



Pool and Aquatic Programs Schedule

March 18 – June 23, 2024

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: March 29 (Good Friday), March 31 (Easter Sunday), May 20 (Victoria Day)
 Open 08:00 – 16:00 (No programs or group fitness classes)

Lane Swim | ① - Denotes number of lanes available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 08:45 ④	06:45 – 08:45 ④	06:45 – 08:45 ④	06:45 – 08:45 ④	06:45 – 08:45 ④	08:15 – 09:15 ④	08:15 – 10:15 ④
11:00 – 13:00 ④	09:30 – 10:30 ④	11:00 – 13:00 ④	09:30 – 10:30 ④	11:00 – 13:00 ④	12:15 – 14:15 ②	11:30 – 13:30 ②
17:15 – 18:15 ②	11:00 – 13:00 ④	19:30 – 20:45 ②	11:00 – 13:00 ④	16:00 – 18:00 ②	14:30 – 15:45 ②	
	16:00 – 17:15 ②		19:45 – 20:45 ②	18:15 – 19:45 ②		
	19:45 – 20:45 ②					

Open Swim | ● - Small pool only ●● - Main pool and small pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 08:45 ●	06:45 – 08:45 ●	06:45 – 08:45 ●	06:45 – 08:45 ●	06:45 – 08:45 ●	08:15 – 09:15 ●	08:15 – 10:15 ●
11:00 – 13:00 ●	09:30 – 10:30 ●	11:00 – 13:00 ●	09:30 – 10:30 ●	11:00 – 13:00 ●	12:15 – 14:15 ●●	11:30 – 13:30 ●●
17:15 – 18:15 ●●	11:00 – 13:00 ●	19:30 – 20:45 ●●	11:00 – 13:00 ●	16:00 – 18:00 ●●	14:30 – 15:45 ●●	
	16:00 – 17:15 ●●		19:45 – 20:45 ●●	18:15 – 19:45 ●●		
	19:45 – 20:45 ●●					

Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:45 – 10:30 Aqua Fit ■	17:30 – 18:15 Aqua Fit ■	09:45 – 10:30 Aqua Fit ■	17:30 – 18:15 Aqua Fit ■	09:45 – 10:30 Aqua Fit ■		

Swim Lessons, Speciality Programs and Aquatics Certifications

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 17:00 After School Swim ■	16:00 – 17:00 Private Lessons ■	16:00 – 17:00 After School Swim ■	16:00 – 17:00 Adult Lessons ■	16:00 – 18:00 Private Lessons ■	09:30 – 12:00 Swimming Lessons ■	10:30 – 14:00 Aquatics Certifications ■
18:30 – 19:30 Swim Fit ■		17:00 – 19:15 Swimming Lessons ■				14:00-16:00 Pool Rental Bookings

Schedule is subject to change.

■ **Session registration required.** Session fee required for members and non-members. Note: All Aqua Fitness classes are included in a Y membership. Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit ymcaottawa.ca/health-fitness/how-to-join. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y. To reserve your spot online, [log in to your account](#).



Pool and Aquatic Programs Schedule

March 18 – June 23, 2024

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00

HOLIDAYS: February 19 (Family Day) – Open 08:00 – 16:00 (No programs or group fitness classes)

YMCA Preschool Swim Lessons (Parented) | Ages: 3M – 36M

Splashers & Bubblers ■	Saturday	11:15 – 11:45
------------------------	----------	---------------

YMCA Preschool Swim Lessons | Ages: 3Y – 5Y

Bobbers & Floaters ■	Wednesday	17:00 – 17:30, 17:35 – 18:05
Bobbers & Floaters ■	Saturday	10:05 – 10:35, 10:40 – 11:10
Gliders & Divers ■	Saturday	09:30 – 10:00

YMCA Learn to Swim Lessons | Ages: 6Y – 12Y

Otter/Seal ■	Wednesday	17:35 – 18:05, 18:10 – 18:40
Otter/Seal ■	Saturday	10:05 – 10:35, 10:40 – 11:10
Dolphin/Swimmer ■	Wednesday	18:45 – 19:15
Dolphin/Swimmer ■	Saturday	11:15 – 11:45

