

## Pool and Aquatic Programs Schedule

March 17 – June 1, 2025

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

**HOLIDAYS:** April 18, 29, 30 (Easter Weekend), May 17, 18, 19 (Victoria Day Weekend) – Open 08:00 – 16:00  
(No programs or group fitness classes)

**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                |
|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 08:00 – 09:30<br>④ ● | 06:45 – 08:15<br>④ ●  | 08:00 – 09:30<br>④ ●  | 06:45 – 08:15<br>④ ●  | 08:00 – 09:30<br>④ ●  | 08:15 – 09:15<br>④ ●  | 08:15 – 09:15<br>④ ●  |
| 11:00 – 13:00<br>④ ● | 08:30 – 10:30<br>④ ●  | 11:00 – 13:00<br>④ ●  | 08:30 – 10:30<br>④ ●  | 11:00 – 13:00<br>④ ●  | 13:45 – 15:45<br>② ●● | 12:45 – 14:30<br>② ●● |
| 13:15 – 14:30<br>④ ● | 11:00 – 13:00<br>④ ●  | 13:15 – 14:30<br>④ ●  | 11:00 – 13:00<br>④ ●  | 13:15 – 14:30<br>④ ●  |                       |                       |
| 19:15 – 20:45<br>④ ● | 13:15 – 14:30<br>④ ●  | 17:45 – 18:30<br>② ●● | 13:15 – 14:30<br>④ ●  | 17:45 – 19:45<br>② ●● |                       |                       |
|                      | 16:30 – 17:30<br>② ●● | 19:30 – 20:45<br>④ ●  | 16:30 – 17:30<br>② ●● |                       |                       |                       |
|                      | 20:00 – 20:45<br>④ ●  |                       | 18:45 – 20:45<br>④ ●  |                       |                       |                       |

### Family Open Swim

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY            | SUNDAY |
|--------|---------|-----------|----------|--------|---------------------|--------|
|        |         |           |          |        | 12:45 – 13:30<br>●● |        |

### Aqua Fitness

| MONDAY                      | TUESDAY                     | WEDNESDAY                   | THURSDAY                    | FRIDAY                      | SATURDAY | SUNDAY |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------|--------|
| 09:45 – 10:30<br>Aqua Fit ■ | 17:45 – 18:30<br>Aqua Fit ■ | 09:45 – 10:30<br>Aqua Fit ■ | 17:45 – 18:30<br>Aqua Fit ■ | 09:45 – 10:30<br>Aqua Fit ■ |          |        |

### Swim Lessons, Speciality Programs and Aquatics Certifications

| MONDAY   | TUESDAY                                  | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY                                     | SUNDAY                                       |
|--|--|-----------|----------|--|--|--|
| 16:30 – 17:00,<br>18:10 – 18:40<br>Private Swim<br>Lessons ■ | 16:30-17:30<br>Child/Youth Swim<br>Fit ■ |           |          | 16:30 – 17:30<br>After-School H2O<br>Extreme ■ | 09:30 – 12:45<br>Child Swimming<br>Lessons ■ | 09:30 – 12:45<br>Child Swimming<br>Lessons ■ |
| 17:00 – 18:10<br>Child Swimming<br>Lessons ■                 |  |           |          | 17:45 – 18:45<br>Private Swim<br>Lessons ■     |  | 13:00 – 14:00<br>Private Swim<br>Lessons ■   |
| 18:15 – 19:15<br>Adult Swim Groups<br>■                      |  |           |          |  |  |  |

### Pool Rentals

| MONDAY                          | TUESDAY                         | WEDNESDAY                       | THURSDAY                        | FRIDAY                          | SATURDAY | SUNDAY                          |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------|---------------------------------|
| 06:45 – 07:45<br>Private Rental | 18:45 – 19:45<br>Private Rental | 06:45 – 07:45<br>Private Rental | 18:45 – 19:45<br>Private Rental | 06:45 – 07:45<br>Private Rental |          | 14:45 – 15:45<br>Private Rental |

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](http://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.

