

Pool and Aquatic Programs Schedule

September 7 – November 29 2026

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

HOLIDAYS: Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

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 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 08:45 ④●	06:45 – 10:00 ④●	06:45 – 08:45 ④●	08:15 – 09:30 ④●	08:15 – 10:00 ④●
10:00 – 11:00 ④●	10:00 – 11:00 ④●	10:00 – 11:00 ④●	11:00 – 13:00 ④●	10:00 – 11:00 ④●	12:00 – 15:45 ②●●	10:00 – 15:45 ②●●
11:30-13:00 ④●	11:30 – 13:00 ④●	11:30-13:00 ④●	16:00 – 17:30 ②●●	11:30 – 13:00 ④●		
16:00 – 17:45 ②●●	16:00 – 16:45 ②●●	16:00 – 16:45 ②●●	19:30-20:45 ④●	16:00-17:00 ②●●		
	19:30 – 20:45 ④●	18:30-19:30 ④●		18:00-19:45 ④●		

Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:45 AquaFit	09:00-09:45 AquaFit	09:00 –09:45 AquaFit	17:30 – 18:15 Aquazumba	09:00 – 09:45 AquaFit		10:00 – 10:45 Deep water aquafit

Swim Lessons, Speciality Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Private Swimming Lessons (30 min) ☆ 16:00-17:30	Private Swimming Lessons (30 min) ☆ 16:00-16:30	Private Swimming Lessons (30 min) ☆ 16:00-16:30 18:30-19:30	Morning child swimming lessons ☆ 10:30-11:00	Private Swimming Lessons (30 min) ☆ 16:00-17:00	Child Swimming Lessons ☆ 09:30-11:45	Private Swimming lessons (30 min) ☆ 11:00-14:00
Child swimming lessons ☆ 17:45-18:45	Child swimming lessons ☆ 16:45-18:15	Child swimming lessons ☆ 16:45-18:15	Private Swimming Lessons (30 min) ☆ 16:00-17:30	H2O extreme 17:00-18:00	Private Swimming lessons (30 min) ☆ 12:00-14:00	Pool birthday party 13:00-15:00 ☆
Adult swimming lessons level 1,2&3 ☆ 18:45-19:15		Youth swimming lessons ☆ 17:45-18:15				

Certification Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Bronze medallion ☆ 16:30-18:30 Starting September 22 nd	Bronze star ☆ 17:30-18:30 Starting September 23 rd				National lifeguard ☆ 14:00-19:00 Starting September 13 *No class on October 11 and November 1 st

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

September 7 – November 29 2026

YMCA Preschool Swim Lessons (Parented)

Ages: 3M – 36M

Splashers & Bubblers *	Tue	17:15-17:45
Splashers & Bubblers *	Thu	10:30-11:00
Splashers & Bubblers *	Sat	10:05-10:35

YMCA Preschool Swim Lessons

Ages: 3Y – 5Y

Bobbers & Floaters *	Mon	17:45-18:15
Bobbers & Floaters *	Tue	16:45-17:15, 17:45-18:15
Bobbers & Floaters *	Wed	17:15-17:45
Bobbers & Floaters *	Thu	10:30-11:00
Bobbers & Floaters *	Sat	10:05-10:35, 11:15-11:45
Gliders & Divers *	Tue	17:45-18:15
Gliders & Divers *	Wed	16:45-17:15
Gliders & Divers *	Sat	9:30-10:00, 10:40-11:10
Surfer & Jumper *	Sat	9:30-10:00

YMCA Learn to Swim Lessons

Ages: 6Y – 12Y

Otter *	Mon	17:45-18:15
Otter *	Tue	16:45-17:15
Otter *	Wed	16:45-17:15
Otter *	Sat	9:30-10:00, 10:40-11:10
Seal *	Mon	18:15-18:45
Seal *	Tue	16:45-17:15
Seal *	Wed	17:15-17:45
Seal *	Sat	10:05-10:35, 11:15-11:45
Dolphin *	Mon	18:15-18:45
Dolphin *	Wed	16:45-17:15
Dolphin *	Sat	10:40-11:10
Swimmer *	Mon	17:45-18:15
Swimmer *	Tue	17:15-17:45
Swimmer *	Wed	17:45-18:15

YMCA Star Program Swim Lessons

Ages: 6Y – 12Y

Star 1 & 2 *	Monday	18:15-18:45
Star 1 & 2 *	Saturday	11:15-11:45
Star 3 & 4 *	Wednesday	17:15-17:45
Star 5 & 6 *	Tuesday	17:45-18:45

Adult Lessons

Ages: 18Y+

Adult Level 1 *	Monday	18:45-19:15
Adult Level 2 *	Monday	18:45-19:15
Adult level 3 *	Monday	18:45-19:30

Lifesaving Certifications

Bronze medallion * 16:30-18:30 Starting September 22 nd 13Y+	Tuesday	16:30-18:30
Bronze star * 17:30-18:30 Starting September 23 rd 10Y-12Y	Wednesday	17:30-18:30
National lifeguard * 14:00-19:00 Starting September 13 *No class on October 11 and November 1 st 15Y+	Sunday	14:00-19:00

Youth Swimming Lessons

Ages: 13Y – 17Y

Youth Swimming Lessons(13Y-17Y) *	Wednesday	17:45-18:15
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Specialty Programs

H2O extreme (6Y-12Y)	Friday	17:00-18:00
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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 & Bubbles | 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 | Age: 6Y - 12Y

Child can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glide and jumps into chest deep water from a standing position.

Seal | Age: 6Y - 12Y

Child is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide 5m on their back.

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

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.

Lifesaving Certification

Bronze star | Age: 10Y-12Y

Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze medallion | Age: 13Y+

challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

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

