



Pool Schedule

Winter 2019 | January 7 – March 31

Carlingwood Y
2121 Carling Ave
613-656-9605

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim Whirlpool Open	7:00am – 9:00am 12:15pm – 2:00pm	7:00am – 9:00am 1:00pm – 2:00pm	7:00am – 9:00am 12:15am – 2:00pm	7:00am – 9:00am 1:00pm – 2:00pm	7:00am – 9:00am 12:15pm – 1:00pm	8:00am – 9:25am	8:00am – 9:25am
Open Swim <i>(All/Youth/Adult/ Senior)</i> Whirlpool Open	9:45am – 10:30am 11:15am – 12:15pm 5:00pm – 5:45pm 6:45pm – 9:00pm	9:00am -10:00am 11:30am – 12:00pm 8:15 pm– 9:00pm	9:45am – 10:30am 11:15am – 12:15pm 5:00pm – 6:00pm 7:00pm – 9:00pm	9:00am – 10:00am 11:00am – 12:00pm 8:20pm – 9:00pm	9:45am – 10:30am 11:15am – 12:15pm 5:00pm – 9:00pm	12:00pm - 4:00pm	12:00pm - 4:00pm
Swimming Lessons		10:00 - 11:30 am <i>(Adult/ Preschool)</i> 5:00pm – 8:00pm <i>(Preschool/Children)</i>		10:00am – 11:00am <i>Family Swim</i> 5:00pm – 8:05pm <i>(Preschool/Children/Adult)</i>		9:30am – 12:00pm <i>(Preschool/Children)</i>	9:30am – 12:00pm <i>(Preschool/Children)</i>
Water Fitness <i>(See other side for class descriptions)</i> Whirlpool Open	9:00am-9:45am <i>(Aqua Combo)</i> 10:30am-11:15pm <i>(Young at Heart Aqua)</i> 5:45 pm – 6:45pm <i>(Aqua Zumba) *</i>	12:00-1:00pm <i>(Aqua Arthritis)*</i>	9:00am-9:45am <i>(Aqua Combo)</i> 10:30am-11:15pm <i>(Young at Heart Aqua)</i>	12:00-1:00pm <i>(Aqua Arthritis)*</i>	9:00 am – 9:45 am <i>(Aqua Combo)</i> 10:30am – 11:15am <i>(Young at Heart Aqua)</i>		
Specialty Programs			H2O Extreme 6:00pm – 7:00pm		1:00pm – 2:00pm <i>Private Rental</i>	1:00pm – 4:00pm <i>Birthday Parties</i>	1:00pm – 4:00pm <i>Birthday Parties</i>

* Updated September 6, 2018

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

Lap Swim

For adults and youth, at least 13 years of age. This is a fitness swim where members can swim laps of our 17.5 m pool. The directional flow of the swim will be up the right side and down the left. The bubble areas of the pool will be open to leisure swimmers. All levels are welcome.

Open Swim

An unstructured swim time open to enjoy the use of the pool. Please see Pool Admission Standards for supervision requirements.

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 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 – 17 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.