



Sault Ste. Marie YMCA

Pool Schedule 2016 - 2017

September 12 - June 17

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
 T.705.949.3133
 info@ssmymca.ca
 www.sault.ymca.ca

Big Pool

Activity Area Unavailable **Programs and Schedules** are subject to posted changes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sault Y Synchro 8:00 - 10:00am	Endurance 6:00 - 9:00am	Endurance 7:30 - 9:15am	Endurance 6:00 - 9:00am	Endurance 7:30 - 9:15am	Endurance 6:00 - 9:30am	Soo Y Dolphins 7:15 - 9:30am
Leisure 10:00 - 11:30	Snorkeling (half pool) 9:00 - 9:30am **Leisure (half pool) 9:00 - 11:30am	Aquafit 9:15 - 10:15am	Aquafit 9:15 - 10:15am	Aquafit 9:15 - 10:15am	**Leisure 9:30 - 11:30am	Swimming Lessons 9:30 - 12:30
	Endurance 11:30 - 12:45pm	**Leisure 10:15 - 11:30am	**Leisure 10:15 - 11:30am	**Leisure 10:15 - 11:30am		
Endurance 11:30 - 1:00pm	Adult Lessons 12:30 - 1:00pm	Endurance 11:30 - 12:45pm	Adult Lessons 12:30 - 1:00pm Endurance (2 lanes) 11:30 - 12:45pm	Endurance 11:30 - 12:45pm	Endurance 11:30 - 12:45pm	**Leisure 12:30 - 1:00am
	**Leisure 12:45 - 2:30pm		**Leisure 1:00 - 2:30pm			
*Family & Rec/ Endurance (1 Lane) 1:00 - 5:00pm	Aquafit 2:30 - 3:15pm	**Leisure 12:45 - 3:00pm	Aquafit 2:30 - 3:15pm	Leisure 12:45 - 3:00pm	**Leisure 12:45 - 2:30pm	Junior Lifeguard 1:30 - 2:00pm
	Endurance 3:15 - 4:00pm		Endurance 3:15 - 4:00pm			Aquafit 2:30 - 3:15pm
	Soo Y Dolphins 4:00 - 5:00pm	Endurance 3:00 - 4:30pm	Soo Y Dolphins 4:00 - 5:00pm	Endurance 3:00 - 4:30pm	Endurance 3:15 - 4:30pm	Yes I Can! 1:30 - 2:00pm
	Swimming Lessons 5:00 - 8:00pm	Swimming Lessons 4:30 - 6:45pm	Swimming Lessons 5:00 - 8:00pm	Swimming Lessons 4:30 - 6:45pm	*Family & Rec/ Endurance (1 Lane) 6:30 - 8:00pm	*Family & Rec/ Endurance (1 Lane) 2:00 - 5:00pm
Endurance 5:00 - 6:30pm	Adult Lessons 7:30 - 8:00pm	Sault Y Synchro 6:45 - 9:00pm	Aquafit 8:00 - 9:00pm	Sault Y Synchro 6:45 - 9:00pm	Adult Lessons 7:30 - 8:00pm	Endurance 5:00 - 6:30pm
	Aquafit 8:00 - 9:00pm					
	Endurance 9:00 - 10:00pm	Underwater Hockey 9:00 - 10:00pm	Endurance 9:00 - 10:00pm	Leisure/ Endurance (2 Lanes each) 9:00 - 10:00pm	Teen Zone 8:00-10:00pm	

** Possible external bookings - please see posted changes

*Shared with Birthday Party bookings

Building healthy communities



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Leisure 6:00 - 9:30am	Leisure 7:30 - 9:30am	Leisure 6:00 - 10:00am	Leisure 7:30 - 10:45am	Leisure 6:00 - 9:30am	
Leisure 10:00 - 11:30am	Splasher/Bubbler 9:30-10:00am	ChildCare Swim 9:30 - 10:30am	**Family & Rec 10:00 - 11:30am	**Family & Rec 10:45 - 11:30am	Splasher/Bubbler 9:30-10:00am	Swimming Lessons 9:30 - 12:30
*Family & Rec 11:30 - 5:00pm	**Family & Rec 10:00 - 11:30am	**Family & Rec 10:30 - 11:30am	Aqua Stretch 11:30 - 12:15pm	Aqua Yoga & Stretch 11:30 - 12:15pm	**Family & Rec 10:00 - 11:30am	Kindergym & Swim 12:00 - 1:00pm
	Aqua Stretch 11:30 - 12:15pm	Aqua Stretch 11:30 - 12:15pm	Adult Lessons 12:30 - 1:00pm	Family & Rec 12:15 - 4:30pm	Aqua Stretch 11:30 - 12:15pm	
	**Family & Rec 12:15 - 4:30pm	**Family & Rec 12:15 - 4:30pm	**Family & Rec 1:00 - 4:30pm		**Family & Rec 12:15 - 4:30pm	Yes I Can! 1:00 - 1:30pm
	Swim Lessons 4:30 - 8:00pm	Swim Lessons 4:30 - 6:30pm	Swim Lessons 4:30 - 8:00pm	Swim Lessons 4:30 - 6:30pm	Yes I Can! 1:30 - 2:00pm	
Leisure 5:00 - 6:30pm	Adult Lessons 7:30 - 8:00pm	Family & Rec 6:30 - 9:00pm	Family & Rec 8:00 - 9:00pm	Family & Rec 6:30 - 9:00pm	Family & Rec 4:30 - 8:00 pm	Leisure 5:00 - 6:30pm
	Family & Rec 8:00 - 9:00pm				Adult Lessons 7:30 - 8:00pm	
	Leisure 9:00-10:00pm	Leisure 9:00-10:00pm	Leisure 9:00-10:00pm	Leisure 9:00-10:00pm	Teen Zone 8:00-10:00pm	

*Shared with Birthday Party bookings

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