



# Pool Schedule

January 7 – March 31, 2019

Clarence-Rockland Y  
 1-1525 Du Parc Ave  
 Rockland, ON  
 613 446-7679

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lane Swim</b> (#) – Number of lanes available	6-9AM (4) 11-1:30PM (3) 4-4:45PM (1) 8:35-9:30PM (4)	8-9:30AM (4) 12:00-1:30PM (3) 4-6:15PM (1) 8-9PM (4)	6-9AM (4) 11-1:30PM (3) 4-4:45PM (1) 8:35-9:30PM (4)	8-9:30 AM (4) 12:00-1:30PM (3) 4-6PM (1) 8-9PM (4)	6-9AM (4) 11-1:30PM (3) 4-8PM (1) 8-9PM (4)	8-9AM (4) 12:45-4:30PM (1) 4:30-5:30PM (4)	8-9AM (4) 12:45-4:30PM (1) 4:30-5:30PM (4)
<b>Open Swim</b> Big pool and Teaching pool	11-1:30PM 4-4:45PM	12-1:30PM 4-6:15PM	11-1:30PM 4-4:45PM	12-1:30PM 4-6PM	11-1:30PM 4-8PM	12:45-4:30PM	12:45-4:30PM
<b>Swimming Lessons</b> Pool is closed to the public during this time	Children's Lessons 4:45-8PM	Children's Lessons 9:30-10AM	Children's Lessons 4:45-8PM	Adult Lessons 6-6:45PM		Children's Lessons 9-12:45PM	Children's Lessons 9-12:45PM
<b>Specialty Programs</b>		Play and Swim Unparented 5:30-7PM  Y Rec Swim Team 7-8PM		Play and Swim Unparented 5:30-7PM  Child & Pre-Teen H2O Extreme 7-8PM			Child & Pre-Teen H2O Extreme 11:20-12:20PM
<b>Aqua Fitness</b> (See other side for class descriptions)  * Fee for specialty aqua fitness class	Aqua Combo 9:05-9:50AM  Young at Heart Aqua 10:05-10:50AM  Aqua Combo 7:50-8:35PM		Aqua Combo 9:05-9:50AM  Young at Heart Aqua 10:05-10:50AM  Aqua Combo 7:50-8:35PM		Aqua Combo 9:05-9:50AM  Young at Heart Aqua 10:05-10:50AM		
<b>Swim to Survive</b> Pool is closed to the public during this time		Swim to Survive 10:30-11:30AM		Swim to Survive 10:30-11:30AM			

**YMCA-YWCA of the National Capital Region**

## 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.

## SWIM DESCRIPTIONS

### Lane Swim

For adults and youth, at least 13 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. Please note that the Adult Lane Swim may occur in combination with other scheduled programming.

### Open Swim

An unstructured swim time open to all ages to enjoy the use of the Teaching and Main pools. Please see Pool Admission Standards for supervision requirements.

### 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.

## AQUA FITNESS DESCRIPTIONS

### Aqua Arthritis

This program is ideal for those living with arthritis, fibromyalgia, or post rehab. The class is designed to strengthen and stretch the muscles that support the joints to increase overall range of motion and improve performance of activities of daily living.

### Aqua Zumba

All the fun of Zumba with the gentle support of the water. Zumba combines high energy and motivating music with unique moves and combinations that gives new meaning to the idea of an invigorating workout.

### Aqua Baby and Me

Aqua fitness for the parent or caregiver, water play for baby. This action packed water class consists of aerobic conditioning and muscular strengthening while moving in the water with your baby. Babies will delight in our huge repertoire of rhymes, songs, water activities and fun! This class is designed for babies 6-18 months. Flotation equipment for babies provided.

### Aqua Combo

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes may be held in deep or shallow water.

### Young at Heart Aqua

A gentle workout for older adults or clients recuperating from injuries. This class offers a blend of cardiovascular, muscle strength and flexibly exercises.

**Note:** Swim schedules are updated regularly however, last minute changes or cancellations may occur.

## RENTALS

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

## POOL LOCATIONS

### Carlingwood Y

2121 Carling Ave | 613-656-9605  
(Carlingwood Shopping Centre)

### Clarence-Rockland Y

1-1525 du Parc Ave | 613-446-7679

### Ruddy Family Y

265 Centrum Blvd | 613 830-4199

### Taggart Family Y

180 Argyle Ave | 613 788-5000

## Aquatics Wristband Procedure and Pool Admission Standards

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.

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.

### Swim Test Includes:

- Swim 1 length of the pool uninterrupted
- Tread water for 30 seconds

To learn more about our aquatic admissions standards and the new wristband procedure, **please speak with any member of our Aquatics or Membership staff.**

### Children 0 – 6 years

- Must be accompanied in the water by a parent/guardian 16 years of age or older who remains within arms' reach and in the water at all times.
- Ratio of parent/guardian to children is 1:2.

### Children 7 – 11 years

- Children **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 16 years of age or older who remains in the water and within arms' reach at all times.
- Ratio of parent/guardian to children is 1:4.

### Children 12 – 18 years

- Children **who successfully** complete the swim test may access any area of the pool and will be provided with a GREEN wristband.
- Parent/guardian 16 years of age or older must remain on pool deck.
- Ratio of parent/guardian to children is 1:8.