



Shine On

Spring Pool Schedule April 8th to June 16th

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

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 9:00AM-9:45AM				AQUAFIT 9:00AM-9:45AM					REC SWIM 8:00AM-2:25PM
	REC SWIM 6:00AM-4:20PM	AQUAFIT 10:30AM-11:15AM			REC SWIM 6:00AM-4:20PM	AQUAFIT 10:30AM-11:15AM			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	SLIDE: 2:00PM-2:25PM
LANE/REC SWIM 9:50AM-4:20PM			AQUALITE 12:00-12:45PM	LANE/REC SWIM 9:50AM-4:20PM			AQUALITE 12:00PM-12:45PM	LANE/REC SWIM 9:50AM-3:00PM					
		REC/LANE SWIM 11:20AM-4:20PM	REC SWIM 12:50-2:00PM			REC/LANE SWIM 11:20AM-4:20PM	REC SWIM 12:50-2:00PM						
			CARDIC REHABILITATION 2:00-3:00PM				CARDIC REHABILITATION 2:00-3:00PM						
			REC SWIM 3:00-4:20PM				REC SWIM 3:00-4:20PM						
PRIVATE SWIM LESSONS 4:30PM-7:30PM	PRIVATE SWIM LESSON 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	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 PARTY RENTAL 2:30-3:30
AQUAFIT 7:45PM-8:30PM	REC SWIM 7:35PM-9:00PM		REC SWIM 7:35-9:00PM	AQUAFIT 7:45-8:30PM	REC SWIM 7:35-9:00PM		REC SWIM 7:35-9:00PM		REC SWIM 5:00PM-9:00PM				
LANE/REC SWIM 8:35PM-9:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 7:35-9:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 8:30-9:00PM	SLIDE: 7:35PM-8:00PM	LANE/REC SWIM 7:35-9:00PM	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

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

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.

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 from 1:45pm-3:45pm. This includes a shared swim in the pool from 1:45-2:45pm. \$175

Package 2: Enjoy your special day at the YMCA! Your party will take place from 1:30pm-3:30pm. This includes space to celebrate and eat followed by a private pool rental from 2:30-3:30pm. \$270