

# Pool and Aquatic Programs Schedule

December 1, 2025 – January 4, 2026

*All programs are drop-in unless otherwise indicated*

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

**OPEN:** 08:00 – 19:00 Dec 29, 30, Jan 2 | 08:00 – 15:00 Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

**Lane Swim** | ① - Denotes number of lanes available

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

| MON, DEC 1          | TUE, DEC 2          | WED, DEC 3          | THU, DEC 4          | FRI, DEC 5          | SAT, DEC 6           | SUN, DEC 7          |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 08:15 – 10:15<br>④●  | 8:15 – 9:15<br>④●   |
| 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 12:30 – 14:00<br>②●● | 10:30 – 12:30<br>②● |
| 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 14:15 – 15:45<br>②●● | 12:45 – 14:15<br>●● |
| 15:45-18:00<br>②●●  | 15:45-18:15<br>②●●  | 15:45-16:45<br>②●●  | 15:45-17:15<br>②●●  | 15:45-16:45<br>②●●  |                      | 14:30 – 15:45<br>●● |
|                     | 19:45-20:45<br>②●   | 17:45-19:15<br>④●   | 19:45-20:45<br>②●   | 18:15-19:45<br>④●   |                      |                     |

| MON, DEC 8          | TUE, DEC 9          | WED, DEC 10         | THU, DEC 11         | FRI, DEC 12         | SAT, DEC 13 Community Day         | SUN, DEC 14         |
|---------------------|---------------------|---------------------|---------------------|---------------------|-----------------------------------|---------------------|
| 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 08:15 – 09:15<br>④●               | 8:15 – 9:15<br>④●   |
| 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 09:15 – 10:15<br>Free Access Swim | 10:30 – 12:30<br>②● |
| 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 12:30 – 15:15<br>Free Access Swim | 12:45 – 14:15<br>●● |
| 15:45-18:00<br>②●●  | 15:45-18:15<br>②●●  | 15:45-16:45<br>②●●  | 15:45-17:15<br>②●●  | 15:45-16:45<br>②●●  | 16:30 – 17:45<br>Free Access Swim | 14:30 – 15:45<br>●● |
|                     | 19:45-20:45<br>②●   | 17:45-19:15<br>④●   | 19:45-20:45<br>②●   | 18:15-19:45<br>④●   |                                   |                     |

| MON, DEC 15         | TUE, DEC 16         | WED, DEC 17         | THU, DEC 18         | FRI, DEC 19         | SAT, DEC 20          | SUN, DEC 21         |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|---------------------|
| 6:45 – 9:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | 6:45 – 9:45<br>④●   | 08:15 – 10:15<br>④●  | 8:15 – 9:15<br>④●   |
| 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 9:00 – 10:30<br>④●  | 10:15 – 11:15<br>④● | 12:30 – 14:00<br>②●● | 10:30 – 12:30<br>②● |
| 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 11:00 – 13:00<br>④● | 11:30 – 13:00<br>④● | 14:15 – 15:45<br>②●● | 12:45 – 14:15<br>●● |
| 15:45-18:00<br>②●●  | 15:45-18:15<br>②●●  | 15:45-16:45<br>②●●  | 15:45-18:15<br>②●●  | 15:45-16:45<br>②●●  |                      | 14:30 – 15:45<br>●● |
|                     | 19:45-20:45<br>②●   | 17:45-19:15<br>④●   | 19:45-20:45<br>②●   | 18:15-19:45<br>④●   |                      |                     |

| MON, DEC 22         | TUE, DEC 23         | WED, DEC 24             | THU, DEC 25             | FRI, DEC 26          | SAT, DEC 27        | SUN, DEC 28        |
|---------------------|---------------------|-------------------------|-------------------------|----------------------|--------------------|--------------------|
| 6:45 – 8:45<br>④●   | 6:45 – 8:45<br>④●   | Christmas Eve<br>CLOSED | Christmas Day<br>CLOSED | Boxing Day<br>CLOSED | 8:15-10:15<br>④●   | 8:15-9:15<br>④●    |
| 9:00 – 10:30<br>④●  | 9:00 – 10:30<br>④●  |                         |                         |                      | 10:30-12:30<br>②●● | 10:30-12:30<br>②●● |
| 11:00 – 13:00<br>④● | 11:00 – 13:00<br>④● |                         |                         |                      | 12:45-14:45<br>②●● | 12:45-14:45<br>②●● |
| 16:00-19:00<br>②●●  | 16:00-19:00<br>②●●  |                         |                         |                      |                    |                    |
| 19:15-20:45<br>④●   | 19:45-20:45<br>②●   |                         |                         |                      |                    |                    |

