



Pool Schedule

January 10 - April 3, 2022

Registration is required

* Please note: You can rent the pool by calling or emailing the Aquatic Supervisor Emily at 705-688-7300 ext. 2129 or emily.smith@ymcaneoe.ca

 Adult (16+)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure
LANE/REC SWIM 6:00-9:00AM	REC SWIM 6:00AM-12:00PM	LANE/REC SWIM 6:00-10:00AM	REC SWIM 6:00-10:00AM	LANE/REC SWIM 6:00AM-4:25PM	REC SWIM 6:00AM-12:00PM	LANE/REC SWIM 6:00-10:00AM	REC SWIM 6:00-10:00AM	LANE/REC SWIM 6:00AM-7:00PM	REC SWIM 6:00AM-12:00PM	LANE/REC SWIM 8:00-9:25AM	REC SWIM 8:00-9:30AM	LANE/REC SWIM 8:00-3:30PM	REC SWIM 8:00-3:30PM
AQUAFIT 9:00-9:45AM	AQUA BABIES 12:00-1:00PM		PARENT ASSISTED 9:30-10:00AM	AQUAFIT 9:00-9:45AM	PARENT ASSISTED 12:00-12:30PM		PARENT ASSISTED 9:30-10:00AM						
LANE/REC SWIM 9:45AM-4:25PM	REC SWIM 1:00-4:25PM	AQUAFIT 10:30-11:15AM	REC SWIM 10:00-12:00PM	SWIM LESSONS 4:30-7:00PM	REC SWIM 12:30-4:25PM	AQUAFIT 10:30-11:15AM	REC SWIM 10:00AM-12:00PM	LANE/REC SWIM 6:00AM-7:00PM	AQUA BABIES 12:00-1:00PM	SWIM LESSONS 9:30-1:30PM	SWIM LESSONS 9:30-1:30PM	LANE/REC SWIM 8:00-3:30PM	REC SWIM 8:00-3:30PM
SWIM LESSONS 4:30-7:30PM	LESSONS 4:30-7:30PM	REC/LANE SWIM 10:45AM-4:25PM			AQUAFIT 12:00-12:45PM	REC/LANE SWIM 10:45AM-4:25PM				AQUAFIT 12:00-12:45PM	REC SWIM 1:00-2:00PM		
		SWIM LESSONS 4:30-7:30PM	REC SWIM 1:00-2:00PM	CARDIAC REHABILITATION 2:00-3:00PM	AQUAFIT 7:00-7:45PM	SWIM LESSONS 4:30-7:30PM	CARDIAC REHABILITATION 2:00-3:00PM						
LANE/REC SWIM 8:00-9:30PM	REC SWIM 7:35-9:30PM	BRONZE STAR 7:00-8:00PM	REC SWIM 3:00-4:25PM	LANE/REC SWIM 7:45-9:30PM	REC SWIM 7:35-9:30PM	YOUTH FIT SWIM 7:00-8:00PM	REC SWIM 3:00-4:25PM	FIVE DOLLAR FRIDAYS 7:00-9:30PM	FIVE DOLLAR FRIDAYS 7:00-9:30PM	REC/LANE SWIM 1:30-3:30PM	REC/LANE SWIM 1:30-3:30M	LANE/REC SWIM 8:00-3:30PM	REC SWIM 8:00-3:30PM
		LANE/REC SWIM 7:35-9:30PM	SWIM LESSONS 4:30-7:30PM			LANE/REC SWIM 7:35-9:30PM	SWIM LESSONS 4:30-7:30PM						
			REC SWIM 7:35-9:30PM				REC SWIM 7:35-9:30PM						



Pool Descriptions

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AQUATIC WRIST BAND PROCEDURES

In order to swim out of arms- reach of a parent or go on the water slide, swimmers between the ages of 6-9 years will need to complete a short swim test. All patrons must adhere to our swim admissions standards which can be found on our website by visiting www.ymcaneo.ca

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 **6-9 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. If a child is 10 years and older and the lifeguards are concerned about their swimming capabilities, they may be asked to complete a swim test.

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

DROP-IN PROGRAMS

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.

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.

Rentals

Rental times can be booked in advance through the aquatic supervisor. If the rental times are not booked by the Thursday prior, they will become recreational swim times as of Friday morning.

Aqua Babies

A time for parents and babies to come to leisure swim and meet other parents and babies.



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REGISTERED PROGRAMS

Parent Assisted (3 months-36 months): Parents assisted swim lesson is Instructor led. Parents and babies alike will learn proper holding and swimming techniques through songs and games.

Little Dipper (Ages 3-5): The preschool swim lesson program is for ages 3-5. The classes run a half hour. Levels include Bobber, Floater, Glider, Diver, Surfer and Dipper.

Learn to Swim (Ages 6-12): Learn to swim lessons are for ages 6-12. The levels are Otter, Seal, Dolphin and Swimmer. These classes run a half hour.

Star Swim Class (Ages 6-15): Star classes are 1-7 and run for 45 minutes.

ADULT SWIMMING LESSONS

Level 1: Open to non-swimmers or anyone looking to gain comfort in the water.

Level 2: Students must be comfortable swimming 20 m (one length of the pool). This class is open to those who want to develop stronger swimming skills and stroke improvement.

Level 3: Students must be comfortable swimming 200 m. This class is open to those who want to develop their cardiovascular fitness, muscle endurance and efficiency in the water.

Bronze Star: This swim level is a step towards your lifeguard certification. This course allows for participants to enroll in Bronze Medallion before the age of 13.

Youth Fitness Swim: This program will allow participants to work on their endurance skills, lifesaving skills and any other areas they need to improve on in order to complete their certification courses.