



Pool Schedule

July 4 - August 27, 2022

FACILITY HOURS – Mon-Fri: 6:30AM - 8:00PM | Sat: 9:00AM - 3:00PM | Sun: Closed

Lane Swim | ① - Denotes number of lanes available

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|----------------------|----------------------|----------------------|----------------------|---------------------|---------------|
| 7:15AM-9:30AM ④ | 7:15AM-9:30AM ④ | 7:15AM-9:30AM ④ | 7:15AM-9:30AM ④ | 7:15AM-9:30AM ④ | 9:15AM-10:15AM ④ | CLOSED |
| 11:00AM-12:00PM ④ | 11:00AM-12:00PM ④ | 9:45AM-10:45AM ② | 11:00AM-12:00PM ④ | 9:45AM-10:45AM ② | 1:45PM-2:45PM ② | |
| 3:15PM-6:45PM ② | 3:15PM-6:45PM ② | 11:00AM-12:00PM ④ | 3:15PM-6:45PM ② | 11:00AM-12:00PM ④ | | |
| 7:00PM-8:00PM ④ | 7:00PM-8:00PM ④ | 3:15PM-5:30PM ② | 7:00PM-8:00PM ④ | 3:15PM-6:45PM ② | | |
| | | 7:00PM-8:00PM ④ | | 7:00PM-8:00PM ④ | | |

*12:15PM-2:45PM — Y Neighbourhood Day Camp (Main pool and small pool)

Open Swim | ● - Small pool only ●● - Main pool and small pool

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---------------------|----------------------|---------------------|----------------------|---------------------|---------------|
| 7:15AM-9:30AM ● | 7:15AM-9:30AM ● | 7:15AM-9:30AM ● | 7:15AM-9:30AM ● | 7:15AM-9:30AM ● | 9:15AM-10:15AM ● | CLOSED |
| 11:00AM-12:00PM ● | 3:15PM-6:45PM ●● | 9:45AM-10:45AM ●● | 3:15PM-6:45PM ●● | 9:45AM-10:45AM ●● | 1:45PM-2:45PM ●● | |
| 3:15PM-6:45PM ●● | 7:00PM-8:00PM ● | 3:15PM-5:30PM ●● | 7:00PM-8:00PM ● | 3:15PM-6:45PM ●● | | |
| 7:00PM-8:00PM ● | | 1:30PM-5:00PM ● | | 7:00PM-8:00PM ● | | |

*12:15PM-2:45PM — Y Neighbourhood Day Camp (Main pool and small pool)

Aqua Fitness | Booking required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|----------------------------|-----------|----------------------------|--------|----------|---------------|
| 9:45AM-10:30AM Aqua Fit | 9:45AM-10:30AM Aqua Fit | | 9:45AM-10:30AM Aqua Fit | | | CLOSED |

Swimming Lessons | Registration required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|--|----------|--------|--------------------------------------|---------------|
| | | 5:30PM-6:15PM Adult Lessons Level 1, 2 & 3 | | | 10:30AM-1:30PM Children's Lessons | CLOSED |
| | | 6:15PM-7:00PM Adult Lessons Level 1, 2 & 3 | | | | |

Aquatics Certifications | Registration required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---|---|----------|--------|----------|---------------|
| | July 11 – July 15 11:00AM-5:00PM | • Bronze Medallion with Emergency First Aid and CPR B • Bronze Cross | | | | CLOSED |
| | August 15 – August 19 11:00AM-5:00PM | • Bronze Medallion with Emergency First Aid and CPR B • Bronze Cross | | | | |

Schedule is subject to change.

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 the 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.

AQUATIC ADMISSION STANDARDS AND WRISTBAND PROCEDURE

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.**

The swim test includes swimming 1 length of the pool uninterrupted and treading water for 30 seconds.

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.**

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

AGES: 0Y-6Y

Children 0Y-6Y **must be accompanied in the water by a parent/guardian over the age of 16** who remains within arms' reach and in the water at all times.

Parent/guardian to child ratio is 1:2



AGES: 7Y-11Y

Children 7Y-11Y **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 over the age of 16 who remains in the water and within arms' reach at all times.

Parent/guardian to child ratio is 1:4



AGES: 7Y-11Y

Children 7Y-11Y **who successfully complete the swim test** may access any area of the pool and will be provided with a green wristband.

A parent/guardian 16 years of age or older must remain on the pool deck.

Parent/guardian to child ratio is 1:8

