

# Pool and Aquatic Programs Schedule

## June 29 – August 23, 2026

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

**HOLIDAYS:** July 1 – CLOSED August 3 – CLOSED

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

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

| MONDAY              | TUESDAY              | WEDNESDAY           | THURSDAY             | FRIDAY                                                                 | SATURDAY             | SUNDAY                          |
|---------------------|----------------------|---------------------|----------------------|------------------------------------------------------------------------|----------------------|---------------------------------|
| 06:45 – 09:00<br>④● | 06:45 – 09:00<br>④●  | 06:45 – 09:00<br>④● | 06:45 – 10:00<br>④●  | 06:45 – 09:00<br>④●                                                    | 08:15 – 09:30<br>④●  | 08:15 – 10:00<br>④●             |
| 9:45 – 12:30<br>②●● | 9:45 – 12:30<br>②●●  | 9:45 – 12:30<br>②●● | 11:30 – 12:45<br>②●● | 9:45 – 12:30<br>②●●                                                    | 12:00 – 15:45<br>②●● | 10:45 – 13:30<br>②●●            |
| 14:45-17:00<br>②●●  | 14:45 – 17:15<br>②●● | 15:30-17:00<br>②●●  | 14:15 – 17:30<br>②●● | 14-15-17:00<br>②●●                                                     |                      | 13:30-15:45<br>Family open swim |
| 18:30 – 20:45<br>④● |                      | 18:45 – 20:45<br>④● | 19:15-20:45<br>④●    | 17:00-19:45<br>Family open swim<br>July 3 <sup>rd</sup> , August 14,21 |                      |                                 |
|                     |                      |                     |                      | 18:00-19:45<br>Family open swim<br>July 10,17,24,31,<br>August 7       |                      |                                 |

### Aqua Fitness

| MONDAY                   | TUESDAY                | WEDNESDAY               | THURSDAY                 | FRIDAY                   | SATURDAY | SUNDAY                   |
|--------------------------|------------------------|-------------------------|--------------------------|--------------------------|----------|--------------------------|
| 09:00 – 09:45<br>AquaFit | 09:00-09:45<br>AquaFit | 09:00 –09:45<br>AquaFit | 17:30 – 18:15<br>AquaFit | 09:00 – 09:45<br>AquaFit |          | 10:00 – 10:45<br>AquaFit |

### Swim Lessons, Speciality Programs

| MONDAY                                                                           | TUESDAY                                                           | WEDNESDAY                                                         | THURSDAY                                                          | FRIDAY                                                                           | SATURDAY                                           | SUNDAY                                                            |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------|
| Private Swimming Lessons (30 min) ☼<br>10:00-12:30<br>15:00-16:00<br>16:30-17:00 | Private Swimming Lessons (30 min) ☼<br>10:00-12:30<br>15:30-17:00 | Private Swimming Lessons (30 min) ☼<br>10:30-12:30<br>15:30-17:00 | Morning Group swimming lesson ☼<br>10:30-11:30                    | Private Swimming Lessons (30 min) ☼<br>10:00-12:30<br>14:30-16:00<br>16:30-17:00 | Group Swimming Lessons ☼<br>09:30-11:45            | Private Swimming lessons (30 min) ☼<br>11:00-12:30<br>13:00-15:00 |
| Group swimming lesson ☼<br>17:00-18:00                                           | Group swimming lesson ☼<br>17:15-18:45                            | Group Swimming lessons ☼<br>17:00-18:30                           | Private Swimming Lessons (30 min) ☼<br>11:30-12:30<br>14:30-17:30 | Semi-private Swimming Lessons ☼<br>16:00-16:30                                   | Private Swimming lessons (30 min) ☼<br>13:00-15:00 | Pool birthday party<br>13:30-15:30 ☼                              |
| Youth swimming lesson ☼<br>18:00-18:30                                           | Semi-private Swimming Lessons ☼<br>15:00-15:30                    | Semi-private Swimming Lessons ☼<br>10:00-10:30                    | Gym and swim<br>17:15-19:15                                       |                                                                                  | Pool birthday party<br>12:00-14:00 ☼               | Semi-private Swimming Lessons ☼<br>12:30-13:00                    |
| Semi-private Swimming Lessons ☼<br>16:00-16:30                                   | Adult swimming lesson level 1,2&3 ☼<br>18:50-19:20                |                                                                   |                                                                   |                                                                                  | Semi-private Swimming Lessons ☼<br>13:00-13:30     |                                                                   |

