



Holiday Pool Schedule

December 5th to January 8th 2022

Registration is required for all programs and swim times

Please note: You can rent the pool or register for private lessons by calling or emailing the Aquatic Supervisor Tanner at 705-688-7300 ext. 2129 or tanner.beange@ymcaneoc.ca

Members Only
 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- 8:55AM		LANE/REC SWIM 6:00-10:20AM		LANE/REC SWIM 6:00-8:50AM		LANE/REC SWIM 6:00-10:20AM		LANE/REC SWIM 6:00-8:50AM		MEMBERS ONLY LANE/REC SWIM 8:00-10:30AM	MEMBERS ONLY REC SWIM 8:00-10:30AM	LANE/REC SWIM 8:00AM-2:00PM	REC SWIM 8:00AM-2:00PM
AQUAFIT 9:00-9:45AM			REC SWIM 6:00-11:50AM	AQUAFIT 9:00-9:45AM	REC SWIM 6:00AM-11:50AM		REC SWIM 6:00-11:50AM	AQUAFIT 9:00-9:45AM					
		AQUAFIT 10:30-11:15AM				AQUAFIT 10:30-11:15AM						BIRTHDAY PARTY RENTALS AVAILABLE*	BIRTHDAY PARTY RENTALS AVAILABLE*
			AQUAFIT 12:00-12:45PM			AQUAFIT 12:00PM-12:45PM				REC SWIM 6:00AM-7:00PM		REC/LANE SWIM 1:00-3:30PM	REC/LANE SWIM 1:00-3:30M
	REC SWIM 6:00AM-9:30PM	LANE/REC SWIM 11:20AM-4:25PM	REC SWIM 12:50-2:00PM	LANE/REC SWIM 9:50AM-8:50PM		LANE/REC SWIM 11:20AM-4:25PM	REC SWIM 12:50-2:00PM	LANE/REC SWIM 9:50AM-7:00PM				BIRTHDAY PARTY RENTALS AVAILABLE*	BIRTHDAY PARTY RENTALS AVAILABLE*
			CARDIAC REHABILITATION 2:00-3:00PM				CARDIAC REHABILITATION 2:00-3:00PM					MEMBERS ONLY LANE/REC SWIM 2:00-3:30PM	MEMBERS ONLY REC SWIM 2:00-3:30PM
LANE/REC SWIM 9:50AM-9:30PM			REC SWIM 3:00-4:25PM		REC SWIM 12:50PM-9:30PM		REC SWIM 3:00-4:25PM						
		MEMBERS ONLY REC SWIM 4:30PM-7:30PM	MEMBERS ONLY REC SWIM 4:30-7:30PM			MEMBERS ONLY 4:30-7:30PM	MEMBERS ONLY 4:30-7:30PM					Holiday Hours: December 24th 8:00am-2:00pm December 26th 8:00am-4:00pm December 31st 8:00am-2:00pm On January 1st please join us for Member Appreciation Day, we will be open and celebrating between 10:00am -2:00pm	
		LANE/REC SWIM 7:35-9:30PM	REC SWIM 7:35-9:30PM	AQUAFIT 7:00-7:45PM		LANE/REC SWIM 7:35-9:30PM	REC SWIM 7:35-9:30PM	FIVE DOLLAR FRIDAYS AND LANE/REC SWIM 5:00-9:30PM	FIVE DOLLAR FRIDAYS AND REC SWIM 5:00PM-9:30PM				
				LANE/REC SWIM 7:50-9:30PM									



Pool Descriptions

Registration is required for Lane Swim and Aquafit

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.ymcaneoc.ca

SWIMMING WITH CHILDREN

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.ymcaneoc.ca.

DROP-IN PROGRAMS

Recreation Swim: During recreation swim, enjoy access to our leisure pool and limited access to our 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. Registration is required to book a lane

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. Registration is required to guarantee your spot

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.

SWIMMING LESSONS

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. Levels include Bobber, Floater, Glider, Diver, Surfer and Dipper. These classes run for 30 minutes

Learn to Swim (Ages 6-12): Learn to swim lessons are for ages 6-12. These levels include Otter, Seal, Dolphin and Swimmer. These classes run for 30 minutes.

Star Swim Class (Ages 6-15): Star classes are 1-6 and run for 30 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.

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.

Birthday Party Bookings:

Package 1: Enjoy your special day at the YMCA! Your party will take place on Saturdays from 1pm-3pm. This includes a private pool rental from 1-2pm. Wrap up the festivities with 1 hour in our coding room.

Package 2: Enjoy your special day at the YMCA! Your party will take place on Sundays from 11pm-1pm. This includes a private pool rental from 11-12pm. Wrap up the festivities with 1 hour in our coding room or our multipurpose room

Package 3: Enjoy your special day at the YMCA! Your party will take place Sundays from