

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 |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 06:45 – 08:15 ④ ● | 06:45 – 08:45 ④ ● | 06:45 – 08:15 ④ ● | 06:45 – 08:45 ④ ● | 06:45 – 08:15 ④ ● | 08:15 – 09:45 ④ ● | |
| 8:30 – 9:30 ④ ● | 9:00 – 10:45 ④ ● | 8:30 – 9:30 ④ ● | 9:00 – 10:45 ④ ● | 8:30 – 9:30 ④ ● | 10:00 – 11:30 ② ●● | |
| 12:45 – 14:45 ② ●● | | | | 12:45 – 14:45 ② ●● | 12:00 – 13:30 ② ●● | 13:30 – 15:30 ② ●● |
| 16:30 – 18:30 ② ●● | 16:30 – 18:30 ② ●● | 16:30 – 18:30 ② ●● | 16:30 – 18:30 ② ●● | 16:30 – 18:30 ② ●● | 13:45 – 15:45 ④ ● | |
| 18:45 – 20:45 ④ ● | 18:45 – 20:45 ④ ● | 18:45 – 20:45 ④ ● | 18:45 – 20:45 ④ ● | 18:45 – 19:45 ④ ● | | |

Family Open Swim | ●● - Main pool and small pool (no lanes available)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|---------------------|---------------------|---------------------|---------------------|----------|--------|
| 11:00 – 12:30 ●● | 11:00 – 13:00 ●● | 11:00 – 13:00 ●● | 11:00 – 13:00 ●● | 11:00 – 12:30 ●● | | |

Aqua Fitness

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|---|----------|---|----------|--------|
| 09:45 – 10:30 Aqua Fit <input type="checkbox"/> | | 09:45 – 10:30 Aqua Fit <input type="checkbox"/> | | 09:45 – 10:30 Aqua Fit <input type="checkbox"/> | | |

March Break Camp Swim | Registration required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------|---------------|---------------|--------|----------|--------|
| | 13:30 – 14:30 | 13:30 – 14:30 | 13:30 – 14:30 | | | |

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

