

FACILITY HOURS

Monday-Friday 5:00am - 9:30pm
Saturday 6:00am - 7:00pm
Sunday 7:00am - 6:00pm

CHILD MINDING HOURS (Play Centre)
Monday-Saturday 9:00am - 12:30pm

AQUATICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 8:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	5:15AM - 8:15AM Lane Swim	6:30AM - 7:15AM Water Power Fitness	7:00AM - 9:00AM Lane Swim
	6:30AM - 7:15AM Water Power Fitness		6:30AM - 7:15AM Water Power Fitness		7:30AM - 12:00PM Lane Swim	9:00AM - 9:45AM Sensory Swim
8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim	8:30AM - 9:15AM AquaFit	7:15AM - 8:45AM Lane Swim		12:00PM - 7:00PM Open Swim	10:00AM - 6:00PM Open Swim
9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:30AM - 10:15AM AquaFit	9:00AM - 9:45AM AquaFit	9:00AM - 9:45AM AquaFit		
10:30AM - 1:00PM Lane Swim	10:00AM - 11:00AM Open Swim	10:30AM - 1:00PM Open Swim	10:00AM - 1:00PM Open Swim	10:00AM - 1:00PM Open Swim	OPEN SWIM: 2 Lanes available for Lane Swim.	
11:15AM - 12:00PM Pool Share** (Parent Tot Swim)	11:00AM - 12:00PM Pool Rental	11:15AM - 12:00PM Pool Share** (Parent Tot Swim)	11:15AM - 12:00PM Pool Share** (Parent Tot Swim)	11:15AM - 12:00PM Pool Share** (Parent Tot Swim)	LANE SWIM: Pool set up with lanes for laps. If laps limited, indicated by *= # of Lanes.	
1:00PM - 2:00PM Camp Swim	12:00PM - 1:00PM Open Swim	1:00PM - 2:00PM Camp Swim	1:00PM - 2:00PM Camp Swim	1:00PM - 2:00PM Camp Swim	CAMP SWIM: No Lanes available.	
2:00PM - 8:00PM Open Swim	1:00PM - 2:00PM Camp Swim	2:00PM - 8:00PM Open Swim	2:00PM - 7:45PM Open Swim	2:00PM - 5:30PM Open Swim		
	2:00PM - 8:00PM Open Swim			5:45PM - 6:30PM AquaFit	https://ymcanrt.org/march-break-2026	
				6:45PM - 8:00PM Open Swim	Scan for more details: 	
8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	8:00PM - 9:15PM Lane Swim	7:45PM - 9:15PM Underwater Hockey	8:00PM - 9:15PM Lane Swim		

ADULT PICKLEBALL AND VOLLEYBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15AM - 12:15PM Pickleball					8:00AM - 9:00AM Pickleball	
12:15PM - 1:15PM Pickleball	7:00PM - 9:00PM Volleyball Drop-in			7:00PM - 9:00PM Volleyball Drop-in	9:00AM - 10:00AM Pickleball	

PENTELE PLAYGROUND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00PM - 6:00PM	11:00AM - 1:30PM	11:00AM - 1:30PM	12:30PM - 2:00PM	11:00AM - 1:30PM	10:00AM - 7:00PM	9:00AM - 5:00PM
	3:00PM - 9:00PM	3:00PM - 9:00PM	3:00PM - 9:00PM	3:00PM - 9:00PM		

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00PM - 6:00PM	11:00AM - 1:30PM	11:00AM - 1:30PM	12:30PM - 2:00PM	11:00AM - 1:30PM	11:00AM - 7:00PM	9:00AM - 5:00PM
7:00PM - 9:00PM	3:00PM - 5:00PM	3:00PM - 6:00PM	3:00PM - 9:00PM	3:00PM - 6:30PM		
		7:00PM - 9:00PM				

Schedules subject to change.

DROP-IN CHILD AND YOUTH PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00PM - 7:00PM Soccer Drop-in Ages 8-12	5:00PM - 7:00PM FunZone Ages 3-10	6:00PM - 7:00PM Floor Hockey Drop-in Ages 10-13	5:00PM - 7:00PM Rock Wall Drop-in Ages 6-12			