

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 ▲ - Young at Heart Swim
Open Swim | ● - Small pool only ●● - Main pool and small pool ♦ - Family Swim

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
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 – 10:30 ④ ●	08:15 – 9:30 ④ ●
11:00 – 12:45 ② ●●	09:00 – 11:00 ④ ▲	11:00 – 12:45 ② ●●	09:00 – 11:00 ④ ▲	11:00 – 12:45 ② ●●	10:45 – 11:45 ♦	10:45 – 11:45 ♦
13:00 – 14:00 ♦	11:15 – 12:30 ② ●●	14:15 – 16:15 ② ●●	11:15 – 12:30 ② ●●	13:00 – 14:00 ♦	12:00 – 13:30 ② ●●	12:00 – 13:30 ② ●●
14:15 – 16:15 ② ●●	14:30 – 15:30 ④ ●	16:30 – 18:30 ② ●●	14:30 – 15:30 ④ ●	14:15 – 16:15 ② ●●	13:45-15:45 ② ●●	13:45-15:45 ② ●●
16:30 – 18:30 ② ●●	15:45 – 17:30 ② ●●	18:45 – 20:45 ④ ●	15:45 – 17:45 ② ●●	16:30 – 17:30 ② ●●		
18:45 – 20:45 ④ ●	20:00 – 20:45 ④ ●		19:15 – 20:45 ④ ●			

Aqua Fitness | Session registration required

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
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

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
11:15 – 12:45 Child Swimming Lessons ☺						
17:30 – 18:30 H2O games ■	13:00 – 14:00 Camp Swim	13:00 – 14:00 Camp Swim	13:00 – 14:00 Camp Swim	18:00 – 19:45 Float & Flick	12:00 – 13:30 Swim Evaluations	
		16:30 – 18:30 Swim Evaluations	18:00 – 19:00 Gym and Swim ■			

Pool Rentals

MON, MAR 16	TUE, MAR 17	WED, MAR 18	THU, MAR 19	FRI, MAR 20	SAT, MAR 21	SUN, MAR 22
06:45 – 07:45 Private Rental	18:45 – 19:45 Private Rental	06:45 – 07:45 Private Rental		06:45 – 07:45 Private Rental		10:30 – 11:30 Birthday Party Booking

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.

Program Descriptions

Swim Descriptions

Lane swim (13+)

A continuous workout swim time for adults (13+) to come in and workout. Number of lanes can vary depending on the needs of the pool at that time between 2 and 4 lanes. Check on the schedule for lane numbers.

Open Swim

Unstructured swim time for everyone to use the pool. Limited equipment will be available to use. The buoy line will be in to separate the deep and shallow ends. All children under 12 will be held to the facilities swimming ratios for admittance, those between the ages of 6 - 11 will need to be swim tested and will require a person aged 16+ to meet the swim ratios for the facility with those under 7 needing an adult with them in the pool. Times might be shared between open and lane swim.

Family Open Swim

A time for families to come in and enjoy the Taggart YMCA pool in unstructured swimming, with both pools fully open for families to enjoy. The buoy line will be in to separate the deep and shallow ends; no lanes will be in the main pool during this time. All children under 12 will be held to the facilities swimming ratios for admittance, those between the ages of 6 - 11 will need to be swim tested and will require a person aged 16+ to meet the swim ratios for the facility with those under 7 needing an adult with them in the pool. Times might be shared between open and lane swim.

Specialty Programs

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.

H2O Games | Age: 6Y – 12Y

This program is pure fun! Children will have the opportunity to learn pool-based games and activities such as Marco Polo, obstacle courses, pool scavenger hunts and more. Prerequisite: Participants must be comfortable in shallow water by themselves and should be able to swim a minimum of 5 meters continuously.

Swim Evaluations

Unsure about what level to register in for swimming lessons? Come by the pool and have a swim instructor give a quick 5 minute evaluation based on the YMCA swimming levels.

Swim Lessons

Otter & Seal | Age: 6Y - 12Y (11:15 – 12:00)

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 (12:00 – 12:45)

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.

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

