

Pool and Aquatic Programs Schedule

June 2 – June 29, 2025

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00

Lane Swim | ① - Denotes number of lanes available ▲ - Senior Swim time (ages 50+)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 09:30 ④ ●	06:45 – 08:15 ④ ●	08:00 – 09:30 ④ ●	06:45 – 08:15 ④ ●	08:00 – 09:30 ④ ●	08:15 – 10:15 ④ ●	08:15 – 10:15 ④ ●
11:00 – 13:00 ④ ●	08:30 – 10:30 ④ ●	11:00 – 13:00 ④ ●	08:30 – 10:30 ④ ●	11:00 – 13:00 ④ ●	12:00 – 13:00 ④ ▲ (50Y+ only)	12:00 – 13:00 ④ ▲ (50Y+ only)
13:15 – 14:30 ④ ●	11:00 – 13:00 ④ ●	13:15 – 14:30 ④ ●	11:00 – 13:00 ④ ●	13:15 – 14:30 ④ ●	13:15 – 14:30 ② ●●	13:15 – 14:30 ② ●●
14:45 – 16:15 ④ ●	13:15 – 14:30 ④ ●	14:45 – 16:15 ④ ●	13:15 – 14:30 ④ ●	14:45 – 16:15 ④ ●	14:45 – 15:45 ④ ●	
16:30 – 17:30 ④ ●	14:45 – 16:15 ④ ●	16:30 – 17:30 ② ●●	14:45 – 16:15 ④ ●	17:45 – 19:45 ② ●●		
18:45 – 20:45 ④ ●	16:30 – 17:30 ② ●●	17:45 – 19:30 ④ ▲ (50Y+ only)	16:30 – 17:30 ② ●●			
	20:00 – 20:45 ④ ●	19:45 – 20:45 ④ ●	18:45 – 20:45 ④ ●			

Family Open Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:30 – 11:30 ●●	10:30 – 11:30 ●●

Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:45 – 10:30 Aqua Fit ■	17:45 – 18:30 Aqua Boot Camp ■	09:45 – 10:30 Aqua Fit ■	17:45 – 18:30 Aqua Zumba ■	09:45 – 10:30 Aqua Fit ■		

Swim Lessons, Speciality Programs and Aquatics Certifications

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16:30 – 18:30 Gym and Swim				16:30 – 17:30 H2O Extreme Theme Weeks		

Pool Rentals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 07:45 Private Rental	18:45 – 19:45 Private Rental	06:45 – 07:45 Private Rental		06:45 – 07:45 Private Rental		14:45 – 15:45 Private Rental

Schedule is subject to change

■ **Session registration required.** All group fitness classes are included in a Y membership. Session fee required for non-members. Session registrations can be made in person, by phone or online. To learn more about registering or booking your spot, visit ymcaottawa.ca/programs-and-schedules or call or visit your local Y. To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over.

Program Descriptions

Swim Descriptions

Lane swim (13+)

A continuous workout swim time for adults (13+) to come in and workout. Number of lanes can vary depending on the needs of the pool at that time between 2 and 4 lanes. Check on the schedule for lane numbers.

Open Swim

Unstructured swim time for everyone to use the pool. Limited equipment will be available to use. The buoy line will be in to separate the deep and shallow ends. All children under 12 will be held to the facilities swimming ratios for admittance, those between the ages of 6 – 11 will need to be swim tested and will require a person aged 16+ to meet the swim ratios for the facility. Times might be shared between open and lane swim.

Family Open Swim

A time for families to come in and enjoy the Taggart YMCA pool in unstructured swimming, with both pools fully open for families to enjoy. The buoy line will be in to separate the deep and shallow ends; no lanes will be in the main pool during this time. All children under 12 will be held to the facilities swimming ratios for admittance, those between the ages of 6 – 11 will need to be swim tested and will require a person aged 16+ to meet the swim ratios for the facility.

Senior Swim times

A quiet swim time for senior members to come in and swim laps.

Specialty Programs

H2O Extreme Theme Weeks | Age: 6Y – 12Y

This program is pure fun! Children will have the opportunity to learn pool based sports and games such as water polo, underwater hockey, survival games and more. Prerequisite: Participants must be comfortable in deep water and should be able to swim a minimum of 25 meters continuously.

Each week will be a different theme to allow everyone to discover what they might enjoy in the pool.

Week 1: Introduction to Underwater Hockey

Week 2: Water Games

Week 3: Introduction to Water polo skills

Week 4: Water Games

Gym and Swim | Ages: 6Y – 9Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

Aqua Fitness

Aqua Fit | Age: 13Y+

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

Aqua Zumba | Age: 13Y+

Make a splash with Aqua Zumba—the pool party workout that blends the fun of Zumba with the low-impact benefits of water exercise! Set to energizing Latin and international beats, this class combines dance moves with water resistance to tone muscles, boost cardio, and keep you cool while you move. It's high energy, low impact, and all fun!

Aqua Boot Camp | Age: 13Y+

Dive into intensity with Aqua Boot Camp—a high-energy, water-based workout that combines strength, cardio, and endurance challenges. Using the resistance of water, this class is designed to sculpt muscles, improve flexibility, and burn calories—all while being easy on the joints. Whether you're pushing through sprints, squats, or resistance drills, Aqua Boot Camp will leave you feeling stronger and refreshed!

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

