



DROP-IN POOL SCHEDULE

JANUARY 9 TO APRIL 2, 2012 | RUDDY FAMILY Y

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LANE AND LEISURE SWIM 3 - 6 lanes available D - Deep main pool S - Shallow main pool V - Variable depth	6:00 am - 9:00 am (D) 12:00 pm - 1:00 pm (S) 8:00 pm - 10:00 pm (S)	6:00 am - 9:00 am (S) 12:00 pm - 1:00 pm (D) 8:00 pm - 10:00 pm (S)	6:00 am - 9:00 am (S) 12:00 pm - 1:00 pm (D) 8:00 pm - 10:00 pm (S)	6:00 am - 9:00 am (D) 12:00 pm - 1:00 pm (S) 8:00 pm - 10:00 pm (D)	6:00 am - 9:00 am (D) 12:00 pm - 1:00 pm (D) 4:00 pm - 5:30 pm (S) 9:00 pm - 10:00 pm (D)	7:30 am - 9:00 am (S) 4:30 pm - 6:30 pm (D)	7:30 am - 9:00 am (D) 4:30 pm - 6:30 pm (S)
OPEN/FAMILY SWIM 1 - 2 lanes available D - Deep main pool S - Shallow main pool V - Variable depth	9:00 am - 12:00 pm (V) 1:00 pm - 4:00 pm (V) 6:30 pm - 8:00 pm (S)	9:00 am - 12:00 pm (V) 1:00 pm - 4:00 pm (V) 6:30 pm - 8:00 pm (D)	9:00 am - 12:00 pm (V) 1:00 pm - 4:00 pm (V) 6:30 pm - 8:00 pm (D)	9:00 am - 12:00 pm (V) 1:00 pm - 4:00 pm (V) 6:30 pm - 8:00 pm (S)	9:00 am - 12:00 pm (V) 1:00 pm - 4:00 pm (V) 5:30 pm - 9:00 pm (D)	12:00 pm - 4:30 pm (V)	11:00 am - 4:30 pm (V)
LESSON SWIM 1 lane available Variable depth	4:00 pm - 6:30 pm	4:00 pm - 6:30 pm	4:00 pm - 6:30 pm	4:00 pm - 6:30 pm		9:00 am - 12:00 pm	9:00 am - 11:00 am
PRESCHOOL SWIM Teaching pool only	12:00 pm - 1:00 pm	8:00 am - 9:00 am	12:00 pm - 1:00 pm	8:00 am - 9:00 am	12:00 pm - 1:00 pm	4:30 pm - 5:30 pm	4:30 pm - 5:30 pm
AQUA FITNESS (See other side for detailed class descriptions)	8:45 am - 9:30 am (Deep Water) 10:00 am - 10:45 am (Aqua Vitality) 6:15 pm - 7:00 pm (Shallow Water)	9:00 am - 9:45 am (Shallow Water) 11:15 am - 12:00 pm (Deep Water) 7:15 pm - 8:00 pm (Deep Water)	8:45 am - 9:30 am (Shallow Water) 10:00 am - 10:45 am (Aqua Vitality) 6:15 pm - 7:00 pm (Deep Water)	9:00 am - 9:45 am (Deep Water) 11:15 am - 12:00 pm (Shallow Water) 7:15 pm - 8:00 pm (Shallow Water)	8:45 am - 9:30 am (Deep Water) 10:00 am - 10:45 am (Aqua Vitality)	8:00 am - 8:45 am (Aqua Bootcamp)	11:15 am - 12:00 pm (Shallow Water)

Last updated : January 3, 2011

Deep main pool – (7 ft. / 2.0 m) Shallow main pool – (4 ft. / 1.22 m)

NOTE: The floor of the main pool moves. As such the depth of the main pool will vary according to the definitions and schedule above. Please consult the floor depth display board or with a lifeguard upon arriving on the pool deck for up to date pool depth information. Call ahead and ask our Membership Sales and Service Desk staff what the pool depth of the day is during periods of variable depth.



LEARN TO BECOME A Lifeguard!

ASK YOUR AQUATICS COORDINATOR FOR MORE DETAILS

Ruddy Family Y
 265 Centrum Boulevard
 613.830.4199

www.ymcaywca.ca

STRENGTHENING
 the **HEART** of our
 COMMUNITY

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 2 children or non-swimmers per supervisor.

All children aged 8 to 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 and 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 and Leisure Swim

For adults and youth, at least 14 years of age, only. 3 - 6 lap lanes are available in the main pool unless noted otherwise. Leisure, slow, medium and fast lanes as well as open pool space for unstructured swimming will be set up to meet the needs of all swimmers. Use of the teaching pool is available unless noted otherwise.

Open/Family Swim

For all ages to enjoy. The main and teaching pool are open and available for unstructured swim and play time unless otherwise noted. In addition the main pool will have 1 - 2 lap lanes available. Please see our Child and Non-Swimmer Supervision Policy for additional requirements.

Lesson Swim

For adults and youth, at least 14 years of age, only. Only one lap lane is available. The rest of the main pool and the teaching pool are reserved for YMCA-YWCA Swim Lesson Programming.

Preschool Swim

For adults and their preschool aged children. The teaching pool will be available for leisure and unstructured swim and play.

Water Fitness Descriptions

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.



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)

Deep Water

A combined cardiovascular and strength class, this water workout is designed for the deep end of the pool. Flotation devices are provided.

Shallow Water

A combined cardiovascular and strength class, this water workout is designed for the shallow end of the pool. Non-swimmers welcome.

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

Rentals

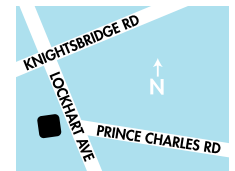
National Capital Region YMCA-YWCA swimming pools are available for rental to various sport, community, and recreational groups. For more information and rental rates, please contact the Aquatics Coordinator at your local Y.

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

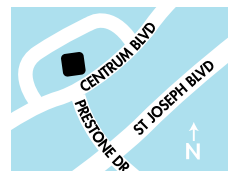
M to F	6:00 am - 10:00 pm
Sa, Su	8:00 am - 6:00 pm



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

