



AQUATICS Lap Pool

Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM	LANE SWIM 5:45AM-8:55AM	LANE SWIM 5:45AM-8:55AM	LANE SWIM 5:45AM-8:55AM	LANE SWIM 5:45AM-8:55AM	LANE SWIM 5:45AM-8:55AM		
8AM	↑↑	↑↑	↑↑	↑↑	↑↑	RECREATION SWIM 8:00AM-8:55AM	
9AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA ZUMBA 9:00AM-9:45AM	SWIMMING LESSONS 8:30AM-1:40PM	RECREATION SWIM 8:00AM-11:55AM ↑↓
10AM	LANE SWIM 9:50AM-11:55AM	LANE SWIM 9:50AM-11:55AM	LANE SWIM 9:50AM-11:55AM	LANE SWIM 9:50AM-11:55AM	LANE SWIM 9:50AM-11:55AM		
11AM	↑↑	↑↑	↑↑	↑↑	↑↑		
12PM	RECREATION SWIM 12:00PM-12:55PM	RECREATION SWIM 12:00PM-12:55PM	RECREATION SWIM 12:00PM-12:55PM	RECREATION SWIM 12:00PM-12:55PM	RECREATION SWIM 12:00PM-12:55PM		PARTY BOOKINGS 12:00PM -12:45PM
1PM							RECREATION SWIM 1:50PM-2:55PM ↑↓
2PM	LANE SWIM 12:50PM-4:25PM	LANE SWIM 12:50PM-4:25PM	LANE SWIM 12:50PM-4:25PM	LANE SWIM 12:50PM-4:25PM	LANE SWIM 12:50PM-4:25PM	PARTY BOOKINGS 2:00PM-2:45PM	
3PM	↑↑	↑↑	↑↑	↑↑	↑↑	RECREATION SWIM 2:50PM-3:55PM	PARTY BOOKINGS 3:00PM 3:45PM
4PM	SWIMMING LESSONS 4:30PM-7:55PM	SWIMMING LESSONS 4:30PM-6:55PM	SWIMMING LESSONS 4:30PM-7:20PM	SWIMMING LESSONS 4:30PM-6:55PM	SWIMMING LESSONS 4:30PM-7:20PM	PARTY BOOKINGS 4:00PM-4:45PM	RECREATION SWIM 3:50PM-5:30PM ↑↓
5PM							
6PM							
7PM		AQUA FIT 7:15PM-8:00PM		AQUA FIT DEEP 7:15PM-8:00PM			
8PM	RECREATION SWIM 8:00PM-9:30PM	RECREATION SWIM 8:05PM-9:30PM	RECREATION SWIM 7:25PM-9:30PM ↑↓	RECREATION SWIM 7:10PM-9:30PM 16 years +	RECREATION SWIM 7:25PM-9:30PM		
<p>Disclaimer: Program schedule is subject to change due to private bookings. Please feel free to call front desk to check schedule.</p>							

