



Pool and Aquatic Programs Schedule

December 23, 2024 – January 5, 2025

HOURS Dec. 23, Jan. 2, Jan. 3: 06:30 – 21:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00
HOLIDAYS: Dec. 27, Dec. 30 **Open 08:00 – 16:00** | Dec. 24, Dec. 25, Dec. 26, Dec. 31, Jan. 1 **Closed**

Lane Swim | ① - Denotes number of lanes available

Open Swim | ● - Small pool only ●● - Main pool and small pool

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
10:00 – 11:30 ④ ●	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●
11:45 – 13:00 ② ●●				10:30 – 12:00 ② ●●	10:30 – 12:00 ② ●●	10:30 – 12:00 ② ●●
13:15 – 15:00 ② ●●				12:30 – 14:30 ② ●●	12:30 – 14:30 ② ●●	12:30 – 14:30 ② ●●
15:15 – 16:45 ④ ●				14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●

MON, DEC 30	TUE, DEC 31	WED, JAN 1	THU, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5
08:15 – 10:15 ④ ●	New Years Eve CLOSED	New Years Day CLOSED	6:45 – 8:15 ④ ●	6:45 – 8:15 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●
10:30 – 12:00 ② ●●			8:30 – 10:30 ④ ●	8:30 – 10:30 ④ ●	10:30 – 12:00 ② ●●	10:30 – 12:00 ② ●●
12:30 – 14:30 ② ●●			11:00 – 13:00 ② ●●	11:00 – 13:00 ② ●●	12:30 – 14:30 ② ●●	12:30 – 14:30 ② ●●
14:45 – 15:45 ④ ●			13:15 – 14:45 ④ ●	13:15 – 14:45 ④ ●	14:45 – 15:45 ④ ●	14:45 – 15:45 ④ ●

Aqua Fitness

MON, DEC 23	TUE, DEC 24	WED, DEC 25	THU, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29
	Christmas Eve CLOSED	Christmas Day CLOSED	Boxing Day CLOSED	09:45 – 10:30 Aquafit <input type="checkbox"/>		

Schedule is subject to change

To learn more about registering, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y.

Session registrations can be made in person, by phone or online. To reserve your spot online, [log in to your account](#).

Booking required. Day pass fee required for non-members. Bookings can be made up to one week in advance and can be made in person, by phone or online.
 Note: Online bookings can only be made by Y members.

POOL RULES

- Our lifeguards are here for your safety. Please obey their instructions.
- Three whistle blasts means clear the pool. One short whistle blast means the lifeguard needs your attention. One long whistle blast means there is a serious situation occurring.
- Please shower before entering the pool area.
- Everyone must remove shoes before entering the shower or pool areas.
- Proper attire must be worn in the pool (no undergarments, disposable or cloth diapers).

- Any person infected with a communicable disease or open sores may not enter the pool area.
- No food, drink, chewing gum or glass containers are permitted in the pool area.
- Polluting the water in any way is prohibited (spitting, spouting of water, blowing nose, etc.).
- For safety reasons, please walk in the pool area.
- Diving is not permitted in the shallow end.
- No inappropriate language or boisterous behaviour is permitted in the pool area.
- Ensure that your activity allows others to enjoy theirs.

AQUATIC ADMISSION STANDARDS AND WRISTBAND PROCEDURE

For increased safety in our aquatic facilities, **all swimmers between the ages of 7-11, who wish to swim in the deep end, must complete a brief swim test prior to entering the deep end.**

The swim test includes swimming 1 length of the pool uninterrupted and treading water for 30 seconds.

Children that successfully complete the test will be given a green wristband to wear while in the pool. **Only those children with a green wristband are allowed to swim in the deep end.**

To learn more about our aquatic admissions standards and the wristband procedure, please speak with any member of our Aquatics or Membership staff.

AGES: 0Y-6Y

Children 0Y-6Y **must be accompanied in the water by a parent/guardian over the age of 16** who remains within arms' reach and in the water at all times.

Parent/guardian to child ratio is 1:2



AGES: 7Y-11Y

Children 7Y-11Y **who do not successfully complete the swim test** may swim in the small pool or shallow end of the main pool with a parent/guardian over the age of 16 who remains in the water and within arms' reach at all times.

Parent/guardian to child ratio is 1:4



AGES: 7Y-11Y

Children 7Y-11Y **who successfully complete the swim test** may access any area of the pool and will be provided with a green wristband.

A parent/guardian 16 years of age or older must remain on the pool deck.

Parent/guardian to child ratio is 1:8

