

10:00 PM

Aquatics Program Schedule

January 8 - June 30, 2018

YMCA of Oakville

Peter Gilgan Family YMCA

Main Pool Leisure Pool 20m 20m 25m 25m 5:30 AM 6:00 AM 6:30 AM Family Lane Swim 7:00 AM 5:45-8:45 5:45-8:45 7:30 AM 8:00 AM Opens at 8:00 8:30 AM 9:00 AM 9:30 AM Leisure Pool closed for 10:00 AM wim lesson 10:00-11:00 10·30 AM Adult Lane Swim 11:00 AM 10:30-11:00 Adult Intermediate 11:30-12:00 11:30 AM 12:00 PM 12:30 PM Aqua Rehab 12:15-1:00 Adult Lane Swim 1:00 PM Aqua Fit 1:15-2:00 1:30 PM 2:00 PM Leisure Pool is closed 1:30-3:30 2:30 PM 3:00 PM Family Lane Swim 3:30 PM 4:00 PM 4:30 PM M R Aquatics Mentorship 4:30-7:15 5:00 PM R Parent + Tot 5:30 PM 5:15-5:45 **M R** \$ Swim Lessons 6:00 PM 4:30-8:00 6:30 PM 7:00 PM M® Youth Master Swim 7:15-8:00 7:30 PM 8:00 PM R \$ Adult Beginner 8:30 PM Adult Lane Swim 9:00 PM

All facility areas close at 10:00 pm

		Lim Bul	Main Pool					
>	Leisure Pool	20m	20m	25m	25m	25m		
TUESDAY	5:30 AM							
	6:00 AM					Adult Lane Swim 5:45-8:45		
	6:30 AM				Family			
	7:00 AM				Lane Swim			
	7:30 AM				5:45-8:45			
—	8:00 AM	Opens at 8:00						
	8:30 AM							
	9:00 AM			Agus Fit	0.00 0.45			
	9:30 AM		Aqua Fit 9:00-9:45					
	10:00 AM	Leisure Pool closed for					Adult Lane Swim 5:45-4:30	
	10:30 AM	swim lesson 10:00-11:00 R Parent + Tot 10:30-11:00						
	11:00 AM							
	11:30 AM							
	12:00 PM							
	12:30 PM							
	1:00 PM		Adult Lane Swim 10:00-4:30					
	1:30 PM		Aqua Fit 1:15-2:00			10.00 4.50		
	2:00 PM	Leisure Pool is closed						
	2:30 PM	1:30-3:30						
	3:00 PM				Family Lane			
	3:30 PM				Swim			
	4:00 PM				3:00-4:30			
	4:30 PM					M (P) Aquatics		
	5:00 PM	R Parent + Tot					(M) (R) Aquatics Mentorship	
	5:30 PM	5:15-5:45					4:30-7:15	
	6:00 PM		(M) (€) \$ Swim Lessons 4:30-8:00					
	6:30 PM							
	7:00 PM							
	7:30 PM						MR Youth Master Swim 7:15-8:00	
	8:00 PM			Aqua Fit				
	8:30 PM		8:00-8:45			A.1.111	Lane Swim 00-10:00	
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	10:00 PM		All	facility areas c	:lose at 10:00 pi	m		

		Main Pool					
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Leisure Pool	20m	20m	25m	25m	25m	
5:30 AM					Adult Lane Swim 5:45-8:45		
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6:30 AM				Family Lane Swim 5:45-8:45			
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8:00 AM	Opens at 8:00						
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3:00 PM							
3:30 PM				Family Lane Swim 3:00-4:30			
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8:30 PM					Lane Swim		
9:00 PM			R \$ Adult Master Swim 8:30-9:45		8:00-10:00		
9:30 PM							
10:00 PM	All facility areas close at 10:00 pm						