YMCA Star Program Swim Lessons | Ages: 6Y – 12Y

Star 1 & 2 ■	Wednesday	17:00 – 17:30
Star 2 & 2 ■	Saturday	09:30 – 10:00
Star 3 & 4 ■	Wednesday	18:10 – 19:10

Adult Lessons | Ages: 18Y+

Adult Level 1 & 2 ■	Thursday	16:00 – 16:30
Adult Level 3 ■	Thursday	16:30 – 17:00

Specialty Programs | Ages: 6Y-17Y

Swim Fit ■	Monday	18:30 – 19:30
------------	--------	---------------

Aquatics Certifications | Ages: 12Y+

Bronze Medallion with Emergency First Aid ■	Sunday Mar. 24 – Apr. 28 (Note: no class Mar. 31)	10:30 – 14:00
Bronze Cross ■	Sunday May 5 – Jun. 23 (Note: no class May 19)	10:30 – 14:00

Schedule is subject to change.

■ **Session registration required.** Session fee required for members and non-members. Note: All Aqua Fitness classes are included in a Y membership. Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit ymcaottawa.ca/health-fitness/how-to-join. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y. To reserve your spot online, [log in to your account](#).

Program Descriptions

Swim Lessons

Splashers & Bubbliers | Age: 3M - 36M

As the first level of YMCA Preschool Swim Lessons, Splashers is a great way to introduce babies 3-18 months old to the water. Parents get in on the fun by participating with their children. The second level of YMCA Preschool Swim Lessons, Bubbliers, is for children 18 months-3 years old. We work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

Bobbers & Floaters | Age: 3Y - 5Y

The third level of our YMCA Preschool Swim Lessons, Bobbers, is for children 3-5 years old who are new to swimming. Children are encouraged to attend without a parent. In Bobbers, we'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported. The fourth level of our YMCA Preschool Swim Lessons, Floaters, is for children 3-5 years old who have completed Bobbers or equivalent.

Gliders & Divers | Age: 3Y - 5Y

The fifth level of our YMCA Preschool Swim Lessons, Gliders, is for children who are 3-5 years old and have completed Floaters or show an equivalent level of competence. In Gliders, children will combine kicking with gliding to learn how to propel themselves through the water. The sixth level of our YMCA Preschool Swim Lessons, Divers, is for children who are 3-5 years old and have completed Gliders or show an equivalent level of skill.

Otter & Seal | Age: 6Y - 12Y

An introductory level for beginner swimmers ages 6-12 years old, Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back. Seal is for children 6-12 years old who have completed Otter or who have equivalent skills. In this level, they will further develop the skills of gliding, kicking, and submerging.

Dolphin & Swimmer | Age: 6Y - 12Y

Dolphin is for children 6-12 years old who have completed Seal or who demonstrate an equivalent skillset. Your child will be introduced to swimming on their front, back, and underwater. Swimmer is for children 6-12 years old who have completed Dolphin or have equivalent skills. In this class, kids will learn front and back crawl, and how to tread water.

Star Program | Ages: 6Y-12Y

Star 1

Star 1 is for children 6-12 years old who have completed the Swimmer level in our Learn to Swim program. In this class, kids will learn to use the whip kick on their back and the egg-beater motion for treading water. We will help your child continue to develop front and back crawl technique and endurance.

Star 2

Star 2 is for children 6-12 years old who have completed Star 1 or who show an equivalent skill level. At this level, we focus on the backstroke and continue to help kids refine their stroke technique and increase their endurance.

Star 3

The third level of our YMCA Star Program, Star 3 is for children 6-12 years old who have completed Star 2 or who show an equivalent skill level. At this level, your child will focus on the breaststroke and egg-beater motion for treading water, while continuing to build endurance in the pool. We will also introduce young swimmers to introductory lifesaving concepts.

Your child will also carry on with exploring other interests in the pool by selecting more optional skills to learn. They may choose to try something new or focus on one area — the choice is theirs! Options include competitive swimming, lifesaving, synchronized swimming, aquatic fitness, or water polo.

