



# DROP-IN POOL SCHEDULE

JANUARY 9 TO APRIL 2, 2012 | TAGGART FAMILY Y

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LANE SWIM</b> <i>( ) indicates the number of lap lanes available</i>	5:30 am - 9:30 am (4) 9:30 am - 10:15 am (1) 10:30 am - 11:30 am (2) 11:30 am - 1:30 pm (4) 1:30 pm - 5:15 pm (2) 5:15 pm - 8:30 pm (1) 8:30 pm - 9:30 pm (4)	5:30 am - 6:45 am (4) 7:45 am - 9:00 am (4) 9:00 am - 9:45 am (1) 9:45 am - 11:30 am (2) 11:30 am - 1:30 pm (4) 1:30 pm - 5:00 pm (2) 5:00 pm - 8:30 pm (1) 8:30 pm - 9:30 pm (4)	5:30 am - 9:00 am (4) 9:00 am - 9:45 am (1) 9:45 am - 11:30 am (2) 11:30 am - 1:30 pm (4) 1:30 pm - 5:15 pm (2) 5:15 pm - 8:30 pm (1) 8:30 pm - 9:30 pm (4)	5:30 am - 6:45 am (4) 7:45 am - 9:00 am (4) 9:00 am - 9:45 am (1) 9:45 am - 1:00 pm (2) 1:00 pm - 2:30 pm (4) 2:30 pm - 5:00 pm (2) 5:00 pm - 6:30 pm (4) 6:30 pm - 7:30 pm (1) 7:30 pm - 8:30 pm (2) 8:30 pm - 9:30 pm (4)	5:30 am - 6:45 am (4) 7:45 am - 9:30 am (4) 9:30 am - 10:30 am (1) 10:30 am - 11:30 am (2) 11:30 am - 1:30 pm (4) 1:30 pm - 5:15 pm (2) 5:15 pm - 6:00 pm (1) 6:00 pm - 8:30 pm (2) 8:30 pm - 9:30 pm (4)	7:00 am - 9:00 am (4) 9:00 am - 12:45 pm (1) 12:45 pm - 4:00 pm (2) 4:00 pm - 6:00 pm (4)	8:00 am - 8:45 am (4) 10:45 am - 12:00 pm (4) 12:00 pm - 4:00 pm (2) 4:00 pm - 5:00 pm (4)
<b>FAMILY SWIM</b> <i>+ Teaching Pool            All other activities take place in the Large Pool</i>	11:00 am - 12:30 pm 1:30 pm - 3:30 pm 4:00 pm - 5:30 pm	10:30 am - 12:30 pm 1:30 pm - 3:30 pm	11:00 am - 12:30 pm 1:30 pm - 3:30 pm 4:00 pm - 5:30 pm	11:00 am - 12:30 pm 1:30 pm - 3:30 pm 4:00 pm - 5:00 pm	11:00 am - 12:30 pm 1:30 pm - 6:00 pm 12:45 pm - 4:00 pm	12:45 pm - 4:00 pm	12:00 pm - 4:00 pm
<b>OPEN SWIM</b>	10:15 am - 11:30 am 1:30 pm - 5:15 pm	9:45 am - 11:30 am 1:30 pm - 5:00 pm	9:45 am - 11:30 am 1:30 pm - 5:15 pm	9:45 am - 1:00 pm 2:30 pm - 5:00 pm	10:15 am - 11:30 am 1:30 pm - 5:15 pm	12:45 pm - 4:00 pm	12:00 pm - 4:00 pm
<b>WATER FITNESS</b> <i>+ Teaching Pool            All other activities take place in the Large Pool</i>	9:30 am - 10:15 am <i>(Aqua Vitality)</i>  5:15 pm - 6:00 pm <i>(Shallow Water)</i>	9:00 am - 9:45 am <i>(Aqua Vitality)</i>  7:15 pm - 8:00 pm + <i>(Shallow Water)</i>	9:00 am - 9:45 am <i>(Aqua Vitality)</i>  11:30 am - 12:15 pm <i>(Low Impact)</i>  5:15 pm - 6:00 pm <i>(Shallow Water)</i>	9:00 am - 9:45 am <i>(Aqua Vitality)</i>	9:30 am - 10:15 am <i>(Aqua Vitality)</i>  5:15 pm - 6:00 pm <i>(Water Jog)</i>	9:00 am - 9:45 am <i>(Shallow Water)</i>	10:00 am - 10:45 am <i>(Shallow Water)</i>

Last updated: January 13, 2012



## LEARN TO BECOME A Lifeguard!

ASK YOUR AQUATICS COORDINATOR FOR MORE DETAILS

For swim lessons and specialty programs, see the Program Guide

Taggart Family Y  
 180 Argyle Avenue  
 613.788.5000

www.ymcaywca.ca



## Pool Rules

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- 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

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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

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### Adult Lane Swim

For adults and youth, at least 14 years of age. 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.

### Family Swim

An unstructured, open swim time in the teaching pool devoted to families only. All children and youth must be accompanied by their parents or caregivers.

### Open Swim

An unstructured swim time open to all ages to enjoy the use of the main 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.

## Water Fitness Descriptions

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### Aqua Vitality

Gentle workout for older adults who are new to aquafit or recuperating from injuries.

(\*Meets specific standards designated by the University of Ottawa Heart Institute)

### Water Jog

A great class for runners and non-runners. This deep water class will teach you how to run in the water and provide you with a great cardiovascular workout. 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.

## Rentals

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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.

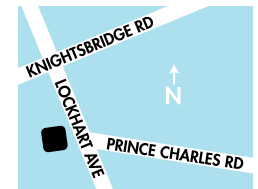
## YMCA-YWCA Pools

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### 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

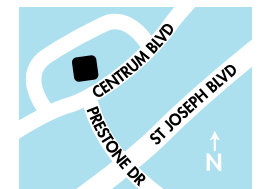
M to F 6:00 am - 10:00 pm  
Sa, Su 8:00 am - 6:00 pm



### 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

