



YMCA of Greater Halifax/Dartmouth / John W. Lindsay YMCA Aquatic Program Time Chart Guide

September 16, 2024-June 22, 2025, Rolling Session – Group Swimming Lessons

Level		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Parent & Tot Swim Program (6 mos-3 yrs)	Parent & Tot 1: Splasher	-	-	-	-	10:05-10:35 am	10:00-10:30 am
	Parent & Tot 1/2: Splasher/Bubbler	-	4:55-5:25 pm	-	4:55-5:25 pm	-	-
	Parent & Tot 2: Bubbler	-	-	-	-	10:05-10:35 am 11:30-12:00 pm	10:00-10:30 am
YMCA Preschool Swim Program (3-5 yrs)	Preschool 1: Bobber	4:55-5:25 pm 5:30-6:00 pm 5:45-6:15 pm 6:20-6:50 pm 6:40-7:10 pm	-	4:55-5:25 pm 5:30-6:00 pm 5:45-6:15 pm 6:20-6:50 pm 6:40-7:10 pm	-	8:55-9:25 am 9:30-10:00 am 10:55-11:25 am	10:35-11:05 am 12:35-1:05 pm
	Preschool 2: Floater	4:55-5:25 pm 5:30-6:00 pm 6:20-6:50 pm	-	4:55-5:25 pm 5:30-6:00 pm 6:20-6:50 pm	-	8:55-9:25 am 9:30-10:00 am 10:55-11:25 am	10:35-11:05 am 11:45-12:15 pm 12:35-1:05 pm
	Preschool 3: Glider	5:45-6:15 pm 6:55-7:25 pm	-	5:45-6:15 pm 6:55-7:25 pm	-	9:30-10:00 am 10:55-11:25 am	11:45-12:15 pm
	Preschool 4: Diver	-	-	-	-	10:40-11:10 am	12:00-12:30 pm
	Preschool 5: Surfer	-	-	-	-	10:40-11:10 am	-
	Preschool 6: Jumper	-	-	-	-	-	10:35-11:05 am
YMCA Learn-to-Swim Program (6-12 yrs)	Youth 1: Otter	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm	-	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm	-	8:55-9:25 am 10:20-10:50 am	10:00-10:30 am 11:10-11:40 am 11:45-12:15 pm
	Youth 2: Seal	4:55-5:25 pm 5:30-6:00 pm	-	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm	-	8:55-9:25 am 10:20-10:50 am	10:00-10:30 am 11:10-11:40 am
	Youth 3: Dolphin	6:55-7:25 pm 7:30-8:00 pm	-	6:55-7:25 pm 7:30-8:00 pm	-	9:45-10:15 am 11:30-12:00 pm	10:50-11:20 am 12:00-12:30 pm
	Youth 4: Swimmer	6:55-7:25 pm 7:30-8:00 pm	-	6:55-7:25 pm 7:30-8:00 pm	-	9:45-10:15 am 11:30-12:00 pm	10:50-11:20 am 12:00-12:30 pm
YMCA Star Swim Program (6-12 yrs)	Youth 5: Star 1	4:55-5:30 pm	-	4:55-5:30 pm	-	8:55-9:40 am	10:00-10:45 am
	Youth 6: Star 2	4:55-5:30 pm	-	4:55-5:30 pm	-	8:55-9:40 am	10:00-10:45 am
	Youth 7: Star 3	6:05-6:50 pm	-	6:05-6:50 pm	-	10:05-10:50 am	-
	Youth 8: Star 4	-	-	6:05-6:50 pm	-	-	11:10-11:55 am
	Youth 9: Star 5	-	-	-	-	10:05-10:50 am	-
	Youth 10: Star 6	-	-	-	-	-	11:10-11:55 am
YMCA Teen Swim Program (13-17 yrs)	Teen 1: Jade	-	4:55-5:40 pm	-	-	-	-
	Teen 2: Aquamarine	-	5:30-6:15 pm	-	-	-	-
	Teen 3: Coral	-	6:40-7:25 pm	-	-	-	-
YMCA Adult Swim Program (18+ yrs)	Adult 1: Silver	6:05-6:50 pm 7:15-8:00 pm	6:20-7:05 pm 7:15-8:00 pm	7:15-8:00 pm	4:55-5:40 pm 6:40-7:25 pm 7:30-8:15 pm	11:15-12:00 pm	12:20-1:05 pm
	Adult 2: Ruby	7:15-8:00 pm	6:20-7:05 pm 7:15-8:00 pm	7:15-8:00 pm	6:40-7:25 pm 7:30-8:15 pm	-	12:20-1:05 pm
	Adult 3: Golden	7:15-8:00 pm	6:40-7:25 pm	7:15-8:00 pm	5:30-6:15 pm	-	-
	Adult 4: Diamond	-	-	-	6:20-7:05 pm	11:15-12:00 pm	-
	Adult 5: Sapphire	-	-	-	6:20-7:05 pm	-	-