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

|                                   |          |               |
|-----------------------------------|----------|---------------|
| <b>Splashers &amp; Bubblers ■</b> | Saturday | 10:40 – 11:10 |
| <b>Splashers &amp; Bubblers ■</b> | Sunday   | 10:40 – 11:10 |

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

|                                 |          |                               |
|---------------------------------|----------|-------------------------------|
| <b>Bobbers &amp; Floaters ■</b> | Monday   | 17:00 – 17:30                 |
| <b>Bobbers &amp; Floaters ■</b> | Saturday | 10:40 – 11:10 & 11:50 – 12:20 |
| <b>Bobbers &amp; Floaters ■</b> | Sunday   | 10:05 – 10:35 & 11:15 – 11:45 |
| <b>Gliders &amp; Divers ■</b>   | Monday   | 17:35 – 18:05                 |
| <b>Gliders &amp; Divers ■</b>   | Saturday | 09:30 – 10:00 & 11:15 – 11:45 |
| <b>Gliders &amp; Divers ■</b>   | Sunday   | 10:05 – 10:35 & 11:50 – 12:20 |

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

|                          |          |  |
|--------------------------|----------|--|
| <b>Otter/Seal ■</b>      | Monday   | 17:00 – 17:30                                |
| <b>Otter/Seal ■</b>      | Saturday | 09:30 – 10:00 & 11:15 – 11:45                |
| <b>Otter/Seal ■</b>      | Sunday   | 09:30 – 10:00, 10:40 – 11:10 & 11:50 – 12:20 |
| <b>Dolphin/Swimmer ■</b> | Monday   | 17:35 – 18:05                                |
| <b>Dolphin/Swimmer ■</b> | Saturday | 10:05 – 10:35 & 11:50 – 12:20                |
| <b>Dolphin/Swimmer ■</b> | Sunday   | 11:15 – 11:45                                |

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

|                   |          |               |
|-------------------|----------|---------------|
| <b>Star 1/2 ■</b> | Saturday | 10:05 – 10:35 |
| <b>Star 3/4 ■</b> | Sunday   | 09:30 – 10:00 |

### Specialty Programs | Ages: 6Y – 17Y

|                   |         |               |
|-------------------|---------|---------------|
| <b>Swim Fit ■</b> | Tuesday | 16:30 – 17:30 |
|-------------------|---------|---------------|

Schedule is subject to change

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# Program Descriptions

## Swim Lessons

### **Splasher & Bubbler | 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.

### **Bobber & Floater | Age: 3Y - 5Y**

Bob into YMCA Preschool Swim Lessons and open your eyes to the wonders of the water. Your child will learn basic safety rules and sounds while having fun in the water. Bobbers will blow bubbles while bobbing, learn how to float on their front and back while assisted and how to jump safely into the pool. Floaters will perform unassisted bobs and floats and front and back glides with kicks for 3 meters.

### **Glider & Diver | Age: 3Y - 5Y**

Dive into the water and glide with the creatures of sea! Your child will progress from the skills achieved in Bobbers and Floaters and will be introduced to swimming on their front and back, as well as a variety of deep-water activities. Gliders will learn boating safety and deep water awareness. Gliders will also learn how to float, glide and support themselves in deep water. Divers will learn to support themselves in deep water for 10-seconds and how to swim on their front and back for 10-meters.

### **Otter & Seal | Age: 6Y - 12Y**

With our first level of Learn to Swim, children learn to go under water, kick, roll and jump. They will gain confidence in their body awareness and swimming abilities. Otters will learn to swim underwater and glide unassisted on their front, back and side. Seal builds upon the Otter skills, continuing to work on Glides up to 5m and increasing comfort in deep water.

### **Dolphin & Swimmer | Age: 6Y - 12Y**

These levels are designed to increase your child's swimming abilities, endurance and stamina; building on their increased confidence in deep water. Dolphins will coordinate arms, legs and breathing for smooth propulsion leading to front and back crawl. At the Swimmer level, participants will increase skills in front and back strokes, endurance and treading water for 40 seconds in deep water.

### **Star Program – 1 & 2 | Age: 6Y - 12Y**

In Star 1, you will develop your front crawl and back crawl to the initial standard while also learning to whip kick on your back. Children will work towards completing a 75m distance swim and treading water for 2 minutes. In Star 2, you continue to develop front and back crawl, introducing breaststroke and an endurance swim of 100m.

### **Star Program – 3 & 4 | Age: 6Y - 12Y**

In Star 3, participants will develop their front crawl and back crawl to an advanced standard over 50m. They will complete a 200-metre endurance swim and begin the lifesaving Societies Canadian Swim Patrol curriculum. In Star 4, participant builds further endurance to swim 100m within 3 minutes.

### **Adult Learn to Swim | Age: 18Y+**

Learn the basic skills to be comfortable in the water. Participants will practice 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 and surface support techniques.

### **Adult Stroke Correction | Age: 18Y+**

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

### **After-School 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.

## 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

