

Pool and Aquatic Programs Schedule

March 10 – March 16, 2025

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-8:45 ●④	6:45-8:45 ●④	6:45-8:45 ●④	6:45-8:45 ●④	6:45-8:45 ●④	8:15-10:15 ●④	8:15-10:15 ●④
10:00-12:00 ●●②	9:00-10:30 ●④	10:00-12:00 ●●②	9:00-10:30 ●④	10:00-12:00 ●●②	10:30-12:00 ●●②	10:30-12:00 ●●②
12:30-13:30 ●●②	10:45-12:15 ●●②	13:45-15:45 ●●②	10:45-12:15 ●●②	13:45-15:45 ●●②	14:00-15:45 ●●②	
13:45-15:45 ●●②	16:00-18:00 ●●②	16:00-18:00 ●●②	16:00-18:00 ●●②	16:00-18:00 ●●②		
16:00-18:00 ●●②	19:45-20:45 ●④	18:15-19:30 ●●②	19:45-20:45 ●④	18:15-19:45 ●④		
18:15-19:30 ●④		19:45-20:45 ●④				

Family Open Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	13:45-15:45 ●●		13:45-15:45 ●●		12:15-13:45 ●●	12:15-13:45 ●●

March Break Camp Swim (Registration Required)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12:30-13:30	12:30-13:30	12:30-13:30			

Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 – 09:45 Aqua Fit <input type="checkbox"/>		09:00 – 09:45 Aqua Fit <input type="checkbox"/>		09:00 – 09:45 Aqua Fit <input type="checkbox"/>		

Schedule is subject to change

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. To reserve your spot online, [log in to your account](#). To learn more, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y.

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