Scheduled Breaks in Programming:

- September 2-15, 2024
- September 30, 2024
- October 12-14, 2024
- October 31, 2024
- November 11, 2024
- November 28, 2024
- December 9-January 5, 2025
- February 15-17, 2025
- March 10-16, 2025
- April 7-13, 2025
- April 18-21, 2025
- May 17-19, 2025
- June 23-29, 2025



January 6-April 6, 2025, Winter Season – Seasonal Aquatic Programs

Level		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Private Lessons	Private (3+ yrs) <i>Lane & Teaching Pools Available</i>	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm 6:55-7:25 pm	5:30-6:00 pm 5:45-6:15 pm 6:05-6:35 pm 7:10-7:40 pm	4:55-5:25 pm 5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm 6:55-7:25 pm	5:30-6:00 pm 5:45-6:15 pm 6:05-6:35 pm 6:40-7:10 pm 7:10-7:40 pm	8:55-9:25 am 9:30-10:00 am 10:40-11:10 am	10:35-11:05 am 11:10-11:40 am 11:25-11:55 am 12:00-12:30 pm 12:35-1:05 pm
	Private (6+ yrs) <i>Lane Pool Only Available</i>	7:30-8:00 pm	4:55-5:25 pm 7:45-8:15 pm	7:30-8:00 pm	4:55-5:25 pm 7:45-8:15 pm	10:05-10:35 am 11:30-12:00 pm	10:00-10:30 am
	Semi-Private (3+ yrs)	6:05-6:35 pm	-	6:40-7:10 pm	-	9:30-10:00 am 10:55-11:25 am	10:35-11:05 am 12:35-1:05 pm
Stroke Improvement	Stroke Improvement 1	-	-	-	-	11:15-12:00 pm	-
	Stroke Improvement 2	-	-	-	-	-	12:20-1:05 pm
SwimAbilities	SwimAbilities 1: Otter	-	-	-	-	-	1:15-1:45 pm 1:50-2:20 pm
	SwimAbilities 2: Seal	-	-	-	-	-	1:15-1:45 pm 1:50-2:20 pm
Lifesaving Sport	Fundamentals 1/2	-	-	-	-	1:15-2:00 pm	-
	Fundamentals 3/4	-	-	-	-	2:05-2:50 pm	-
	Junior Team	-	-	-	-	2:55-3:40 pm	-
Aquatic Leadership Courses	Bronze Star	-	-	-	-	-	1:10-2:55 pm
	Bronze Medallion with Basic Workplace First Aid	January 9-12, 2025		Thursday: 5:30-9:00 pm Friday: 6:00-9:30 pm Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm			
		February 6-9, 2025					
		April 3-6, 2025					
	Bronze Cross with Intermediate Workplace First Aid	January 16-19 & 24-26, 2025		Thursday: 6:00-8:00 pm Friday: 6:00-9:30 pm Saturday: 10:00-5:00 pm Sunday: 10:00-5:00 pm			
		February 20-23 & 28-March 2, 2025					
	National Lifeguard Pool with CPR-HCP & Airway Management	March 6-9 & 20-23, 2025		Thursday: 5:30-9:30 pm Friday: 6:00-10:00 pm Saturday: 9:00-6:00 pm Sunday: 9:00-6:00 pm			
National Lifeguard Pool and Intermediate Workplace First Aid Recertification	March 16, 2025		Sunday: 9:00-6:00 pm				
YMCA Swim Instructor	January 31-February 2, 2025		Friday: 6:00-10:00 pm Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm				
First Aid Courses	Intermediate Workplace First Aid	March 29-30, 2025		Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm			
	Intermediate Workplace First Aid Recertification	March 15, 2025		Saturday: 9:00-5:00 pm			

Scheduled Breaks in Programming:

- September 30, 2024
- October 12-14, 2024
- October 31, 2024
- November 11, 2024
- November 28, 2024

2024-2025 Registration Dates:

- 2024-2025 Rolling Registration: September 3, 2024
- Fall 2024: September 3, 2024
- Winter 2025: December 9, 2024
- Spring 2025: March 31, 2025
- Summer 2025
 - July Session: June 16, 2025
 - August Session: July 25, 2025