



Pool Schedule

September 19 to December 18, 2022

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

Lane Swim | ① - Denotes number of lanes available | Swim times (1 hour in length) must be booked in advance

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-11:30AM ④	9:15AM-11:30AM ④
11:15AM-1:30PM ②	11:15AM-1:30PM ②	11:15AM-1:30PM ②	11:15AM-1:30PM ②	11:15AM-1:30PM ②	12:15PM-2:30PM ②	12:15PM-2:30PM ②
4:00PM-7:30PM ②	4:00PM-6:15PM ②	4:00PM-6:15PM ②	4:00PM-6:15PM ②	6:30PM-7:30PM ④		
	6:30PM-7:30PM ④	6:30PM-7:30PM ④	6:30PM-7:30PM ④			

Open Swim | ● - Small pool only ●● - Main pool and small pool | Swim times (1 hour in length) must be booked in advance

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-11:30AM ●	9:15AM-11:30AM ●
11:15AM-1:30PM ●●	11:15AM-1:30PM ●●	11:15AM-1:30PM ●●	11:15AM-1:30PM ●●	11:15AM-1:30PM ●●	12:15PM-2:30PM ●●	12:15PM-2:30PM ●●
4:00PM-5:00PM ●●	4:00PM-6:15PM ●●	4:00PM-6:15PM ●●	4:00PM-6:15PM ●●	6:30PM-7:30PM ●		
5:15PM-7:30PM ●	6:30PM-7:30PM ●	6:30PM-7:30PM ●	6:30PM-7:30PM ●			

Aqua Fitness | Session registration required (Aqua Fitness classes are included in your Y membership)

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		

Swim Lessons and Specialty Programs | Registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:15AM-10:45AM YMCA Preschool Swim Lessons (Parented)		10:45AM-11:15AM YMCA Preschool Swim Lessons (Parented)	5:15PM-6:15PM Child H2O Extreme		
				5:15PM-6:15PM Pre-Teen H2O Extreme		

Advanced Aquatics | Registration required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30PM-8:00PM Bronze Medallion and Emergency First Aid and CPR B						
4:30PM-8:00PM Bronze Cross						

Schedule is subject to change. To learn more about registering your spot, visit ymcaYWCA.ca/schedules.

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

