



# March Break Pool Schedule

## March 13th to March 19th, 2023

*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@ymcaneo.ca](mailto:tanner.beange@ymcaneo.ca)

- Members Only
- Adult (16+)
- Registered Program

Monday March 13th, 2023		Tuesday March 14th, 2023		Wednesday March 15th, 2023		Thursday March 16th, 2023		Friday March 17th, 2023		Saturday March 18th, 2023		Sunday March 19th, 2023					
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure				
LANE/REC SWIM 6:00AM-8:55AM	REC SWIM 6:00AM-12:55PM	LANE/REC SWIM 6:00AM-10:20AM	REC SWIM 6:00AM-12:00PM	LANE/REC SWIM 6:00AM-9:00AM	REC SWIM 6:00AM-11:50PM	LANE/REC SWIM 6:00AM-10:30AM	REC SWIM 6:00AM-11:50AM	LANE/REC SWIM 6:00AM-9:00AM	REC SWIM 6:00AM-12:55PM	MEMBERS ONLY LANE/REC SWIM 8:00AM-11:00AM	MEMBERS ONLY REC SWIM 8:00-11:00AM	LANE/REC SWIM 8:00AM-2:00PM	REC SWIM 8:00AM-2:00PM				
AQUAFIT 9:00AM-9:45AM		AQUAFIT 10:30AM-11:15AM		AQUAFIT 9:00AM-9:45AM		AQUAFIT 10:30AM-11:15AM		AQUAFIT 9:00AM-9:45AM						AQUAFIT 10:30AM-11:15AM	AQUAFIT 9:00AM-9:45AM		
LANE/REC SWIM 9:50AM-12:55PM		LANE/REC SWIM 11:20AM-12:55PM		LANE/REC SWIM 9:45AM-12:50PM		AQUAFIT 12:00PM-12:45PM		REC/LANE SWIM 11:20AM-12:50PM						AQUAFIT 12:00PM-12:45PM	REC/LANE SWIM 9:50AM-12:55PM		
DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	DAY CAMPS 1:00PM-3:00PM	BIRTHDAY PARTY RENTALS AVAILABLE*	REC/LANE SWIM 11:00AM-3:30PM  SLIDE: 2:00PM-3:00PM	BIRTHDAY PARTY RENTALS AVAILABLE*	BIRTHDAY PARTY RENTALS AVAILABLE*				
LANE/REC SWIM 3:05PM-7:25PM	REC SWIM 3:05PM-9:30PM  SLIDE: 7:00PM-8:00PM	MEMBERS ONLY 3:05PM-7:30PM	MEMBERS ONLY 3:05PM-7:30PM	LANE/REC SWIM 3:05PM-7:25PM	REC SWIM 3:05PM-9:30PM  SLIDE: 7:00PM-8:00PM	MEMBERS ONLY 3:05PM-7:30PM	MEMBERS ONLY 4:30PM-7:30PM	REC/LANE SWIM 3:05PM-5:00PM	REC SWIM 3:05PM-5:00PM					BIRTHDAY PARTY RENTALS AVAILABLE*	BIRTHDAY PARTY RENTALS AVAILABLE*	MEMBERS ONLY LANE/REC SWIM 2:00PM-3:30PM	MEMBERS ONLY REC SWIM 2:00PM-3:30PM
		AQUAFIT 7:30PM-8:15PM	LANE/REC SWIM 7:35PM-9:30PM	REC SWIM 7:35PM-9:30PM  SLIDE: 7:30PM-8:30PM		AQUAFIT 7:30PM-8:15PM	LANE/REC SWIM 7:30PM-9:30PM	REC SWIM 7:30PM-9:30PM  SLIDE: 7:30PM-8:30PM	FIVE DOLLAR FRIDAYS AND LANE/REC SWIM 5:00PM-9:30PM							FIVE DOLLAR FRIDAYS REC SWIM 5:00PM-9:30PM  SLIDE: 7:00PM-8:00PM	
LANE/REC SWIM 8:15PM-9:30PM		LANE/REC SWIM 7:35PM-9:30PM		LANE/REC SWIM 8:15PM-9:30PM		LANE/REC SWIM 7:30PM-9:30PM		LANE/REC SWIM 5:00PM-9:30PM									



## Pool Descriptions

Registration is required for Lane Swim and Aquafit

### AQUATIC 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.

**NEW! Water Volleyball:** Come try out Water Volleyball on Monday evenings at 6:30. No need to register!

**NEW! Aqua Spike Buoy:** From the classic game of Spike Ball, come try the Aquatic version called Spike Buoy on Wednesday evenings at 6:30pm! In teams of two, participants can play against others! No need to register.

### 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.

**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.

### 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.

#### 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

### 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.ymcaneco.ca](http://www.ymcaneco.ca).

### 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.ymcaneco.ca](http://www.ymcaneco.ca)