## Pool and Aquatic Programs Schedule

December 1, 2025 – January 4, 2026

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

**OPEN:** 08:00 – 19:00 Dec 29, 30, Jan 2 | 08:00 – 15:00 Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

**Lane Swim** | ① - Denotes number of lanes available

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

| MON, DEC 29          | TUE, DEC 30          | WED, DEC 31             | THU, JAN 1              | FRI, JAN 2         | SAT, Jan 3                      | SUN, JAN 4                      |
|----------------------|----------------------|-------------------------|-------------------------|--------------------|---------------------------------|---------------------------------|
| 8:15 – 10:15<br>④●   | 8:15 – 10:15<br>④●   | New Years Eve<br>CLOSED | New Years Day<br>CLOSED | 8:15-10:15<br>④●   | Annual<br>Maintenance<br>CLOSED | Annual<br>Maintenance<br>CLOSED |
| 10:30 – 13:00<br>②●● | 10:30 – 13:00<br>②●● |                         |                         | 10:30-12:30<br>②●● |                                 |                                 |
| 13:15-16:15<br>②●●   | 13:15-16:15<br>②●●   |                         |                         | 12:45-14:45<br>②●● |                                 |                                 |
| 16:30-18:30<br>②●●   | 16:30-18:30<br>②●●   |                         |                         |                    |                                 |                                 |
| 18:45-19:45<br>④●    | 18:45-19:45<br>④●    |                         |                         |                    |                                 |                                 |

**Aqua Fitness** | December 1 – 28 | 40 bookable spaces, 10 drop-in spaces

| MONDAY   | TUESDAY | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---------|---|---|---|---|--|
| 09:00 – 09:45<br>December 1 and 8<br>Aquafit ☐ |         | 09:00 – 09:45<br>December 3, 10, and<br>17<br>Aquafit ☐ | 17:30 – 18:15<br>December 4 and 11<br>Aquafit ☐ | 09:00 – 09:45<br>December 5 and 12<br>Aquafit ☐ | (ONLY DEC 13TH,<br>community day)<br>15:30-16:15<br>Aquafit ☐ | 09:30 – 10:15<br>December 7, 14, 21<br>and 28<br>Aquafit ☐ |

**Swimming Lessons and Programs** | December 1 – 21 (Lifeguard exam on Tuesday December 23)

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY                          | SATURDAY   | SUNDAY   |
|---|--|---|--|---------------------------------|--|--|
| 18:15-19:15<br>Pre-teen &<br>Teen Swimfit<br>◆            | 16:00-21:00<br>National Lifeguard<br>Certification<br>(Requires Standard Fir<br>st Aid and<br>Bronze Cross)■ | 17:00-17:30<br>Parent and Me<br>Play and Swim<br>◆        | 16:00-21:00<br>National Lifeguard Cet<br>ification<br>(Requires Standard Fir<br>st Aid and<br>Bronze Cross)■ | 17:00-18:00<br>H2O Extreme<br>◆ | 10:30-11:00<br>Parent and Me<br>Play and Swim<br>◆ | 09:00-16:00<br>National Lifeguard Cet<br>ification<br>(Requires Standard Fir<br>st Aid and<br>Bronze Cross)■ |
| 19:30-20:30<br>Private Pool Rental (Cl<br>osed to Public) | 18:30-19:30<br>Private Pool Rental (Cl<br>osed to Public)  | 19:30-20:30<br>Private Pool Rental (Cl<br>osed to Public) | 18:30-19:30<br>Private Pool Rental (Cl<br>osed to Public)  |                                 | 11:15-12:15<br>Pre-teen &<br>Teen Swimfit<br>◆     |  |

◆ **Drop-in activity.** Day pass fee required for non-members.

☐ **Booking required.** Day pass fee required for non-members. 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: Two free registered programs are included per session in a Y membership. Some exceptions apply. 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.

# Program Descriptions

## Specialty Programs

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

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 1 Level. Note this is not a learn-to-swim program.

### **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.

### **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 1 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, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

## Advanced Certifications

### **National Lifeguard Certification**

National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools. Upon completion of this 40 hour course and passing the final exam, candidates will be certified lifeguards in Ontario.

## 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

