



Pool and Aquatic Programs Schedule

January 9 to April 2, 2023

HOURS: Mon. – Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 09:00 – 15:00
HOLIDAYS: Mon., Feb. 20, 2023 (Family Day) – Open 09:00 – 15:00 (No programs or group fitness classes)

Lane Swim | ① - Denotes number of lanes available | Booking required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 – 09:30 ④ □	07:15 – 09:30 ④ □	08:30 – 09:30 ④ □	07:15 – 09:30 ④ □	08:30 – 09:30 ④ □	09:15 – 10:15 ④ □	09:15 – 10:15 ④ □
11:00 – 14:30 ④ □	09:45 – 10:45 ② □	11:00 – 12:00 ④ □	09:45 – 10:45 ② □	11:00 – 14:30 ④ □	10:30 – 12:45 ② □	13:00 – 14:00 ④ □
14:45 – 19:30 ② □	11:00 – 14:30 ④ □	14:45 – 17:00 ② □	11:00 – 14:30 ④ □	14:45 – 17:00 ② □	13:00 – 14:00 ② □	14:15 – 15:00 ④ □
	14:45 – 17:00 ② □	19:00 – 20:00 ④ □	14:45 – 17:00 ② □	18:30 – 19:30 ④ □	14:15 – 15:00 ② □	

*Swim time slots must be booked in advance and are 1 hour in length. There is a 15 minute break between each time slot.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 – 09:30 ● □	07:15 – 09:30 ● □	08:30 – 09:30 ● □	07:15 – 09:30 ● □	08:30 – 09:30 ● □	09:15 – 10:15 ● □	09:15 – 10:15 ● □
11:00 – 14:30 ● □	09:45 – 10:45 ●● □	14:45 – 17:00 ●● □	09:45 – 10:45 ●● □	12:15 – 14:30 ● □	10:30 – 12:45 ●● □	13:00 – 14:00 ● □
14:45 – 17:00 ●● □	12:15 – 14:30 ● □	19:00 – 20:00 ● □	12:15 – 14:30 ● □	14:45 – 17:00 ●● □	13:00 – 14:00 ● □	14:15 – 15:00 ● □
17:15 – 19:30 ● □	14:45 – 17:00 ●● □		14:45 – 17:00 ●● □	18:30 – 19:30 ● □	14:15 – 15:00 ● □	
	18:30 – 19:30 ● □		18:30 – 19:30 ● □			

*Swim time slots must be booked in advance and are 1 hour in length. There is a 15 minute break between each time slot.

Aqua Fitness | Session registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:45 – 10:30 Aqua Fit ■	17:15 – 18:00 Aqua Fit ■	09:45 – 10:30 Aqua Fit ■	17:15 – 18:00 Aqua Fit ■	09:45 – 10:30 Aqua Fit ■		10:30 – 11:15 Aqua Fit ■

Swim Lessons, Speciality Programs and Aquatics Certifications | Session registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 20:00 Bronze Medallion ■		17:15 – 18:00 Adult Lessons ■	10:15 – 10:45 Children’s Lessons ■	17:15 – 18:15 Child H2O Extreme ■		09:30-13:30 National Lifeguard Recertification *February 12 ■
16:00 – 20:00 Bronze Cross ■		18:00 – 18:45 Adult Lessons ■		17:15 – 18:15 Pre-Teen H2O Extreme ■		

□ **Booking required.** Day pass fee required for non-members. **Swim time slots must be booked in advance and are 1 hour in length. There is a 15 minute break between each time slot.** Bookings can be made up to one week in advance and can be made in person, by phone or online. Note: Online bookings can only be made by Y members.

■ **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](#). Schedule is subject to change.



Pool and Aquatic Programs Schedule

January 9 to April 2, 2023

HOURS: Mon. – Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 09:00 – 15:00
HOLIDAYS: Mon., Feb. 20, 2023 (Family Day) – Open 09:00 – 15:00 (No programs or group fitness classes)

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

Splashers & Bubblers ■	Thursday	10:15 – 10:45
------------------------	----------	---------------

Adult Lessons | Ages: 18Y+

Adult Level 1 ■	Wednesday	17:15 – 18:00
Adult Level 1 ■	Wednesday	18:00 – 18:45
Adult Level 2 & 3 ■	Wednesday	17:15 – 18:00
Adult Level 2 & 3 ■	Wednesday	18:00 – 18:45

Specialty Programs | Ages: 6Y-12Y

Child H2O Extreme (Ages: 6Y – 8Y) ■	Friday	17:15 – 18:15
Pre-Teen H2O Extreme (Ages: 9Y – 12Y) ■	Friday	17:15 – 18:15

Aquatics Certifications | Ages: 12Y+

Bronze Medallion with Emergency First Aid (Ages: 12Y+) ■	Starts Monday, January 9	16:00 – 20:00
Bronze Medallion with Emergency First Aid (Ages: 12Y+) ■	Starts Monday, February 13	16:00 – 20:00
Bronze Cross (Ages: 12Y+) ■	Starts Monday, January 9	16:00 – 20:00
Bronze Cross (Ages: 12Y+) ■	Starts Monday, February 13	16:00 – 20:00
National Lifeguard Recertification (Ages 16Y+) ■	Sunday, February 12	09:30 – 13:30

- Booking required.** Day pass fee required for non-members. **Swim time slots must be booked in advance and are 1 hour in length. There is a 15 minute break between each time slot.** Bookings can be made up to one week in advance and can be made in person, by phone or online. Note: Online bookings can only be made by Y members.
- 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](#). Schedule is subject to change.

Program Descriptions

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.

Swim Lessons

YMCA Preschool Swim Lessons (Parented)

Splashers & Bubblers | Age: 3M - 36M

In this engaging class, parents will learn how to be safe and have fun in the pool with their child. This program will teach parents and their child through a variety of activities designed to grow and develop basic swimming skills so that children can be confident and prepared for independent swim lessons. Children who are not toilet trained must wear waterproof diapers.

Adult Level 1 - Learn to Swim | 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 - Swimming Strokes and Skills | 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 - Stroke Correction and Improvement | 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

Child H2O Extreme | Age: 6Y - 8Y

This program is pure fun! Children will have the opportunity to learn pool based sports and games such as water polo, underwater hockey, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

Pre-Teen H2O Extreme | Age: 9Y - 12Y

This program is pure fun! Pre-Teens will have the opportunity to learn pool based sports and games such as water polo, underwater hockey, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

Advanced Certifications

Bronze Medallion with Emergency First Aid and CPR B

Age: 13Y+

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 13 years of age by exam date.

Bronze Cross | Age: 13Y+

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.

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

