



**YMCA Lane Swim Schedule January 8 - March 1, 2026**  
**Horaire de natation en couloirs 8 janvier au 1er mars 2026**

Shine On

	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	Sunday dimanche
5:30							
5:45						CLOSED FERMÉ	CLOSED FERMÉ
6:00							
6:15							
6:30							
6:45							
7:00	4 Lanes 5:45a-8:45a	4 Lanes 5:45a-8:45a	4 Lanes 5:45a-8:45a	4 Lanes 5:45a-8:45a	4 Lanes 5:45a-8:45a		
7:15							
7:30							
7:45							
8:00						4 Lanes 7:15a-8:45a	4 Lanes 7:15a-8:45a
8:15							
8:30							
8:45							
9:00							
9:15	0 Lanes 9:00a-10:15a				0 Lanes 9:00a-10:00a		
9:30		0 Lanes 9:00a-11:00a	0 Lanes 9:00a-11:00a	0 Lanes 9:00a-11:00a			
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00						0 Lanes 9:00a-2:30p	
12:15							
12:30							
12:45							
1:00	4 Lanes 10:15a-3:30p						
1:15		4 Lanes 11:00a-3:30p	4 Lanes 11:00a-3:30p	4 Lanes 11:00a-3:30p			
1:30							
1:45					4 Lanes 10:15a-5:45p		0 Lanes 9:00a-7:00p
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00						2 Lanes 3:45p-7:00p	
5:15							
5:30							
5:45							
6:00	0 Lanes 3:30p-8:45p	0 Lanes 3:30p-8:45p	0 Lanes 3:30p-8:45p	0 Lanes 3:30p-8:45p			
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45					0 Lanes 5:45p-9:45p		
8:00						4 Lanes 7:00p-9:45p	4 Lanes 7:00p-9:45p
8:15							
8:30							
8:45							
9:00	4 Lanes 8:45p-9:45p	4 Lanes 8:45p-9:45p	4 Lanes 8:45p-9:45p	4 Lanes 8:45p-9:45p			
9:15							
9:30							
9:45							
10:00							

\* Lane swims subject to change without notice, particularly to accommodate swim lessons and advanced aquatics on occasion  
 \* Les séances de natation en longueur peuvent changer sans préavis, en particulier en fonction  
 des cours de natation et des quelques séances de sport nautique sporadiques