

AQUATIC SCHEDULE

June 30 - August 31, 2025

Lane Pool (25M / 4 Lanes)

OPEN SWIM: Pool Open for all patrons.

LANE SWIM: Pool for Lane Swimming for all lanes or refer to the number of lanes set up for laps: (** # Lanes)

ABILITY SWIM PROGRAM: For participants with all physical, sensory, and intellectual abilities, providing a relaxed space to build confidence, explore, and have fun. Caregivers and support persons are encouraged to join and assist as needed.

ADULT THERAPY SWIM: For adults (16+) recovering from injury and pain relief. Pool helps support recovery, improve mobility, and boost overall health. Self led swim/No instructor.

CAMPBELLFORD POOL

Facility Hours

Monday-Friday 6:00am-9:00pm
Saturday 7:00am-8:00pm
Sunday 7:00am-5:00pm

Holiday Hours

July 1, & August 4 7:00AM - 5:00PM
September 1 No Classes on Holidays

Monday

6:00AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

12:00PM - 2:00PM
Lane Swim

2:00PM - 5:15PM
Open Swim**

5:30PM - 6:15PM
AquaFit

6:30PM - 8:45PM
Open Swim**

Tuesday

6:00AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

12:00PM - 1:00PM
Lane Swim

1:15PM - 2:00PM
AquaFit

2:15PM - 4:15PM
Open Swim**

8:00PM - 8:45PM
Open Swim**

Wednesday

6:00AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

12:00PM - 2:00PM
Lane Swim

2:00PM - 5:15PM
Open Swim**

5:30PM - 6:15PM
AquaFit

6:30PM - 8:45PM
Open Swim**

Thursday

6:00AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

12:00PM - 1:00PM
Lane Swim

1:15PM - 2:00PM
AquaFit

2:15PM - 4:15PM
Open Swim**

8:00PM - 8:45PM
Open Swim**

Friday

6:00AM - 8:15AM
Lane Swim

8:30AM - 9:15AM
AquaFit

12:00PM - 2:00PM
Lane Swim

2:00PM - 4:45PM
Open Swim**

5:00PM - 5:45PM
Water Bootcamp

6:00PM - 8:45PM
Open Swim**

Saturday

7:00AM - 11:00AM
Lane Swim

11:15AM - 7:45PM
Open Swim**

Sunday

7:00AM - 11:00AM
Lane Swim

11:15AM - 4:45PM
Open Swim**



Therapy Pool

Monday

6:00AM - 8:15AM
Open Swim**

9:30AM - 10:15AM
Gentle AquaFit

12:00PM - 1:00PM
Parent & Tot Swim

1:15PM - 2:00PM
Baby Bootcamp

2:15PM - 3:30PM
Adult Therapy

3:30PM - 8:45PM
Open Swim**

Tuesday

6:00AM - 8:15AM
Open Swim**

9:30AM - 10:15AM
Gentle AquaFit

12:00PM - 1:00PM
Parent & Tot Swim

1:15PM - 2:15PM
Adult Therapy

2:15PM - 4:15PM
Open Swim**

8:00PM - 8:45PM
Open Swim**

Wednesday

6:00AM - 8:15AM
Open Swim**

9:30AM - 10:15AM
Gentle AquaFit

12:00PM - 1:00PM
Parent & Tot Swim

1:15PM - 2:00PM
Gentle AquaFit

2:15PM - 3:30PM
Adult Therapy

3:30PM - 8:45PM
Open Swim**

Thursday

6:00AM - 8:15AM
Open Swim**

9:30AM - 10:15AM
Gentle AquaFit

12:00PM - 1:00PM
Parent & Tot Swim

1:15PM - 2:15PM
Adult Therapy

2:15PM - 4:15PM
Open Swim**

8:00PM - 8:45PM
Open Swim**

Friday

6:00AM - 8:15AM
Open Swim**

9:30AM - 10:15AM
AquaYoga

12:00PM - 1:00PM
Parent & Tot Swim

1:15PM - 2:00PM
Gentle AquaFit

2:15PM - 3:30PM
Adult Therapy

3:30PM - 8:45PM
Open Swim**

Saturday

9:00AM - 11:00AM
Adult Therapy

11:00AM - 7:45PM
Open Swim**

Sunday

9:00AM - 11:00AM
Ability Swim

11:15AM - 4:45PM
Open Swim**

Schedules subject to change.

Scan QR Code for
details & class
descriptions



Please Note Additional Swim Lesson & Camp Swim Session Pool Times:

- DAILY Swim Lessons (Monday to Thursday): In the Therapy Pool from 8:30 AM to 9:15 AM | In the Lane Pool from 9:30 AM to 10:15 AM
- EVENING Swim Lessons (Tuesdays & Thursdays): In both pools from 4:30 PM to 8:00 PM
- CAMP Swim Sessions (Monday to Thursday): In both pools from 10:30 AM to 12:00 PM

For Bronze Cross/First Aid and Lifeguard Training, please see our webpage: <https://ymcanrt.org/activities/first-aid/>