
3:30											3:30		
3:45											3:45		
4:00											4:00		
4:15	Swim Lessons										4:15		
4:30			LANE SWIM ↑↓	Rec Swim	LANE SWIM ↑↓	Rec Swim	LANE SWIM ↑↓		4:30				
4:45									4:45				
5:00								LANE SWIM ↑↓	AQUA FIT	LANE SWIM ↑↓	5:00		
5:15										5:15			
5:30										5:30			
5:45										5:45			
6:00		Swim Lessons	LANE SWIM ↑↓		Swim Lessons	LANE SWIM ↑↓	Registered Programming	LANE SWIM ↑↑↓	LANE SWIM ↑↑↓	6:00			
6:15											6:15		
6:30											6:30		
6:45										6:45			
7:00								Family Swim	LANE SWIM ↑↑	AQUA FREE	LANE SWIM ↑↑	AQUA FREE	7:00
7:15											7:15		
7:30											7:30		
7:45											7:45		
8:00									LANE SWIM ↑↓			8:00	
8:15											8:15		
8:30									8:30				
8:45									8:45				
9:00	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓	AQUA FREE	LANE SWIM ↑↓	AQUA FREE			9:00				
9:15									9:15				
9:30									9:30				

AQUATIC CENTRE

April 11-June 25, 23

We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change. For more information about any Aquatics Programs, please contact our Aquatics Manager, Sarah Elliot, at sarah.elliott@halifax.ymca.ca.

REMEMBER:
Reserve your time in the Aquatic Centre through our My Y App!



YMCA of Greater Halifax/Dartmouth
John W. Lindsay YMCA
AQUATIC CENTRE SCHEDULE

Effective April 11-June 25

LANE POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00						PLEASE NOTE: The DIRECTIONAL arrows indicate the number of lanes available for lane swims.		6:00
6:15								6:15
6:30								6:30
6:45								6:45
7:00								7:00
7:15								7:15
7:30	Restorative Swim - Shallow	Restorative Swim - Deep	Restorative Swim - Shallow	Restorative Swim - Deep	Restorative Swim - Shallow			7:30
7:45								7:45
8:00								8:00
8:15								8:15
8:30							8:30	
8:45							8:45	
9:00		KinderSplash		KinderSplash		Swim Lessons	9:00	
9:15								9:15
9:30								9:30
9:45								9:45
10:00	KinderSplash		KinderSplash		KinderSplash			10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00		AIM		AIM				11:00
11:15								11:15
11:30							11:30	
11:45							11:45	
12:00							12:00	
12:15						Rec Swim	12:15	
12:30							12:30	
12:45							12:45	
1:00				Citadel	Parkland's Restorative Swim		1:00	
1:15							1:15	
1:30							1:30	
1:45							1:45	
2:00						Swim Lessons	2:00	
2:15								2:15
2:30								2:30
2:45								2:45
3:00								3:00
3:15								3:15
3:30								3:30
3:45								3:45
4:00								4:00
4:15	Swim Lessons		Swim Lessons					4:15
4:30								4:30
4:45								4:45
5:00								5:00
5:15								5:15
5:30								5:30
5:45								5:45
6:00								6:00
6:15								6:15
6:30								6:30
6:45						6:45		
7:00						7:00		
7:15						7:15		
7:30						7:30		
7:45						7:45		
8:00							8:00	
8:15							8:15	
8:30							8:30	
8:45							8:45	

REMEMBER:
Reserve your time in the Aquatic Centre through our My Y App!

AQUATIC CENTRE

April 11-June 25, 23

We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change. For more information about any Aquatics Programs, please contact our Aquatics Manager, Sarah Elliot, at sarah.elliott@halifax.ymca.ca.