Aqua Fitness
 Party Bookings
 Lessons
 ↑↓ Two lanes open
 ↑↑ Three lanes open



AQUATICS Leisure Pool

Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM	RECREATION SWIM 5:45AM-9:55AM	RECREATION SWIM 5:45AM-9:55AM	RECREATION SWIM 5:45AM-9:55AM	RECREATION SWIM 5:45AM-9:55AM	RECREATION SWIM 5:45AM-9:55AM		
8AM						RECREATION SWIM 8:00AM-8:25AM	RECREATION SWIM 8:00AM-9:30AM
9AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA FIT 9:00AM-9:45AM	AQUA ZUMBA 9:00AM-9:45AM	SWIMMING LESSONS 8:30AM-1:40PM	
10AM	AQUABABIES 10:00AM-10:55AM	PARENT-ASSISTED LESSONS 10:00AM-11:00AM	RECREATION SWIM 9:50AM-11:55AM	PARENT-ASSISTED LESSONS 10:00AM-11:00AM	AQUABABIES 10:00AM-10:55AM		SWIMMING LESSONS 9:30AM-10:30PM
11AM	RECREATION SWIM 11:00AM-11:55AM	RECREATION SWIM 11:05AM-11:55AM		RECREATION SWIM 11:05AM-11:55AM	RECREATION SWIM 11:00AM-11:55AM		RECREATION SWIM 10:35AM-11:55AM
12PM	AQUA LITE 12:00PM-12:45PM	AQUA ZUMBA 12:00PM-12:45PM	HYDROTHERAPY 12:00PM-12:45PM	AQUAFIT 12:00PM-12:45PM	AQUA LITE 12:00PM-12:45PM		PARTY BOOKINGS 12:00PM -12:45PM
1PM							RECREATION SWIM 12:50PM-2:55PM
2PM	RECREATION SWIM 12:50PM-4:25PM	RECREATION SWIM 12:50PM-4:25PM	RECREATION SWIM 12:50PM-4:25PM	RECREATION SWIM 12:50PM-4:25PM	RECREATION SWIM 12:50PM-4:25PM	PARTY BOOKINGS 2:00PM-2:45PM	
3PM						RECREATION SWIM 2:50PM-3:55PM	PARTY BOOKINGS 3:00PM 3:45PM
4PM	SWIMMING LESSONS 4:30PM-7:20PM	SWIMMING LESSONS 4:30PM-6:45PM	SWIMMING LESSONS 4:30PM-7:20PM	SWIMMING LESSONS 4:30PM-6:45PM	SWIMMING LESSONS 4:30PM-7:20PM	PARTY BOOKINGS 4:00PM-4:45PM	RECREATION SWIM 3:50PM-5:30PM
5PM						RECREATION SWIM 4:50PM-5:30PM	
6PM							
7PM	RECREATION SWIM 7:25PM-9:30PM	RECREATION SWIM 6:50PM-9:30PM	RECREATION SWIM 7:25PM-9:30PM	RECREATION SWIM 6:50PM-9:30PM 16 yrs+	RECREATION SWIM 7:25PM-9:30PM	Disclaimer: Program schedule is subject to change due to private bookings. Please feel free to call front desk to check schedule.	
8PM							

Aqua Fitness
 Birthday Party
 Lessons



AQUATICS

DROP-IN PROGRAMS

Aquatics drop in programs are offered regularly and offer excellent opportunities for families, individuals and friends to get fit and have fun.

Recreation Swim

During recreation swim, enjoy access to our leisure pool and waterslide as well as limited access to our lap pool.

Lane swim

During lane swim our lap pool is available for adults, seniors and young adults to enjoy a work out, work or work on their strokes in leisure, medium and fast-paced options.

Aquababies

A drop in program, to allow new parents to come swim and socialize with other new parents. During this time there will be baby toys and music appropriate for the little ones.

Water Volleyball

The volleyball net will be set up in the lap pool on Friday evenings for pick-up water volleyball games. Balls will be available in the guard's office. Sub in as room allows, or if we have lots of players, the winning team stays on after each game. Teams should mix up ages where possible, so that everyone has a chance to play. No refs; just play fair.

Aqua Fit

Use water resistance and buoyancy to strengthen muscles and cardiovascular capacity in an easy-on-the-joints way. Modifications will be provided for participants to increase or decrease exercise intensity depending on individual goals.

Aqua Fit Deep

Use water resistance and buoyancy in the deep-end of the pool to strengthen muscles and cardiovascular capacity in an easy-on-the-joints way. Shallow end participation is also welcome.

Aqua Fit Lite

A lighter intensity Aqua Fitness class that focuses on gradually building endurance, strength and flexibility. Performed in our warm pool, Aqua Lite is a joint friendly exercise class that uses water resistance and buoyancy to move you towards your fitness goals.



AQUATICS

SWIMMING WITH CHILDREN

As part of our pool safety strategy, we require all swimmers to adhere by our procedures:

- Swimmers **under 5 years old** must always be within arms reach of a guardian who is 16 or older. Each guardian can be responsible for a maximum of two swimmers under 5 at one time.
- Swimmers **5-9 years old** who want to swim away from a guardian or use the slide must complete a swim test including a 20 meter swim, 30 seconds of treading water and jumping into the deep end.
- Swimmers **10 years and older** can discuss their swimming experience and ability with our lifeguards to determine whether a swim test needs to be completed.

For a more detailed description of our swim admissions standards and our swim test please visit the Aquatics section of our webpage, www.ymcaneco.ca.

REGISTERED PROGRAMS

Fun and learning make a great pairing in the YMCA’s nationally recognized swimming lessons. Lessons will help swimmers develop confidence and skills to stay safe in and around the water.

In addition to YMCA swimming lessons, we work closely with the Lifesaving Society to offer programs to teens and adults who are interested in developing lifesaving skills, leadership and working towards employment in aquatics.

Parent Assisted Lessons (3 monthsh-36 months)

Parent assisted swim lesson is Instructor led. Parents and babies alike will learn proper holding and swimming techniques through songs and games.

