



Shine On

**YMCA Lap Swim Schedule June 22 - Aug 23, 2026**  
**Horaire de natation en couloirs 22 juin – 23 août 2026**

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