



Effective March 29th-April 4th, 2021

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE
5:30 AM	Lane Swim 5:30-8:00 ↓↑↓↑↓	Adult Leisure 5:30-7:00	Lane Swim 5:30-8:00 ↓↑↓↑↓	Deep Water 5:30-7:00	Lane Swim 5:30-8:00 ↓↑↓↑↓	Adult Leisure 5:30-7:00	Lane Swim 5:30-8:00 ↓↑↓↑↓	Deep Water 5:30-7:00	We make every attempt to offer a consistent schedule, however, schedules are subject to change. For more information about any Aquatics Programs, please contact our Aquatics Manager, Savanna Potter, at 462-3000 ext. 108 or by email at aquatics@ymcacfedericton.org					
5:45 AM														
6:00 AM														
6:15 AM														
6:30 AM														
6:45 AM														
7:00 AM														
7:15 AM	Deep Water 7:00-8:15	Preschool 8:25-8:55	Adult Open 8:00-9:00	Adult Leisure 7:00-8:15	Deep Water 7:00-8:15	Adult Leisure 7:00-8:15	Restorative Swim 8:00-9:00		Early Years Swim 9:00-10:00	Deep Water Swim 8:30-10:00				
7:30 AM														
7:45 AM														
8:00 AM														
8:15 AM	Adult Open 8:00-9:00													
8:30 AM														
8:45 AM														
9:00 AM	AquaFit Laura	YMCA Daycare 9:00-9:30	AquaFit Stephanie	YMCA Daycare 9:00-9:30	Aqua Zumba Nicole	Adapted Aquatics	AquaFit Janine	YMCA Daycare 9:00-9:30	Lane Swim 8:00-12:00 ↓↑↓↑↓		Adult Leisure 10:00-12:00	Deep Water Swim 8:30-10:00		
9:15 AM	9:00-9:45		9:00-9:45		9:00-9:45	9:00-10:00	9:00-9:45							
9:30 AM	↓↑↓↑↓		↓↑↓↑↓		9:00-9:45	9:00-10:00	↓↑↓↑↓							
9:45 AM														
10:00 AM	AquaFit Laura	Early Years Swim 9:45-10:45	AquaFit Stephanie	Early Years Swim 9:45-10:45	AquaFit Janine	Adult Leisure 10:00-10:45	AquaFit Janine	Early Years Swim 9:45-10:45						
10:15 AM	10:15- 11:00		10:15-11:00		10:15- 11:00		10:15- 11:00							
10:30 AM	11:00		↓↑↓↑↓		↓↑↓↑↓		↓↑↓↑↓							
10:45 AM	↓↑↓↑↓				↓↑↓↑↓		↓↑↓↑↓							
11:00 AM				Aquastretch Kathy				Aqua Yoga Mary	Adult Open 12:00-2:00 ↓↑		Deep Water Swim 12:00-2:00	Deep Water Swim 12:00-1:30		
11:15 AM				11:00-11:45			11:00-11:45							
11:30 AM	Adult Open 11:00-12:15	Restorative Swim 11:00-12:15	Adult Open 11:00-12:15		Adult Open 11:00-12:15	Restorative Swim 11:00-12:15	Adult Open 11:00-12:15							
11:45 AM														
12:00 PM														
12:15 PM														
12:30 PM	AquaFit Laura	Adult Leisure	Lane Swim 12:15-1:30 ↓↑↓↑↓	Rental 12:15-1:15	Video Led AquaFit	Adult Leisure	Lane Swim 12:15-2:30 ↓↑↓↑↓	Adult Leisure 12:15-1:15	Adult Open 12:00-2:00	Lane Swim 12:00-2:00 ↓↑				
12:45 PM	12:30-1:15	12:15-1:15		12:30-1:15	12:30-1:15	12:15-1:15		12:15-1:15						
1:00 PM	↓↑↓↑↓				↓↑↓↑↓									
1:15 PM														
1:30 PM														
1:45 PM	Lane Swim 1:30-2:45 ↓↑↓↑↓	Adult Leisure 1:30-2:45	Rec Swim 1:30-2:45	Rental 1:45-2:45	ASYP 1:30-2:30	ASYP 1:30-2:30		Rental 1:30-2:30						
2:00 PM														
2:15 PM														
2:30 PM														
2:45 PM														
3:00 PM														
3:15 PM	Rec Swim 2:45-4:00	Rec Swim 2:45-4:00	ASYP 3:00-4:00	ASYP 3:00-4:00	Rec Swim 2:45-4:00	Rec Swim 2:45-4:00	Rec Swim 2:45-4:00	Rec Swim 2:45-4:00						
3:30 PM														
3:45 PM														
4:00 PM														
4:15 PM	Adult Open 4:00-5:00	Adult Leisure 4:00-6:00	Adult Open 4:15-4:45	Adult Leisure 4:15-6:00	Adult Open 4:00-6:00	Adult Leisure 4:00-6:00	Adult Open 4:00-4:45	Adult Leisure 4:00-6:00	Rec Swim 2:00-3:30		Rec Swim 2:00-3:30	Rec Swim 1:45-3:15	Rec Swim 1:45-3:15	
4:30 PM														
4:45 PM														
5:00 PM	AquaFit Wayne		AquaFit Wayne				Video Led AquaFit							
5:15 PM	5:00-5:45		5:00-5:45				5:00-5:45							
5:30 PM	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓											
5:45 PM														
6:00 PM														
6:15 PM														
6:30 PM														
6:45 PM	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55	Rec Swim 6:00-7:55						
7:00 PM														
7:15 PM														
7:30 PM														
7:45 PM														
8:00PM														
8:15 PM														
8:30 PM	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30	Lane Swim 8:00-9:30						
8:45 PM	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30						
9:00 PM	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓	↓↑↓↑↓						
9:15 PM														
9:30 PM														

C
L
O
S
E
D

**C
L
O
S
E
D**