Age	Day	Class Times Available	Class Length
6 wks – 2 yrs	Tuesday	10:00AM, 10:30AM, 5:35PM	30 minutes
	Thursday	10:00AM, 10:30AM, 5:35PM	
	Saturday	8:30AM	
	Sunday	9:30AM, 10:00AM	



AQUATICS

Little Dippers (Ages 3-5)

The preschool swim lesson program is for ages 3-5. Levels include Bobbers, Floaters, Gliders, Divers, Surfers, and Dippers.

Level	Day	Lesson Start Times	Class Length
3-5 Years	Monday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	30 Minutes
	Tuesday	4:30PM, 5:05PM, 6:15PM	
	Wednesday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	
	Thursday	4:30PM, 5:05PM, 6:15PM	
	Friday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	
	Saturday	9:05AM, 9:40AM, 10:50AM, 11:25AM, 12:35PM, 1:10PM	

Learn to Swim (Age 6-12)

Learn To Swim lessons are for ages 6-12. The levels are Otter, Seal, Dolphin and Swimmer.

Level	Day	Class Times Available	Class Length
6-12	Monday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	30 Minutes
	Tuesday	4:30PM, 5:05PM, 6:15PM	
	Wednesday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	
	Thursday	4:30PM, 5:05PM, 6:15PM	
	Friday	4:30PM, 5:05PM, 5:40PM, 6:15PM, 6:50PM	
	Saturday	9:05AM, 9:40AM, 10:50AM, 11:25AM, 12:35PM, 1:10PM	



AQUATICS

Star Swim Class (Ages 6-15)

Star classes are for kids who have completed the Learn To Swim program and are ready to move onto more advanced skills. Levels are Star 1, 2, 3, 4, 5, 6, and 7.

Level	Day	Class Times Available	Class Length
Stars 6-15 yrs	Monday	4:30PM, 5:20PM, 6:10PM	45 minutes
	Tuesday	4:30PM, 5:20PM, 6:10PM	
	Wednesday	4:30PM, 5:20PM, 6:10PM	
	Thursday	4:30PM, 5:20PM, 6:10PM	
	Friday	4:30PM, 5:20PM, 6:10PM	
	Saturday	9:05AM, 9:55AM, 10:45AM, 11:35AM, 12:25PM	

Adult Swimming Lessons

Swimming lessons are for adults too! We have a few levels based on your swimming ability:

- Level 1: Open to non-swimmers or anyone looking to gain comfort in the water
- Level 2: Student must be comfortable swimming 20 meters (one length of the pool). This class is for those who want to develop stronger swimming skills and stroke improvement
- Level 3: Student must be comfortable swimming 200 m. This class is for those who want to develop their cardiovascular fitness, muscle endurance, and efficiency in the water

Level	Day	Class Times Available	Class Length
Adult – Level 1	Monday	7:00PM	30 minutes
	Wednesday	7:00PM	
	Thursday	5:40PM	
	Saturday	12:00PM	
Adult – Level 2	Monday	7:00PM	
	Tuesday	5:40PM	
	Wednesday	7:00PM	
	Saturday	10:15AM	
Adult – Level 3	Monday	7:25PM	



AQUATICS

Junior Lifeguard Club (Ages 10+): Offers serious fun for kids 10 years and up who can swim at least 25 meters and tread water for 2 minutes. The Jr. Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than a ‘lesson’.

Age	Day	Class Times Available	Class Length
10+	Monday	7:00PM	60 minutes

Bronze Star (Ages 9+): This course is based upon the Canadian Swim Patrol program. It is an excellent first step towards becoming a lifesaver. Swimmers will develop strokes and techniques, while building endurance using a variety of different training methods. First aid basics are taught and practiced with both partner and individuals scenarios. Participants are introduced to lifesaving skills and the sport of lifesaving while building communication and problem solving skills. It is great preparation before taking Bronze Medallion.

Age	Day	Class Times Available	Class Length
9+	Saturday	12:30PM	60 minutes

Courses

A variety of other Lifesaving Society Courses are also offered once each season. Please check the Aquatics page at ymcaneo.ca for our upcoming schedule for:

- Bronze Medallion
- Standard First Aid & CPR-C
- Standard First Aid & CPR-C recertification
- Bronze Cross
- National Lifeguard
- National Lifeguard recertification

Birthday Parties

Host your pool party at the YMCA! Pool parties have exclusive access to our lap pool, leisure pool and slide for all kinds of fun and excitement. Lifeguards are provided. All parties will have 45 minutes of swim time, 15 minutes to change, followed by 1 hour in our party room.

Parties aren't booked during every time slot available. When parties are not booked, the pool will be open for recreational swimming. Give us a call to find out our party schedule each week!

Fees are \$184+tax for YMCA members, \$231+tax.