### Certification Courses

| MONDAY                                                                               | TUESDAY | WEDNESDAY                                                                            | THURSDAY | FRIDAY | SATURDAY                                                    | SUNDAY                                                      |
|--------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------|----------|--------|-------------------------------------------------------------|-------------------------------------------------------------|
| <b>Bronze cross</b> ☼<br>10:00-15:00<br>June 29 – July 13<br>*No class July 1        |         | <b>Bronze cross</b> ☼<br>10:00-15:00<br>June 29 – July 13<br>*No class July 1        |          |        | <b>Intermediate first-aid</b> ☼<br>8:00-16:00<br>25-26 July | <b>Intermediate first-aid</b> ☼<br>8:00-16:00<br>25-26 July |
| <b>National lifeguard</b> ☼ 10:00-15:00<br>July 15 – August 19<br>*No class August 3 |         | <b>National lifeguard</b> ☼ 10:00-15:00<br>July 15 – August 19<br>*No class August 3 |          |        |                                                             |                                                             |

Schedule is subject to change

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

# Pool and Aquatic Programs Schedule

## June 29 – August 23, 2026

### YMCA Preschool Swim Lessons (Parented)

Ages: 3M – 36M

|                                   |     |                          |
|-----------------------------------|-----|--------------------------|
| <b>Splashers &amp; Bubblers</b> * | Thu | 10:30-11:00              |
| <b>Splashers &amp; Bubblers</b> * | Sat | 10:05-10:35, 11:15-11:45 |

### YMCA Preschool Swim Lessons

Ages: 3Y – 5Y

|                                 |     |                         |
|---------------------------------|-----|-------------------------|
| <b>Bobbers &amp; Floaters</b> * | Mon | 17:00-17:30             |
| <b>Bobbers &amp; Floaters</b> * | Wed | 17:30-18:00             |
| <b>Bobbers &amp; Floaters</b> * | Thu | 10:30-11:00             |
| <b>Bobbers &amp; Floaters</b> * | Sat | 9:30-10:00, 10:05-10:35 |
| <b>Gliders &amp; Divers</b> *   | Tue | 17:15-17:45             |
| <b>Gliders &amp; Divers</b> *   | Thu | 11:00-11:30             |
| <b>Gliders &amp; Divers</b> *   | Sat | 11:15-11:45             |
| <b>Surfer &amp; Jumper</b> *    | Sat | 10:40-11:10             |

### YMCA Learn to Swim Lessons

Ages: 6Y – 12Y

|                     |     |                          |
|---------------------|-----|--------------------------|
| <b>Otter/Seal</b> * | Tue | 17:15-17:45              |
| <b>Otter/Seal</b> * | Wed | 17:00-17:30, 17:30-18:00 |
| <b>Otter/Seal</b> * | Thu | 11:00-11:30              |
| <b>Otter/Seal</b> * | Sat | 9:30-10:00, 10:40-11:10  |
| <b>Dolphin</b> *    | Mon | 17:00-17:30              |
| <b>Dolphin</b> *    | Tue | 17:45-18:15              |
| <b>Dolphin</b> *    | Wed | 18:00-18:30              |
| <b>Swimmer</b> *    | Mon | 17:30-18:00              |
| <b>Swimmer</b> *    | Tue | 18:15-18:45              |
| <b>Swimmer</b> *    | Wed | 17:00-17:30              |

### YMCA Star Program Swim Lessons

Ages: 6Y – 12Y

|                         |           |             |
|-------------------------|-----------|-------------|
| <b>Star 1 &amp; 2</b> * | Monday    | 17:30-18:00 |
| <b>Star 3 &amp; 4</b> * | Wednesday | 18:00-18:30 |
| <b>Star 5 &amp; 6</b> * | Tuesday   | 17:45-18:45 |

### Adult Lessons

Ages: 18Y+

|                        |         |             |
|------------------------|---------|-------------|
| <b>Adult Level 1</b> * | Tuesday | 18:50-19:20 |
| <b>Adult Level 2</b> * | Tuesday | 18:50-19:20 |
| <b>Adult level 3</b> * | Tuesday | 18:50-19:20 |

