

Pool and Aquatic Programs Schedule

March Break: March 16 - 22, 2026

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 and Lazy River ●● - Main pool, small pool, and Lazy River

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
6:45 – 8:45 ④●	6:45 – 9:45 ④●	6:45 – 8:45 ④●	6:45 – 9:45 ④●	6:45 – 8:45 ④●	08:15 – 10:15 ④●	8:15 – 9:15 ④●
12:00 – 15:00 ④●	11:45 – 12:45 ④●	11:45 – 12:45 ④●	11:45 – 12:45 ④●	11:45 – 13:45 ④●	11:45 – 13:45 ②●●	10:30 – 12:30 ②●●
15:15 – 17:15 ②●●	14:15 – 17:15 ②●●	14:15 – 15:15 ②●●	14:15 – 17:15 ②●●	14:00 – 15:15 ②●●	14:00 – 15:45 ②●●	12:45 – 14:15 ②●●
17:30-19:30 ②●●	19:45 – 20:45 ④●		19:45 – 20:45 ④●			14:30 – 15:45 ②●●

Aqua Fitness

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
09:00 – 09:45 Aquafit ■		09:00 – 09:45 Aquafit ■		09:00 – 09:45 Aquafit ■		09:30 – 10:15 Aquafit ■

Swim Lessons, Speciality Programs and Aquatics Certifications

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
Intensive Group Swimming lessons (45 min class) 10:00-11:45 ⊕	H2O Extreme 10:30 – 11:30 ■					
	H2O Extreme 17:15 – 18:15 ■		H2O Extreme 17:15 – 18:15 ■			

Pool Rentals (Closed to Public)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMC3 Pool Rental (closed to public) 19:30-20:30	EMC3 Pool Rental (closed to public) 18:30 – 19:30	EMC3 Pool Rental (closed to public) 19:30-20:30	EMC3 Pool Rental (closed to public) 18:30 – 19:30			

Schedule is subject to change

⊕ Swimming lessons are not included in memberships. Members are eligible for priority registration, reduced rates, and financial assistance.

■ Registration is required. Free for members.

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March Break - March 16 – March 22, 2026

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

45 Minute Intensive Classes

Monday to Friday

YMCA Preschool Swim Lessons

Ages: 3Y – 5Y

Bobbers & Floaters ☼	Mon-Fri	10:50-11:35
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YMCA Learn to Swim Lessons

Ages: 6Y – 12Y

Otter/Seal ☼	Mon-Fri	10:00-10:45, 10:50-11:35
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Dolphin/Swimmer ☼	Mon-Fri	10:00-10:45
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Specialty Programs

Ages: 6Y – 12Y

H2O Extreme ■	Tue	17:15-18:15
H2O Extreme ■	Thu	17:15-18:15
H2O Extreme ■	Sat	10:30-11:30

Program Descriptions

Swim Lessons

Bobbers & Floaters | 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.

Otter & Seal | Age: 6Y - 12Y

With our first levels 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 on their front, back and side. Seals will learn to use flutter kicking and rolling their bodies from side to side for streamlined movement through the water.

Dolphin & Swimmer | Age: 6Y - 12Y

These levels are designed to increase your child's swimming abilities and confidence. Dolphins will coordinate arms, legs and breathing for smooth propulsion during front and back crawl. At the Swimmer level, participants will increase skills in front and back strokes, endurance and treading water.

Specialty Programs

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.

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.

Schedule is subject to change

☼ Swimming lessons are not included in memberships. Members are eligible for priority registration, reduced rates, and financial assistance.

■ Registration is required. Free for members.

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

