



DROP-IN POOL SCHEDULE

JANUARY 9 TO APRIL 2, 2012 | CLARENCE-ROCKLAND Y

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LANE SWIM* <small>() indicates the number of lap lanes available</small>	6:00 am - 8:00 am (4) 8:00 am - 9:00 am (2) 11:00 am - 1:00 pm (4) 4:00 pm - 5:00 pm (2) 8:30 pm - 10:00 pm (4)	6:00 am - 8:00 am (4) 10:00 am - 1:00 pm (4) 4:00 pm - 5:30 pm (1)	6:00 am - 8:00 am (4) 8:00 am - 9:00 am (2) 11:00 am - 1:00 pm (4) 4:00 pm - 5:00 pm (2) 8:30 pm - 10:00 pm (4)	6:00 am - 8:00 am (4) 11:00 am - 1:00 pm (4) 8:30 pm - 10:00 pm (4)	6:00 am - 8:00 am (4) 8:00 am - 9:00 am (2) 11:00 am - 1:00 pm (4) 8:00 pm - 9:00 pm (4)	1:00 pm - 3:00 pm (1) 3:00 pm - 4:00 pm (4) 4:00 pm - 6:00 pm (1)	9:00 am - 10:00 am (4) 5:00 pm - 6:00 pm (4)
SENIOR LANE SWIM* <small>() indicates the number of lap lanes available</small>	8:00 am - 9:00 am (2)	8:00 am - 9:00 am (2)	8:00 am - 9:00 am (2)	8:00 am - 9:00 am (2)	8:00 am - 9:00 am (2)		
OPEN SWIM	4:00 pm - 5:00 pm	4:00 pm - 5:30 pm	4:00 pm - 5:00 pm	4:00 pm - 6:00 pm	4:00 pm - 7:00 pm	1:00 pm - 3:00 pm 4:00 pm - 6:00 pm	12:00 pm - 3:00 pm 4:00 pm - 5:00 pm
PRESCHOOL SWIM*	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm	11:00 am - 1:00 pm		
AQUA FITNESS	9:05 am - 9:50 am (Aqua Fit) 10:00 am - 10:45 am (Aqua Vitality) 7:35 pm - 8:20 pm (Aqua Fit)	9:05 am - 9:50 am (Aqua Bootcamp)	9:05 am - 9:50 am (Aqua Fit) 10:00 am - 10:45 am (Aqua Vitality) 7:35 pm - 8:20 pm (Aqua Fit)	9:05 am - 9:50 am (Aqua Bootcamp) 6:00 pm - 6:45 pm (Healthy Back/Prenatal Aqua Fit)**	9:05 am - 9:50 am (Aqua Fit) 10:00 am - 10:45 am (Aqua Vitality)	8:05 am - 8:50 am (Aqua Bootcamp)	
ADULT SWIM CLUB		8:30 pm - 10:00 pm**		7:30 pm - 8:30 pm**			8:00 am - 9:00 am**

*Warm therapeutic whirlpool available during these times for this specific age category (ie. adult only during adult lane swims). **Registered program.

Last updated January 4, 2012



LEARN TO BECOME A Lifeguard!

ASK YOUR AQUATICS COORDINATOR FOR MORE DETAILS

For swim lessons and specialty programs, see the Program Guide

Clarence-Rockland Y
1-1525 du Parc Avenue
613.446.7679

www.ymcaywca.ca



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 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.

Child and Non-Swimmer Supervision Policy

All children aged 7 and under must be accompanied by a participating adult (Age 14 or older), responsible for the direct supervision of the child and actively swimming within arms reach at all times. A maximum of two children or non-swimmers per supervisor.

All Children aged 8-13 must be tested to demonstrate their ability to swim on their front 20 meters and tread water for 30 seconds uninterrupted in order to be permitted to swim unaccompanied; it is always recommended that individuals in this age range swim with a buddy or have an adult on site. Children ages 8 to 13 who cannot complete the facility swim test must be accompanied in the water by a responsible supervisor within arms reach at all times.

Participants 14+ are welcome to swim in the pool as appropriate with their swimming ability.

Swim Descriptions

Adult Lane Swim

For adults and youth, at least 14 years of age, only. The number of available lap lanes in the main pool is noted on the schedule. Leisure, slow, medium and fast lanes will be set up to meet the needs of all swimmers. Use of the small pool is available.

Open Swim

An unstructured swim time open to all ages to enjoy the use of the main and the small pool. Non-swimmers under the age of 14 and all children aged 9 and under must be accompanied by a participating adult, responsible for the direct supervision of the child and actively swimming within arms reach at all times. Children aged 10 to 13 must be tested to demonstrate their ability to swim 25 meters uninterrupted in order to be permitted to swim unaccompanied; it is always recommended that individuals in this age range swim with a buddy or have an adult on site.

Preschool Swim

Leisure time in the small pool only for adults and their preschool aged children.

Water Fitness Descriptions

Aqua Fit

For adults and youth, at least 14 years of age. These shallow water classes are designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength components. Our certified instructors will meet the needs of a wide spectrum of fitness levels, and is suitable for novices and advanced participants alike!



Aqua Vitality

For adults and youth, at least 14 years of age. These classes are designed as a low intensity total body workout, providing a balance of cardiovascular and muscular strength components intended to increase mobility. Ideal for older adults or individuals with muscle and/or joint pain. (*Meets specific standards designated by the University of Ottawa Heart Institute)

Aqua Bootcamp

For adults and youth, at least 14 years of age. Using the resistance of the water and the instructor's choice of equipment, this class is a medium to high intensity total body workout and is for those who want to be pushed to their limit.

Healthy Back/Prenatal Aqua Fit

Low impact toning exercises in the water for people with injured back or pregnant women. No bouncing or twisting involved. Using a variety of equipment such as pool noodles, flutter boards and foam dumbbells. (Registered program)

Rentals

National Capital Region YMCA-YWCA swimming pools are available for rental to various sport, community, and recreational groups. For more information and rental rates, please contact the Aquatics Coordinator at your local Y.

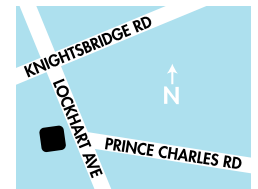
Schedule is subject to change based on the number of participants and the availability of instructors.

YMCA-YWCA Pools

Carlingwood Y

200 Lockhart Ave
613.729.7131

M to F	6:00 am - 10:00 pm
Sa	6:00 am - 6:00 pm
Su	8:00 am - 6:00 pm



Clarence-Rockland Y

1525-1 Du Parc Ave
613.446.7679

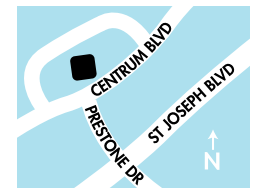
M to F	6:00 am - 10:00 pm
Sa, Su	8:00 am - 6:00 pm



Ruddy Family Y

265 Centrum Blvd
613.830.4199

M to F	6:00 am - 11:00 pm
Sa, Su	7:30 am - 7:30 pm



Taggart Family Y

180 Argyle Ave
613.788.5000

M to F	5:30 am - 11:00 pm
Sa	7:00 am - 7:00 pm
Su	8:00 am - 6:00 pm