### Lifesaving Certifications

|                                                         |                      |             |
|---------------------------------------------------------|----------------------|-------------|
| <b>Bronze Cross</b> *                                   | Monday and Wednesday | 10:00-15:00 |
| *No class on July 1<br>June 29-July 13<br>13 years +    |                      |             |
| <b>National lifeguard</b> *                             | Monday and Wednesday | 10:00-15:00 |
| *No class August 3<br>July 15 – August 19<br>15 years + |                      |             |
| <b>Intermediate first-aid</b> *                         | Saturday and Sunday  | 8:00-16:00  |
| July 25-26 13 years +                                   |                      |             |

### Youth Swimming Lessons

Ages: 13Y – 17Y

|                                          |        |             |
|------------------------------------------|--------|-------------|
| <b>Youth Swimming Lessons(13Y-17Y)</b> * | Monday | 18:00-18:30 |
|------------------------------------------|--------|-------------|

### Specialty Programs

|                              |          |             |
|------------------------------|----------|-------------|
| <b>Gym and swim (6Y-12Y)</b> | Thursday | 17:15-19:15 |
|------------------------------|----------|-------------|

Schedule is subject to change

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

# Program Descriptions

## Swim Lessons

### **Splashers & Bubbliers | 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.

### **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 with assistance 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.

### **Gliders & Divers | 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.

### **Surfers & Jumpers | Age: 3Y - 5Y**

Child explores diving, surface support, creative pool entries and extends swim distances to 15m. *Instruction covers* skills such as retrieving object from deep water, front and back swim to 15m. Child further refines front and back swim to 25m and continues deep water activities. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds.

### **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 | Age: 6Y - 12Y**

Child can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for 15m distance.  
*Instruction covers* skills such as surface dives and deep water bobs.

### **Swimmer | Age: 6Y - 12Y**

Child can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for 15m distance.  
*Instruction covers* skills such as surface dives and deep water bobs.

### **Star Program – 1 & 2 | Age: 6Y - 12Y**

In Star 1, you will develop your front crawl and back crawl while also learning to whip kick on your back. In Star 2, you will learn eggbeater for your surface support, whip kick on your front and swimming 100 meters for endurance. Optional activities allow children the opportunity to explore competitive swimming, synchronized swimming, water polo and aqua fit as other fun water related activities!

### **Star Program – 3 & 4 | Age: 6Y - 12Y**

Star 3, Participant continues to practice back crawl advanced standard 50m, elementary backstroke intermediate standard 25m, and breaststroke initial standard 50m. Instruction covers skills such as eggbeater surface support, 200m swim, and starting Lifesaving Society's Canadian Swim Patrol curriculum. Star 4, Participant builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke advanced standard 50m.

### **Star Program – 5 & 6 | Age: 6Y - 12Y**

Star 5, Participant works on increasing endurance to complete a 500m swim, swims 200m in 6 minutes, as well as front and back crawl and breaststroke of 75m each. Instruction covers skills such as sidestroke intermediate standard 25m, breaststroke advanced standard 25m, butterfly initial standard 15m, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid, and 5lb object support for 1 minute. Star 6, Participant continues to develop endurance completing a 600m swim, and swims 300m in 9 minutes. Instruction covers skills such as sidestroke advanced standard 25m, and butterfly intermediate standard 15m. Work on the Canadian Swim Patrol curriculum includes carrying a 10lb object for 25m, tow rescue with an aid, and surface dive drills.

### **Adult Level 1 | Age: 18Y+**

Learn the basic skills to be comfortable in the water. Participants will learn how to float with and without assistance, become comfortable entering and exiting the water, and learn the skills needed for stroke development such as breathing techniques and surface support.

### **Adult Level 2 | Age: 18Y+**

Improve your swimming strokes and build on skills learned in the beginner level. These classes include instruction on front and back crawl, breaststroke introduction, and treading water.

### **Adult Level 3 | Age: 18Y+**

This level is perfect for those interested in more than just the basics. Participants build endurance while developing and fine-tuning swimming strokes. Must be able to swim 50 meters continuously and be comfortable in deep water.

### **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.

## Specialty Programs

### **Gym and Swim | Ages: 6Y - 12Y**

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 the pool pick up on pool deck. Parent/Caregiver participation is not required.

## Lifesaving Certification

### **Bronze Cross | Age : 13Y+**

Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

### **National Lifeguard | Age : 15Y+**

National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools.



## 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

