



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

Fall Season: September 21, 2026 – December 13, 2026 – Group Swimming Lessons

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Preschool Swim Program	Splasher				5:00-5:30 PM	10:10-10:40 AM	10:00-10:30 AM
	Bubbler		5:00-5:30 PM		5:00-5:30 PM	10:10-10:40 AM 11:35-12:05 PM	10:00-10:30 AM
	Bobber	4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM 6:30-6:40 PM		4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM 6:30-7:00 PM		9:00-9:30 AM 9:35-10:05 AM 10:45-11:15 AM	10:35-11:05 AM 11:25-11:55 AM 12:00-12:30 PM
	Floater	4:45-5:15 PM 5:55-6:25 PM 6:30-7:00 PM		4:45-5:15 PM 5:55-6:25 PM 6:30-7:00 PM		9:00-9:30 AM 9:35-10:05 AM 10:45-11:15 AM	10:35-11:05 AM 11:25-11:55 AM 12:00-12:30 PM
	Glider	5:35-6:05 PM 6:45-7:15 PM		5:20-5:50 PM 6:45-7:15 PM		10:45-11:15 AM	11:10-11:40 AM 12:00-12:30 PM
	Diver	5:35-6:05 PM		5:55-6:25 PM		11:00-11:30 AM	11:45-12:15 PM
	Surfer			6:45-7:15 PM			11:10-11:40 AM
	Jumper	6:45-7:15 PM				11:00-11:30 AM	
YMCA Learn-to-Swim Program	Otter	4:45-5:15 PM 5:55-6:25 PM 6:30-7:00 PM		4:45-5:15 PM 5:35-6:05 PM 6:45-7:15 PM		9:00-9:30 AM 9:50-10:20 AM 10:25-10:55 AM	10:00-10:30 AM 10:35-11:05 AM
	Seal	4:45-5:15 PM 5:20-5:50 PM 6:30-7:00 PM		4:45-5:15 PM 5:55-6:25 PM 6:45-7:15 PM		9:50-10:20 AM 10:25-10:55 AM	10:00-10:30 AM 10:35-11:05 AM
	Dolphin	5:20-5:50 PM 6:10-6:40 PM		5:20-5:50 PM 7:20-7:50 PM		9:35-10:05 AM 10:10-10:40 AM 11:00-11:30 AM	11:45-12:15 PM 12:35-1:05 PM
	Swimmer	6:10-6:40 PM 6:45-7:15 PM		5:20-5:50 PM 7:20-7:50 PM		9:35-10:05 AM 11:00-11:30 AM	11:10-11:40 AM 12:35-1:05 PM
YMCA Star Swim Program	Star 1	4:45-5:30 PM 5:55-6:40 PM		4:45-5:30 PM 5:55-6:40 PM		9:00-9:45 AM	10:00-10:45 AM 11:10-11:55 AM
	Star 2	4:45-5:30 PM		5:55-6:40 PM		9:00-9:45 AM	10:00-10:45 AM
	Star 3			4:45-5:30 PM		10:10-10:55 AM	11:10-11:55 AM 12:20-1:05 PM
	Star 4	5:55-6:25 PM				10:10-10:55 AM	12:20-1:05 PM
	Star 5			7:05-7:50 PM			
	Star 6	7:05-7:50 PM					
YMCA Teen Swim Program	Jade					11:20-12:05 PM	
	Aquamarine					11:20-12:05 PM	
	Coral	7:05-7:45 PM					
YMCA Adult Swim Program	Silver	7:20-7:50 PM	5:00-5:30 PM 6:10-6:55 PM 6:45-7:15 PM		5:35-6:05 PM 6:45-7:15 PM 7:20-7:50 PM		12:00-12:30 PM
	Ruby		5:35-6:05 PM 6:45-7:15 PM 7:20-7:50 PM		5:00-5:30 PM 5:35-6:05 PM 6:10-6:40 PM 6:45-7:15 PM		
	Golden		6:45-7:15 PM 7:20-7:50 PM		5:00-5:30 PM 7:20-7:50 PM		
	Diamond	7:05-7:50 PM					12:20-1:05 PM
	Sapphire					11:20-12:05 PM	
	Titanium			7:05-7:50 PM			

Scheduled Breaks in Programming:

- September 30: National Day for Truth and Reconciliation
- October 10-12: Thanksgiving Weekend
- November 11: Remembrance Day
- November 26: YMCA Staff Appreciation Day – Early Facility Closure

Building healthy
communities



Fall Season: September 21, 2026 – December 13, 2026 – YMCA Private Lesson Programs

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Private Lessons	Private	4:45-5:15 PM 5:20-5:50 PM 7:20-7:50 PM	5:00-5:30 PM 5:35-6:05 PM 6:10-6:40 PM 6:45-7:15 PM 7:20-7:50 PM	5:20-5:50 PM 6:10-6:40 PM 6:30-7:00 PM 7:20-7:50 PM	5:00-5:30 PM 5:35-6:05 PM 6:10-6:40 PM 6:45-7:15 PM 7:20-7:50 PM	9:00-9:30 AM 9:35-10:05 AM 11:35-12:05 PM	10:00-10:30 AM 10:35-11:05 AM 10:50-11:20 AM 12:35-1:05 PM
	Semi-Private	7:20-7:50 PM	5:35-6:05 PM	4:45-5:15 PM	6:10-6:40 PM	11:35-12:05 PM	11:45-12:15 PM

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Fall Season: September 21, 2026 – December 13, 2026 – Other YMCA Swim Programs

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Stroke Improvement Program	Youth Stroke Improvement		6:10-6:40 PM				
	Adult Stroke Improvement			7:05-7:50 PM			
YMCA SwimAbilities Program	SwimAbilities						1:20-1:50 PM
YMCA Lifesaving Sport Program	Junior Lifeguard Club					12:30-1:30 PM	

Scheduled Breaks in Programming:

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- November 26: YMCA Staff Appreciation Day – Early Facility Closure

Fall Season: September 21, 2026 – December 13, 2026 – First Aid Courses

Course Names	Course Dates	Course Times	Course Fees
Basic Workplace First Aid	September 12, 2026	Saturday: 9:00-5:00 pm	Non-Member: \$90+HST Member: \$70+HST
	December 12, 2026		
Basic Workplace First Aid Recertification	September 19, 2026	Saturday: 9:00-1:00 pm	Non-Member: \$50+HST Member: \$40+HST
	December 5, 2026		
Intermediate Workplace First Aid	September 12 - 13, 2026	Saturday: 9:00-5:00 pm	Non-Member: \$135+HST Member: \$108+HST
	December 12 - 13, 2026	Sunday 9:00-5:00 pm	
Intermediate Workplace First Aid Recertification	September 19, 2026	Saturday: 9:00-5:00 pm	Non-Member: \$80+HST Member: \$60+HST
	December 5, 2026		



Fall Season: September 21, 2026 – December 13, 2026 – Aquatic Leadership Courses

Course Names	Course Dates	Course Times	Course Fees
Lifesaving Society's Bronze Star	September 21 - December 13, 2026	Sunday: 12:15-1:45 pm	Non-Member: \$100+HST Member: \$80+HST
Lifesaving Society's Bronze Medallion	September 24 - 27, 2026	Thursday: 6:00-7:00 pm Friday: 6:00-9:30 pm	Non-Member: \$185+HST Member: \$165+HST
	October 29 – November 1, 2026	Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm	
Lifesaving Society's Bronze Cross with Intermediate Workplace First Aid	October 1-4 & 16-18, 2026	Thursday: 6:00-8:00 pm Friday: 6:00-9:30 pm	Non-Member: \$280+HST Member: \$224+HST
	November 5-8 & 13-15, 2026	Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm	
National Lifeguard Pool with CPR-HCP & Airway Management	November 19-11 & 26-29, 2026	Thursday: 5:30-9:30 pm Friday: 6:00-10:00 pm Saturday: 9:00-6:00 pm Sunday: 9:00-6:00 pm	Non-Member: \$390+HST Member: \$312+HST
National Lifeguard Pool and Intermediate Workplace First Aid Recertification	September 20, 2026	Sunday: 9:00-6:00 pm	Non-Member: \$120+HST Member: \$96+HST
	December 6, 2026		
YMCA Swim Instructor Course	October 23-25, 2026	Friday: 6:00-10:00 pm Saturday: 9:00-5:00 pm Sunday: 9:00-5:00 pm	Non-Member: \$135+HST Member: \$105+HST