



# Pool and Aquatic Programs Schedule

September 30 – December 22, 2024

**HOURS** Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00  
**HOLIDAYS:** October 12, 13, 14 (Thanksgiving Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 08:30 ④●	06:45 – 08:30 ④●	06:45 – 08:30 ④●	06:45 – 08:30 ④●	06:45 – 08:30 ④●	08:15 – 09:15 ④●	08:15 – 10:15 ④●
10:15 – 11:45 ④●	08:45 – 09:45 ④●	10:15 – 11:45 ④●	08:45 – 09:45 ④●	10:15 – 11:45 ④●	12:15 – 14:15 ②●●	10:30 – 12:00 ②●●
12:00 – 13:30 ②●●	10:15 – 11:45 ④●	12:00 - 13:30 ②●●	10:15 – 11:45 ④●	12:00-13:30 ②●●	14:30 – 15:45 ②●●	12:15-13:30 ②●●
13:45 - 15:15 ②●●	12:00 – 13:30 ②●●	13:45 - 15:15 ②●●	12:00-13:30 ②●●	13:45 – 15:15 ②●●		
16:00 – 18:00 ②●●	13:45 - 15:15 ②●●	19:45 - 20:45 ④●	13:45-15:15 ②●●	17:00 – 18:00 ②●●		
	16:00 – 17:00 ②●●		19:45-20:45 ④●	18:15 - 19:45 ④●		
	19:45 - 20:45 ④●					

## Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 – 9:45 AquaFit ■	17:30-18:15 Aqua Boot Camp ■	09:00 – 9:45 AquaFit ■	17:30 – 18:15 AquaFit ■	09:00 – 9:45 AquaFit ■		

## Swim Lessons, Speciality Programs and Aquatics Certifications

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:00 – 18:00 Private Swimming Lessons ■		16:00 – 17:00 After School Swim Y Kids Club ■	16:00 – 16:30 Lvl.1 16:30-17:00- Lvl. 2-3 Adult Swim Stroke Improvement ■	16:00 – 17:00 After School Swim Y Kids Club ■	09:30 – 12:00 Swimming Lessons ■	10:00 – 14:00 Advanced Aquatic Certifications
18:15-19:15 Pre Teen Swim Fit + Teen Swim Fit ■		17:00 – 19:15 Swimming lessons ■		17:00 – 18:00 Private Swimming Lessons ■		

## Pool Rentals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19:45- 20:45 Private pool rental (Closed to the public)	18:30- 19:30 Private pool rental (Closed to the public)		18:30- 19:30 Private pool rental (closed to the public)			13:45 - 15:45 Pool Rental (Open to public)

Schedule is subject to change.

■ **Session registration required.** Session fee required for members and non-members. Note: All Aqua Fitness classes are included in a Y membership. Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit [ymcaottawa.ca/health-fitness/how-to-join](http://ymcaottawa.ca/health-fitness/how-to-join). Session registrations can be made in person, by phone or online.



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## September 30 – December 22, 2024

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

HOLIDAYS: Thanks Giving October 12, 13, and 14 – 16:00 (No programs or group fitness classes)

### YMCA Preschool Swim Lessons (Parented) | Ages: 3M – 36M

Splashers & Bubblers ■	Saturday	11:15-11:45
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### YMCA Preschool Swim Lessons | Ages: 3Y – 5Y

Bobbers & Floaters ■	Wednesday	17:00-17:30 & 17:35-18:05
Bobbers & Floaters ■	Saturday	10:05-10:35 & 10:40-11:10
Gliders & Divers ■	Saturday	9:30-10:00

### YMCA Learn to Swim Lessons | Ages: 6Y – 12Y

Otter/Seal ■	Wednesday	17:35-18:05 & 18:10-18:40
Otter/Seal ■	Saturday	10:05-10:35 & 10:40-11:10
Dolphin/Swimmer ■	Wednesday	18:45-19:15
Dolphin/Swimmer ■	Saturday	11:15-11:45

### YMCA Star Program Swim Lessons | Ages: 6Y – 12Y

Star 1/2 ■	Wednesday	17:00-17:30
Star 1/2 ■	Saturday	9:30-10:00
Star 3/4 ■	Wednesday	18:10-19:10

### Adult Lessons | Ages: 18Y+

Adult Level 1 & 2 ■	Thursday	16:00-16:30
Adult Level 3 ■	Thursday	16:30-17:00

### Specialty Programs | Ages: 6Y-12Y

Pre-Teen Swim Fit (Ages: 10Y-12Y) ■	Monday	18:15 – 19:15
Teen Swim Fit (Ages: 13Y-17Y)	Monday	18:15 - 19:15

### Aquatics Certifications | Ages: 13Y+

Bronze Medalion + EFA/Bronze Cross(Ages: 13Y+) ■	Sunday (October 6-November 10) Note no class on October 13	10:00-14:00
Bronze Medalion + EFA/Bronze Cross(Ages: 13Y+) ■	Sunday (November 17-December 15)	10:00-14:00

■ **Session registration required.** Session fee required for members and non-members. Note: All Aqua Fitness classes are included in a Y membership. Two free registered programs are included per session in a Y membership. Some exceptions apply. For full membership details, visit [ymcaottawa.ca/health-fitness/how-to-join](http://ymcaottawa.ca/health-fitness/how-to-join). Session registrations can be made in person, by phone or online.

To learn more about registering, visit [ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/](http://ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/) or call or visit your local Y. To reserve your spot online, [log in to your account](#). Schedule is subject to change.

# Program Descriptions

## Swim Lessons

### **Splashers & Bubblers | 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 Preshool 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.

### **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.

### **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.

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

In Star 3, participants will develop their front crawl and back crawl to an advanced standard. They will complete a 200-metre endurance swim. Optional activities allow children the opportunity to explore competitive swimming, synchronized swimming, water polo and aqua fit as other fun water related activities!

### **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.

## Specialty Programs

### **Pre Teen Swim Fit | Age: 10Y - 12Y**

### **Teen Swim Fit | Age: 13Y-17Y**

Take your swim skills to the next level! Instructors will work with Pre-Teens and Teens to increase fitness levels, build endurance and improve swim skills. Prerequisite: Participants should be comfortable in deep water and be able to swim a minimum of 25 meters continuously. Minimum recommended Star 3 Level. Note this is not a learn-to-swim program.

## Advanced Certifications

### **Bronze Medallion with Emergency First Aid | Age: 12Y+\***

Learn how to respond to complex water rescue situations. Advances physical fitness, decision-making, and judgement skills in preparation for challenging rescues of increased risk. Participants will develop stroke efficiency and endurance in a timed swim. Fee includes the Canadian Lifesaving Manual. Prerequisite: Bronze Star or 12 years of age by exam date.

### **Bronze Cross | Age: 12Y+\***

Bronze Cross teaches the differences between lifesaving and lifeguarding, safe supervision in aquatic facilities and the principles of emergency procedures and teamwork. Participants learn how to rescue a spinal injured victim and a pulseless victim. Must bring the Canadian Lifesaving Manual. Prerequisite: Bronze Medallion and Emergency First Aid/CPR B.

## 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.

\*Certification Courses are not included as part of Y Membership fees. Additional fees apply.

## 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

