



Pool and Aquatic Programs Schedule

December 23, 2024 – January 5, 2025

HOURS Dec. 23, Jan. 2, Jan. 3: 06:30 – 21:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: Dec. 27, Dec. 30 **Open 08:00 – 16:00** | Dec. 24, Dec. 25, Dec. 26, Dec. 31, Jan. 1 **Closed**

Lane Swim | ① - Denotes number of lanes available

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

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
06:45 – 08:45 ④ ●	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	08:15 – 9:45 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●
10:00 – 12:00 ② ●●				11:00 – 12:45 ② ●●	10:30 – 12:00 ② ●●	10:30 – 12:00 ② ●●
12:15 – 14:15 ② ●●				13:00 – 14:30 ② ●●	12:30 – 14:30 ② ●●	12:30 – 14:30 ② ●●
14:30 – 15:30 ④ ●				14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●
16:00 – 18:00 ② ●●						
18:15 – 20:15 ② ●●						

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5	
10:00 – 12:00 ② ●●	New Years Eve CLOSED	New Years Day CLOSED	6:45 – 8:15 ④ ●	06:45 – 08:45 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●	
12:15 – 14:30 ② ●●			8:30 – 10:30 ④ ●	10:00 – 12:00 ② ●●	10:30 – 12:00 ② ●●	10:30 – 12:00 ② ●●	
14:45 – 15:45 ④ ●			11:00 – 13:00 ② ●●	12:15 – 14:15 ② ●●	12:30 – 14:30 ② ●●	12:30 – 14:30 ② ●●	
			13:15 – 14:30 ② ●●	14:30 – 15:30 ④ ●	14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●	
					16:00 – 18:00 ② ●●		
					18:15 – 19:45 ② ●●		

Aqua Fitness

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
09:00 – 09:45 AquaFit <input type="checkbox"/>	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	10:00 – 10:45 AquaFit <input type="checkbox"/>		

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5
09:00 – 09:45 AquaFit <input type="checkbox"/>	New Years Eve CLOSED	New Years Day CLOSED		09:00 – 09:45 AquaFit <input type="checkbox"/>		

Schedule is subject to change

To learn more about registering, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y.

Session registrations can be made in person, by phone or online. To reserve your spot online, [log in to your account](#).

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.

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

