



# Winter Pool Schedule

January 8th—March 16th, 2024

*Registration is required for all programs and swim times*

Please note: You can register for Pool Parties and Semi/Private Lessons through our online portal at [ymcaneo.ca](http://ymcaneo.ca)

- Members Only
- Registered Program
- 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 6:00AM-8:55AM		LANE/REC SWIM 6:00AM-10:20AM	REC SWIM 6:00AM-11:50AM	LANE/REC SWIM 6:00AM-8:50AM		LANE/REC SWIM 6:00AM-10:20AM	REC SWIM 6:00AM-11:50AM	LANE/REC SWIM 6:00AM-8:50AM		MEMBERS ONLY LANE/REC SWIM 8:00AM-8:50AM	MEMBERS ONLY REC SWIM 8:00AM-8:50AM			
AQUAFIT 9:00AM-9:45PM		AQUAFIT 10:30AM-11:15AM		AQUAFIT 9:00AM-9:45AM		AQUAFIT 10:30AM-11:15AM		AQUAFIT 9:00AM-9:45AM						
	REC SWIM 6:00AM-4:20PM		AQUALITE 12:00-12:45PM		REC SWIM 6:00AM-4:20PM		AQUALITE 12:00PM-12:45PM		REC SWIM 6:00AM-3:00PM		SWIM LESSONS 9:00M-1:00PM	SWIM LESSONS 9:00AM-1:00PM	LANE/REC SWIM 8:00AM-2:25pm	REC SWIM 8:00AM-2:00PM
LANE/REC SWIM 9:50AM-4:20PM		REC/LANE SWIM 11:20AM-4:20PM	REC SWIM 12:50-2:00PM	LANE/REC SWIM 9:50AM-4:20PM		REC/LANE SWIM 11:20AM-4:20PM	REC SWIM 12:50-2:00PM	LANE/REC SWIM 9:50AM-3:00PM						SLIDE: 2:00PM-2:30PM
			CARDIC REHABILITATION 2:00-3:00PM				CARDIC REHABILITATION 2:00-3:00PM							
			REC SWIM 3:00-4:20PM				REC SWIM 3:00-4:20PM							
MEMBERS ONLY LANE 4:30PM-7:30PM	PRIVATE SWIM LESSONS 4:30PM-7:30PM	PRIVATE SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	SWIM LESSONS 4:30PM-7:30PM	MEMBERS ONLY LANE/REC SWIM 3:00-5:00PM	MEMBERS ONLY REC SWIM 3:00-5:00PM				BIRTHDAY PARTY RENTAL 2:30-3:30	BIRTHDAY RENTAL 2:30-3:30
AQUAFIT 7:45PM-8:30PM	REC SWIM 7:35PM-9:00PM	LANE/REC SWIM 7:35-9:00PM	REC SWIM 7:35-9:00PM	AQUAFIT 7:45-8:30PM	REC SWIM 7:35-9:00PM	LANE/REC SWIM 7:35-9:00PM	REC SWIM 7:35-9:00PM	REC SWIM 5:00PM-9:00PM	REC SWIM 5:00PM-9:00PM					
LANE/REC SWIM 8:30PM-9:00PM	SLIDE: 7:35PM-8:00PM		SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 8:30-9:00PM	SLIDE: 7:35PM-8:00PM		SLIDE: 7:35PM-8:00PM		SLIDE: 7:00PM-8:00PM					

705-674-8315  
ymcaneo.ca

*\*\*Schedules are subject to change.*



## Pool Descriptions

*Registration is required for all programs and swim times*

### 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.

### 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.ymca neo.ca](http://www.ymca neo.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.ymca neo.ca](http://www.ymca neo.ca).

### 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 Saturday from 1:45pm-3:45pm. This includes a non exclusive/open pool rental from 1:45pm-2:45pm. Wrap up the festivities with 1 hour in our youth room.

**Package 2:** Enjoy your special day at the YMCA! Your party will take place on Sunday from 1:30pm-3:30pm. This includes a youth room rental from 1:30pm-2:30pm. Wrap up the festivities with a 1 hour private pool rental..