

Pool and Aquatic Programs Schedule

June 2 – June 29, 2025

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

Lane Swim | ① - Denotes number of lanes available

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 07:45 ④ ●	06:45 – 08:30 ④ ●	06:45 – 08:30 ④ ●	06:45 – 08:30 ④ ●	06:45 – 08:30 ④ ●	08:15 – 10:00 ④ ●	08:15 – 10:15 ④ ●
10:15 – 11:15 ④ ●	08:45 – 10:30 ④ ●	11:00 – 13:00 ④ ●	08:45 – 10:30 ④ ●	10:00 – 11:00 ④ ●	11:30 – 13:30 ② ●●	10:30 – 12:00 ② ●●
11:30 – 13:00 ④ ●	11:00 – 13:00 ④ ●	16:00 – 18:00 ② ●●	11:00 – 13:00 ④ ●	11:30 – 13:00 ④ ●	13:45 – 15:45 ② ●●	12:15 – 14:15 ② ●●
16:00 – 18:00 ② ●●	16:00 – 17:15 (till 18:00 as of June 10) ② ●●	19:30 – 20:45 ④ ●	16:00 – 17:15 (till 18:00 as of June 12) ② ●●	16:00 – 17:30 ② ●●		
19:30 – 20:45 ④ ●	19:15 – 20:45 ④ ●		19:45 – 20:45 ④ ●	18:15 – 19:45 ④ ●		

Aqua Fitness

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
Jun 2 08:00 – 08:45 Aqua Zumba ■ 09:00 – 09:45 Aqua Zumba ■	Jun 3 17:30 – 18:15 Aqua Games ■	Jun 4 09:00 – 09:45 Aqua Zumba ■ 10:00 – 10:45 Aqua Zumba ■	Jun 5 17:30 – 18:15 70's Wave ■	Jun 6 09:00 – 09:45 Aqua Fit ■	Jun 7	Jun 8
Jun 9 08:00 – 08:45 AquaFit '80s Party ■ 09:00 – 09:45 AquaFit 80's Party ■	Jun 10	Jun 11 09:00 – 09:45 AquaFit 80's Party ■ 10:00 – 10:45 AquaFit 80's Party ■	Jun 12	Jun 13 09:00 – 09:45 Aqua Fit ■	Jun 14	Jun 15
Jun 16 08:00 – 08:45 Power and Flow ■ 09:00 – 09:45 Power and Flow ■	Jun 17	Jun 18 09:00 – 09:45 Power and Flow ■ 10:00 – 10:45 Power and Flow ■	Jun 19	Jun 20 09:00 – 09:45 Aqua Fit ■	Jun 21	Jun 22
Jun 23 08:00 – 08:45 AquaFit 70's Party ■ 09:00 – 09:45 AquaFit 70's Party ■	Jun 24	Jun 25 09:00 – 09:45 AquaFit 70's Party ■ 10:00 – 10:45 AquaFit 70's Party ■	Jun 26	Jun 27 09:00 – 09:45 Aqua Fit ■	Jun 28	Jun 29

Swim Lessons, Speciality Programs and Aquatics Certifications

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18:15-19:15 Swim Fit ■	17:00-19:00 Gym and Swim ■	18:15-19:15 H2O Extreme ■	18:30-19:30 Private Pool Rental (Closed to public)	17:30-18:00 Parent and me Play and Swim ■	10:15-11:15 H2O Extreme ■	10:00-15:00 Bronze Medallion + EFA Bronze Cross ■ 14:30-15:30 Pool Rentals (Open to public) ■

Schedule is subject to change

■ **Session registration required.** All group fitness classes are included in a Y membership. Session fee required for non-members. Session registrations can be made in person, by phone or online. To learn more about registering or booking your spot, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

Pool and Aquatic Programs Schedule

June 2 – June 29, 2025

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

Specialty Programs | Ages: 10Y – 17Y

Pre Teen Swim Fit ■	Monday	18:15 – 19:15
Teen Swim Fit ■	Monday	18:15 – 19:15

Aquatic Games and Sports | Ages: 6Y – 12Y

Gym and Swim	Tuesday	17:00-19:00 (in the water 6:10-19:00)
H2O Extreme	Wednesday	18:15 – 19:15
H2O Extreme	Saturday	10:15 – 11:15

AquaFit | Ages: 13+

Aqua Zumba ■	Monday (June 2)	8:00-8:45, 9:00-9:45
Aqua Zumba ■	Wednesday (June 4)	9:00-9:45, 10:00-10:45
Aqua Games ■	Tuesday (June 3)	17:30-18:15
70s Wave ■	Thursday (June 5)	17:30-18:15
AquaFit ■	Friday (June 6, 13, 20, 27)	9:00-9:45
AquaFit 80's Party ■	Monday (June 9)	8:00-8:45, 9:00-9:45
AquaFit 80's Party ■	Wednesday (June 11)	9:00-9:45, 10:00-10:45
Power and Flow	Monday (June 16)	8:00-8:45, 9:00-9:45
Power and Flow	Wednesday (June 18)	9:00-9:45, 10:00-10:45
AquaFit 70's Party ■	Monday (June 23)	8:00-8:45, 9:00-9:45
AquaFit 70's Party ■	Wednesday (June 25)	9:00-9:45, 10:00-10:45

Parent and me Play and Swim | Ages: 0Y – 5Y with Guardian (16+)

Parent and Me Play and Swim ■	Friday	17:30-18:00
--------------------------------------	--------	-------------

Aquatic Certifications | Ages: 13Y+

Bronze Medallion + EFA■	Sundays: June 8-29	10:00-15:00
Bronze Cross■	Sundays: June 8-29	10:00-15:00

Schedule is subject to change

■ **Session registration required.** All group fitness classes are included in a Y membership. Session fee required for non-members. Session registrations can be made in person, by phone or online. To learn more about registering or booking your spot, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

Program Descriptions

Play and Swim

Parent and Me Play and Swim **Age: 0Y – 5Y with Guardian (16+)**

A program for parents and young children to gather in the water to learn fun activities and games, play, swim, and sing along with other parents and children of the same age. Activities are hosted by our swimming instructors for the duration of the program.

Gym and Swim | Age: 6Y – 12Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

Specialty Programs

Pre-Teen Swim Fit | Age: 10Y - 12Y **Teen Swim Fit | Age: 13Y-17Y**

Take your swim skills to the next level! Instructors will work with Pre-Teens and 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.

H2O Extreme | Age: 6Y – 12Y

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.

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.

Themed Aqua Fit

Have even more fun with themed classes on Mondays and Wednesdays:

- **Jun 2 & 4:** Aqua Zumba and fit (a mix of dance and traditional aqua fitness exercises)
- **Jun 9 & 11:** Aqua fit '80s dance party,
- **Jun 16 & 18:** Aqua fit '70s classic rock party,
- **Jun 23 & 25:** Aqua Power and Flow (aqua 25 mins power fitness and 20 mins gentle aqua yoga)

Evening themes:

- **Tue Jun 3, 10, 17 & 24:** Aqua games with a variety of equipment,
- **Thu Jun 5, 12, 19 & 26:** Aqua Fitness class that will take you back to the '70s!

Advanced Certifications

Bronze Medallion with Emergency First Aid*

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. 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. 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

