

Summer Break Schedule

June 30 – July 6, 2025

HOURS: Mon.: 08:00 – 16:00 | Wed. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | Sat., Sun. : 08:00 – 15:00

HOLIDAYS: July 1 - Closed

Aquatics

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
08:15 – 09:15 ④ ●	Canada Day Closed	06:45 – 09:00 ④ ●	06:45 – 09:45 ④ ●	06:45 – 09:45 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●
09:30 – 10:30 Canada Day Free Swim with City of Clarence-Rockland <i>*Registration required</i>		09:15 – 12:15 ② ●●	10:00 – 12:45 ② ●●	10:00 – 12:45 ② ●●	10:30 – 12:30 ② ●●	10:30 – 12:30 ② ●●
11:00 – 12:00 Canada Day Free Swim with City of Clarence-Rockland <i>*Registration required</i>		12:30 – 15:30 ② ●●	13:00 – 14:30 YMCA Camp Swim	13:00 – 14:00 YMCA Camp Swim	12:45 – 14:45 ② ●●	12:45 – 14:45 ② ●●
12:30 – 14:00 YMCA Camp Swim		15:45 – 17:45 ② ●●	14:45 – 16:45 ② ●●	14:15 – 16:15 ② ●●		
14:15 – 15:45 ② ●●		18:00 – 19:45 ④ ●	17:00 – 18:15 ② ●●	16:30 – 18:45 ② ●●		
			18:30 – 19:30 Pool Rental			

Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 10:00 Family Open Gym	Canada Day Closed	07:00 – 08:30 Open Gym	07:00 – 08:30 Open Gym	07:00 – 08:30 Open Gym	08:00 – 10:00 Family Open Gym	08:00 – 10:00 Family Open Gym
10:15 – 12:45 Youth Open Gym		10:30 – 12:00 Family Open Gym	09:00 – 10:00 YMCA Day Camp	09:00 – 10:00 YMCA Day Camp	10:15 – 12:45 Youth Open Gym	10:15 – 12:45 Youth Open Gym
13:00 – 15:45 Open Gym		12:15 – 14:15 Open Gym	10:30 – 12:00 Family Open Gym	10:30 – 12:00 Open Gym	13:00 – 14:45 Open Gym	13:00 – 14:45 Open Gym
		14:30 – 17:00 Youth Open Gym	12:30 – 14:00 YMCA Day Camp	12:30 – 14:00 YMCA Day Camp		
		17:30 – 20:00 Open Gym	14:30 – 17:00 Youth Open Gym	14:30 – 16:30 Youth Open Gym		
			17:30 – 20:00 Open Gym	17:00 – 19:00 Open Gym		

Children Youth and Family

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 10:00 Family Open Gym*	Canada Day Closed	10:30 – 12:00 Family Open Gym*	10:30 – 12:00 Family Open Gym*	06:30 – 09:30 Open Gym		
10:15 – 12:45 Youth Open Gym Ages: 13Y – 17Y		14:30 – 17:00 Youth Open Gym Ages: 13Y – 17Y	14:30 – 17:00 Youth Open Gym Ages: 13Y – 17Y	14:30 – 16:30 Youth Open Gym Ages: 13Y – 17Y	11:15 – 12:45 Family Open Gym	

**Parent/guardian supervision required for children under 10Y*

Facility Access Guidelines | Child and Youth Age and Access Policies

All members, guests and visitors must check in before entering our facilities. To ensure the safety of all, non-members are required to present photo ID prior to entry to the Y.

Children 0Y-9Y may use Y programs and facilities when accompanied by a parent or guardian over the age of 16Y. To ensure your child's safety, a parent/guardian must remain in the building while the child participates in a program. When the child is not in a program, they must be directly supervised by their parent/guardian at all times.

Children aged 10Y-12Y may access the facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.

Schedule is subject to change

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

