



Pool Schedule

September 20 – December 17, 2021

Taggart Family Y
180 Argyle Ave
Ottawa, ON
(613) 237-1320

Our services and programs are currently impacted by COVID-19 protocols.
Please visit the Reopening Strategy section on our website to read about restrictions and FAQs.
Some programs/classes require pre-booking and/or registration.

	MONDAY 7AM-7PM	TUESDAY 7AM-7PM	WEDNESDAY 7AM-7PM	THURSDAY 7AM-7PM	FRIDAY 7AM-7PM	SATURDAY 9AM-3PM	SUNDAY
Lane Swim (#) – Number of lanes available	7:15AM-2:30PM (4) 2:45PM-6:15PM (2)	7:15AM-9:30AM (4) 11AM-3:45AM (4) 4PM-6:15PM (2)	7:15AM-2:30PM (4) 2:45PM-6:15PM (2)	7:15AM-9:30AM (4) 11AM-3:45PM (4) 4PM-6:15PM (2)	7:15AM-3:45PM (4) 4PM-6:15PM (2)	9:15AM-11:30AM (4) 11:45AM-2:00PM (2)	CLOSED
Open Swim Main and Small pool	2:45PM-6:15PM	4PM-6:15PM	2:45PM-6:15PM	4PM-6:15PM	4PM-6:15PM	11:45AM-2PM	
Small Pool Open Swim Small pool only	8:30AM-2:30PM	7:15AM-9:30AM 11AM-3:45PM	8:30AM-2:30PM	7:15AM-9:30AM 11AM-3:45PM	8:30AM-3:45PM	9:15AM-11:30AM	
Swimming Lessons Pool is closed to the public during this time	—	—	—	—	—	—	
Specialty Programs Pool is closed to the public during this time	—	—	—	—	—	—	
Aqua Fitness Pre-booking is required (See other side for class descriptions)		Aqua Fit 9:45AM-10:30AM		Aqua Fit 9:45AM-10:30AM			

Note: All programs **without a *** require pre-booking and start Sept. 20 | Programs **with a *** require registration and start Sept. 27
Classes will not run on Thanksgiving Day (Monday October 11). Schedule is subject to change.

11/16/2021

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 Fit

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 can be held in deep or shallow water.

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.