



Pool Schedule

March 11 – March 17, 2018

Ruddy Family Y
 265 Centrum Blvd.
 Orléans, ON
 (613) 830-4199

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim (#) – Number of lanes available (S) – Shallow main pool (4 ft./ 1.2 m) (D) – Deep main pool (6.2 ft./ 1.9 m)	7:30AM-9AM (3)(D) 9AM-10AM (1)(D) 11AM-1PM (3)(S) 2PM-7:30PM (3)(S) 7:30PM-9PM (2)(S)	6AM-1PM (3)(S) 2PM-9PM (3)(S)	6AM-9AM (3)(D) 9AM-10AM (1)(D) 11AM-1PM (3)(S) 2PM-7:30PM (3)(S) 7:30PM-9PM (2)(S)	6AM-1PM (3)(S) 2PM-9PM (3)(S)	6AM-9AM (3)(D) 9AM-10AM (1)(D) 11AM-1PM (3)(S) 2PM-9PM (2)(S)	8AM-6PM (3)(S)	8AM-6PM (3)(S)
Open Swim Big pool and Teaching pool	7:30AM-9AM (D) 11AM-1PM (S) 2PM-7:30PM (S)	6AM-9:30AM (S) 10:30AM-1PM (S) 2PM-9PM (S)	6AM-9AM (D) 11AM-1PM (S) 2PM-7:30PM (S)	6AM-9:30AM (S) 10:30AM-1PM (S) 2PM-9PM (S)	6AM-9AM (D) 11AM-1PM (S) 2PM-9PM (S)	8AM-6PM (S)	8AM-6PM (S)
Swimming Lessons & Specialty Programs Pool is closed to the public during this time		Child Care Swim 9:30AM-10:30 AM		Child Care Swim 9:30AM-10:30 AM			
Camp Swim Pool is closed to the public during this time	1PM-2PM	1PM-2PM	1PM-2PM	1PM-2PM	1PM-2PM		
Aqua Fitness (See other side for class descriptions) * Fee for specialty aqua fitness class	Aqua Combo (Deep) 9:05AM-9:50AM Young at Heart Aqua (Shallow) 10:05AM-10:50AM Aqua Combo (Shallow) 7:35PM-8:20PM		Aqua Combo (Deep) 9:05AM-9:50AM Young at Heart Aqua (Shallow) 10:05AM-10:50AM Aqua Combo (Shallow) 7:35PM-8:20PM		Aqua Combo (Deep) 9:05AM-9:50AM Young at Heart Aqua (Shallow) 10:05AM-10:50AM		

YMCA-YWCA of the National Capital Region