Adult Level 1 | Age: 18Y+

Learn the basic skills to be comfortable in the water. Participants will learn how to float with and without assistance, become comfortable entering and exiting the water, and learn the skills needed for stroke development such as breathing techniques and surface support.

Adult Level 2 | Age: 18Y+

Improve your swimming strokes and build on skills learned in the beginner level. These classes include instruction on front and back crawl, breaststroke introduction, and treading water.

Adult Level 3 | Age: 18Y+

This level is perfect for those interested in more than just the basics. Participants build endurance while developing and fine tuning swimming strokes. Must be able to swim 50 meters continuously and be comfortable in deep water.

Specialty Programs

Swim Fit | Age: 6Y - 17Y

Take your swim skills to the next level! Instructors will work with Pre-Teens to increase fitness levels, build endurance and improve swim skills. Prerequisite: Participants should be comfortable in deep water and be able to swim a minimum of 25 meters continuously. Minimum recommended Star 3 Level. Note this is not a learn-to-swim program.

Advanced Certifications

Bronze Medallion with Emergency First Aid | Age: 12Y+*

Learn how to respond to complex water rescue situations. Advances physical fitness, decision-making, and judgement skills in preparation for challenging rescues of increased risk. Participants will develop stroke efficiency and endurance in a timed swim. Fee includes the Canadian Lifesaving Manual. Prerequisite: Bronze Star or 12 years of age by exam date.

Bronze Cross | Age: 12Y+*

Bronze Cross teaches the differences between lifesaving and lifeguarding, safe supervision in aquatic facilities and the principles of emergency procedures and teamwork. Participants learn how to rescue a spinal injured victim and a pulseless victim. Must bring the Canadian Lifesaving Manual. Prerequisite: Bronze Medallion and Emergency First Aid/CPR B.

Aqua Fitness

Aqua Fit | Age: 13Y+

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

*Certification Courses are not included as part of Y Membership fees. Additional fees apply.

POOL RULES

- Our lifeguards are here for your safety. Please obey their instructions.
- Three whistle blasts means clear the pool. One short whistle blast means the lifeguard needs your attention. One long whistle blast means there is a serious situation occurring.
- Please shower before entering the pool area.
- Everyone must remove shoes before entering the shower or pool areas.
- Proper attire must be worn in the pool (no undergarments, disposable or cloth diapers).

- Any person infected with a communicable disease or open sores may not enter the pool area.
- No food, drink, chewing gum or glass containers are permitted in the pool area.
- Polluting the water in any way is prohibited (spitting, spouting of water, blowing nose, etc.).
- For safety reasons, please walk in the pool area.
- Diving is not permitted in the shallow end.
- No inappropriate language or boisterous behaviour is permitted in the pool area.
- Ensure that your activity allows others to enjoy theirs.

AQUATIC ADMISSION STANDARDS AND WRISTBAND PROCEDURE

For increased safety in our aquatic facilities, **all swimmers between the ages of 7-11, who wish to swim in the deep end, must complete a brief swim test prior to entering the deep end.**

The swim test includes swimming 1 length of the pool uninterrupted and treading water for 30 seconds.

Children that successfully complete the test will be given a green wristband to wear while in the pool. **Only those children with a green wristband are allowed to swim in the deep end.**

To learn more about our aquatic admissions standards and the wristband procedure, please speak with any member of our Aquatics or Membership staff.

AGES: 0Y-6Y

Children 0Y-6Y **must be accompanied in the water by a parent/guardian over the age of 16** who remains within arms' reach and in the water at all times.

Parent/guardian to child ratio is 1:2



AGES: 7Y-11Y

Children 7Y-11Y **who do not successfully complete the swim test** may swim in the small pool or shallow end of the main pool with a parent/guardian over the age of 16 who remains in the water and within arms' reach at all times.

Parent/guardian to child ratio is 1:4



AGES: 7Y-11Y

Children 7Y-11Y **who successfully complete the swim test** may access any area of the pool and will be provided with a green wristband.

A parent/guardian 16 years of age or older must remain on the pool deck.

Parent/guardian to child ratio is 1:8

