



# 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	<b>CLOSED</b>
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 ●	<b>CLOSED</b>
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-5:30PM ●●		
7:00PM-8:00PM ●		7:00PM-8:00PM ●		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			<b>CLOSED</b>

**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	<b>CLOSED</b>
		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				<b>CLOSED</b>
	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

