



Pool and Aquatic Programs Schedule

April 3 – July 2, 2023

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

HOLIDAYS: Easter Weekend - Friday, April 7 (Good Friday), Saturday, April 8, Sunday, April 9 (Easter Sunday), Monday, May 22 (Victoria Day), Saturday, July 1 (Canada Day) – Open 8:00 - 16:00 (No programs or group fitness classes)

● **After school pilot project:** These highlighted after school activities are FREE for **all** children/youth (ages 6Y-17Y) between May 1 – June 29. **Registration is required.** To learn more visit the membership desk or call 613-237-1320.

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

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

*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 ● □	14:15 – 15:15 ● □	08:30-10:45 ● □	13:30 – 14:30 ●● □	08:30 – 09:30 ● □	Pool Closed	08:00 – 10:00 ● □
10:45 – 14:15 ● □	18:30 – 20:45 ● □	11:15-12:00 ● □	18:30 – 19:30 ● □	11:15 – 14:45 ● □		11:30 – 12:30 ● □
		13:15 – 14:15 ● □		15:00 – 17:15 ●● □		
				17:30 – 19:45 ● □		

*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 ■	12:15 – 13:00 Aqua Fit ■	17:15 – 18:00 Aqua Fit ■	09:45 – 10:30 Aqua Fit ■	Pool Closed	10:30 – 11:15 Aqua Fit ■

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	18:30 – 19:30 Board Fitness (Urban Ocean) ○		18:30 – 19:30 Board Fitness (Urban Ocean) ○		Pool Closed	11:30 – 12:30 Board Fitness (Urban Ocean) ○
	16:00 – 17:00 Y After School – Pool ●		16:00 – 17:00 Y After School – Pool ●			

○ To learn more about Urban Ocean and to register for Board Fitness visit: <https://www.urbanoceansup.com/board>

□ **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.



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Specialty Programs | Ages: 6Y-12Y

Y After School – Pool Fun (Ages: 6Y – 12Y) ●	Tuesday	16:00 – 17:00
Y After School – Pool Fun (Ages: 6Y – 12Y) ●	Thursday	17:00 – 17:00
Board Fitness (Urban Ocean) (Ages: 13Y+) ○	Tuesday	18:30 – 19:30
Board Fitness (Urban Ocean) (Ages: 13Y+) ○	Thursday	18:30 – 19:30
Board Fitness (Urban Ocean) (Ages: 13Y+) ○	Sunday	11:30 – 12:30

○ To learn more about Urban Ocean and to register for Board Fitness visit: <https://www.urbanoceansup.com/board>

● **After school pilot project:** These highlighted after school activities are FREE for **all** children/youth (ages 6Y-17Y) between May 1 – June 29. **Registration is required.** To learn more visit ymcaottawa.ca or the membership desk.

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.

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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.

Specialty Programs

Y After School – Pool | Age: 6Y-12Y

End the school day with the Y After School Pool Party! Join us for fun in the water and explore our new in-water inflatable obstacles. Spaces limited. Pre-booking required.

Board Fitness (Urban Ocean) | Age: 13Y+

Workouts designed to build strength, cardio, and flexibility for anybody on top of a floating board. The variety of workouts will keep you motivated and help you achieve the results you desire. Board Fitness by Urban Ocean was created to keep you connected to the water when open water is not an option.

To learn more about Urban Ocean and to register for Board Fitness visit: <https://www.urbanoceansup.com/board>

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

