



Sault Ste. Marie YMCA

Pool Schedule 2017 - 2018

September 10 - June 16

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
OPEN SWIM 10:00 - 11:30	Snorkeling **OPEN SWIM 9:00 - 11:30am (shared pool)	Aquafit 9:15 - 10:15am	Aquafit 9:15 - 10:15am	Aquafit 9:15 - 10:15am	**OPEN SWIM 9:30 - 11:30am	Swimming Lessons 9:30 - 1:30
	Endurance 11:30 - 1:00pm	**OPEN SWIM 10:15 - 11:30am	**OPEN SWIM 10:15 - 11:30am	**OPEN SWIM 10:15 - 11:30am		
Endurance 11:30 - 1:00pm	Adult Lessons 12:30 - 1:00pm	Endurance 11:30 - 12:45pm	Endurance 11:30 - 12:45pm	Endurance 11:30 - 12:45pm	Endurance 11:30 - 12:45pm	Junior Lifeguard 1:30 - 2:00pm
	**OPEN SWIM 1:00 - 2:30pm		**OPEN SWIM 12:45 - 2:30pm		**OPEN SWIM 12:45 - 2:30pm	
*Family & Rec/ Endurance (1 Lane) 1:00 - 5:00pm	Aquafit 2:30 - 3:15pm	**OPEN SWIM 12:45 - 3:00pm	Aquafit 2:30 - 3:15pm	OPEN SWIM 12:45 - 3:00pm	Aquafit 2:30 - 3:15pm	*Family & Rec/ Endurance (1 Lane) 2:00 - 5:00pm
	**OPEN SWIM 3:15 - 4:00pm		**OPEN SWIM 3:15 - 4:00pm		Endurance 3:15 - 4:30pm	
	Soo Y Dolphins 4:00 - 5:00pm	Endurance 3:00 - 4:30pm	Soo Y Dolphins 4:00 - 5:00pm	Endurance 3:00 - 4:30pm	Soo Y Dolphins 4:30 - 6:30	
	Swimming Lessons 5:00 - 7:30pm	Swimming Lessons 4:30 - 6:45pm	Swimming Lessons 5:00 - 7:30pm	Swimming Lessons 4:30 - 6:45pm	*Family & Rec/ Endurance (1 Lane) 6:30 - 8:00pm	
Endurance 5:00 - 6:30pm	Aquafit 7:30 - 8:15pm	Sault Y Synchro 6:45 - 9:00pm	Aquafit 7:30 - 8:15pm	Sault Y Synchro 6:45 - 9:00pm	Teen Night 8:00-10:00pm	Endurance 5:00 - 6:30pm
OPEN SWIM 8:15 - 10:00pm	Underwater Hockey 9:00 - 10:00pm		Endurance 9:00 - 10:00pm			OPEN SWIM/ Endurance (2 Lanes each) 9:00 - 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
	OPEN SWIM 6:00 - 9:30am	OPEN SWIM 7:30 - 9:30am	OPEN SWIM 6:00 - 10:00am	OPEN SWIM 7:30 - 10:45am	OPEN SWIM 6:00 - 9:30am	
OPEN SWIM 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 - 12:15
	**Family & Rec 10:00 - 11:30am	**Family & Rec 10:30 - 11:30am			**Family & Rec 10:00 - 11:30am	
*Family & Rec 11:30 - 5:00pm	Aqua Stretch 11:30 - 12:15pm	Aqua Stretch 11:30 - 12:15pm	Aqua Stretch 11:30 - 12:15pm	Aqua Stretch 11:30 - 12:15pm	Aqua Stretch 11:30 - 12:15pm	Kindergym & Swim 12:15 - 1:00pm
	**Family & Rec 12:15 - 4:30pm	**Family & Rec 12:15 - 4:30pm	Adult Lessons 12:30 - 1:00pm	Family & Rec 12:15 - 4:30pm	**Family & Rec 12:15 - 4:30pm	*Family & Rec 1:00 - 5:00pm
			**Family & Rec 1:00 - 4:30pm			
	Swim Lessons 4:30 - 7:30pm	Swim Lessons 4:30 - 6:45pm	Swim Lessons 4:30 - 7:30pm	Swim Lessons 4:30 - 6:45pm		
OPEN SWIM 5:00 - 6:30pm	Adult Lessons 7:30 - 8:00pm	Family & Rec 6:45 - 9:00pm	Family & Rec 7:30 - 9:00pm	Family & Rec 6:45 - 9:00pm	Family & Rec 4:30 - 8:00 pm	OPEN SWIM 5:00 - 6:30pm
	Family & Rec 8:00 - 9:00pm					
	OPEN SWIM 9:00-10:00pm	OPEN SWIM 9:00-10:00pm	OPEN SWIM 9:00-10:00pm	OPEN SWIM 9:00-10:00pm	Teen Night 8:00-10:00pm	

*Shared with Birthday Party bookings

** Possible external bookings - please see posted changes

Building healthy communities