

Pool and Aquatic Programs Schedule

September 8 – November 30, 2025

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

HOLIDAYS: October 11, 12, 13 – Open 08:00 – 16:00 (No programs or group fitness classes)

Lane Swim | ① - Denotes number of lanes available ▲ - Young at Heart Swim

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 09:30 ④ ●	06:45 – 08:45 ④ ●	08:00 – 09:30 ④ ●	06:45 – 08:45 ④ ●	08:00 – 09:30 ④ ●	08:15 – 09:15 ④ ●	08:15 – 9:30 ④ ●
11:00 – 13:00 ④ ●	09:00 – 11:00 ④ ▲	11:00 – 13:00 ④ ●	09:00 – 11:00 ④ ▲	11:00 – 13:00 ④ ●	12:45 – 14:00 ② ●●	10:45 – 11:45 ② ●●
13:15 – 14:30 ④ ●	11:30 – 13:15 ④ ●	13:15 – 14:30 ④ ●	11:30 – 13:15 ④ ●	13:15 – 14:30 ④ ●	14:15-15:45 ② ●●	12:00 – 13:30 ② ●●
18:30-20:30 ④ ●	13:30 – 14:30 ④ ●	19:00 – 20:30 ④ ●	13:30 – 14:30 ④ ●	16:00 – 17:30 ② ●●		13:45-15:45 ② ●●
	16:00 – 17:30 ② ●●		16:00 – 17:30 ② ●●	17:45-19:45 ② ●●		
	20:00 – 20:45 ④ ●		19:15 – 20:45 ④ ●			

Aqua Fitness | Session registration required

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17:10 – 18:15 Child Swimming Lessons ■		17:10 – 18:15 Child Swimming Lessons ■	17:45 – 18:15 Youth Learn to Swim ■		09:30 – 12:45 Swimming Lessons ■	10:00 – 14:30 Bronze Courses ■
18:30-19:30 Gym & Swim ■		18:30-19:00 Adult Learn to Swim ■	18:30-19:00 Adult Learn to Swim ■		13:00 – 14:00 Private Swim Lessons ■	10:45-11:15 Parent & Me Swim Lesson ■

Pool Rentals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 07:45 Private Rental		06:45 – 07:45 Private Rental		06:45 – 07:45 Private Rental		
16:00-17:00 Private Rental	18:45 – 19:45 Private Rental	16:00-17:00 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 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

Splasher & Bubbler ■	Saturday	10:40 – 11:10
Splasher & Bubbler ■	Sunday	10:45 – 11:15

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

Bobber & Floater ■	Monday	17:10 – 17:40
Bobber & Floater ■	Wednesday	17:10 – 17:40
Bobber & Floater ■	Saturday	10:05 – 10:35, 11:50 – 12:20
Glider & Diver ■	Monday	17:45 – 18:15
Glider & Diver ■	Saturday	11:15 – 11:45

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

Otter & Seal ■	Monday	17:10 – 17:40
Otter & Seal ■	Wednesday	17:10 – 17:40
Otter & Seal ■	Saturday	09:30 – 10:00, 10:40 – 11:10 & 11:15 – 11:45
Dolphin & Swimmer ■	Monday	17:45 – 18:15
Dolphin & Swimmer ■	Wednesday	17:45 – 18:15
Dolphin & Swimmer ■	Saturday	10:05 – 10:35, 11:50 – 12:20

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

Star 1 & 2 ■	Saturday	10:05 – 10:35
Star 2 & 3 ■	Wednesday	17:45 – 18:15

Specialty Programs | Ages: 6Y – 17Y

Gym & Swim	Monday	18:30 – 19:30 * (Starts at 17:30 in Gym)
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Youth Swimming Lessons | Ages: 13Y – 17Y

Youth Learn to Swim	Thursday	17:45 – 18:15
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Adult Swim Group | Ages: 18Y+

Adult Learn to Swim	Wednesday	18:30 – 19:00
Adult Learn to Swim	Thursday	18:30 – 19:00

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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 – 2 & 3 | Age: 6Y - 12Y

In Star 2, you continue to develop front and back crawl, introducing breaststroke and an endurance swim of 100m. 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.

Youth Learn to Swim | Age: 13Y – 17Y

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 developing strokes on the back and front such as breathing and surface support techniques.

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 developing strokes on the back and front such as breathing and surface support techniques.

Specialty Programs

NEW THIS FALL - Young at Heart Swim

A swim time for those looking to either get back into the pool or get their start with swimming laps this is a quiet swim time for everyone to swim relaxed laps in the main pool at their own pace.

Gym and Swim | Ages: 6Y – 9Y

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.

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.

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.

*Certification Courses are not included as part of Y Membership fees. Additional fees apply.

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