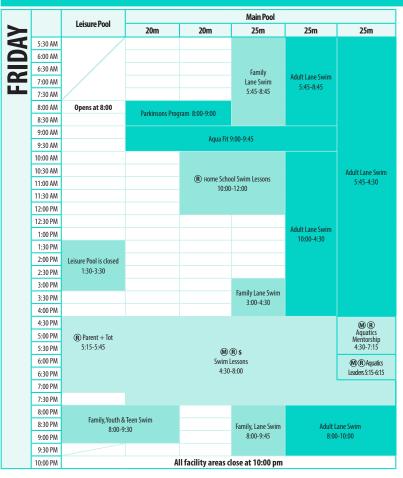
	Leisure Pool	Main Pool					
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM		20m	20m	25m	25m	25m	
5:30 AM							
6:00 AM							
6:30 AM				Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45		
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8:00 AM	Opens at 8:00						
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9:00 AM			Agus Fi	+ 0.00 0.45			
9:30 AM			Aqua Fit 9:00-9:45				
10:00 AM	Leisure Pool closed for						
10:30 AM	swim lesson 10:00-11:00 R Parent + Tot					Adult Lane Sw	
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1:30 PM		Aqua Fit 1:15-2:00			10.00-4.50		
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3:00 PM							
3:30 PM				Family Lane Swim 3:00-4:30			
4:00 PM				3.00-4.30			
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7:00 PM							
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8:00 PM			Aqua Fit			277113 0.	
8:30 PM		8:00-8:45					
9:00 PM					Lane Swim D-10:00		
9:30 PM					0.00	10.00	
10:00 PM			All facility areas o	lose at 10:00 pm	1		



Hours of Operation

Monday to Friday 5:30 am – 10:00 pm Saturday 7:00 am – 7:00 pm Sunday 7:00 am – 7:00 pm

OPEN: Boxing Day December 26, Family Day February 19, Good Friday March 30, Easter Monday April 2, Victoria Day May 21



Pool Admission Standards

The YMCA of Oakville is committed to providing safe and enjoyable aquatics experience. Our admission criteria are based on Public Health requirements.

- Children under 6 years must be accompanied by an adult 16+ years
- Unsupervised children 6+ years have access to the Leisure pool
- Main Pool: All children under 10 years of age who are unable to successfully complete a swim test must be accompanied by an adult 16+ years.
- Caregivers providing 1:1 assistance must be 16+ years, and knowledgeable of the participants' health condition
- All adults and caregivers must remain within arms' reach of the participant while in the water.

Swim Test

Swimmers will be required to pass a swim test before being allowed in water over their shoulders. The swim test consists of a continuous swim demonstrating age-appropriate breathing and arm techniques.

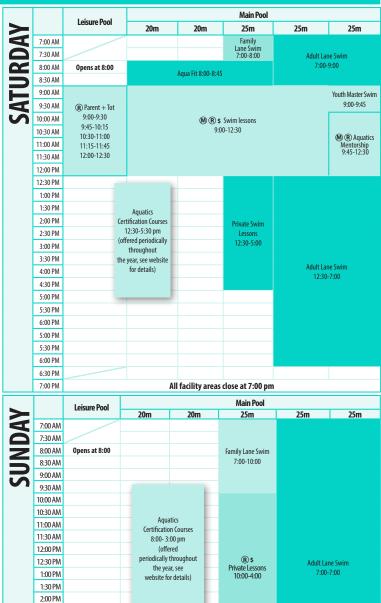
- A Swim Test pass is at the discretion of the lifeguard on duty.
- Unsupervised children 6-9 years must successfully complete a swim test of 40 metres to access the Main Pool shallow area
- Unsupervised children 10+ years must successfully complete a swim test of 50 metres to access the Main Pool deep area.
- Adults 16+ years may be asked to stay in the shallow area depending on their swimming ability.

Shallow area swim test = 40 metres. Deep area swim test = 50 metres.

Child to Adult Supervision Ratio

2:1 within arms' reach 4:1 with life jackets within arms' reach

The YMCA of Oakville reserves the right to change the schedule as required. Changes to the schedule are posted at www.ymcaofoakville.org.



Swim Lesson Dates to Remember

Apr 2-8 & July 2-8, Program Break No swim lessons
Feb 19-24 & May 28-June 2, Parent Connect Meet your instructor
March 26-31 & June 25-30, Online Progress Reports Available

Pool Rules

2:30 PM

3:00 PM

3:30 PM 4:00 PM

4:30 PM

5:00 PM

5:30 PM

6:00 PM 6:30 PM

7:00 PM

• All persons entering the pool area must swipe their membership card or check in with valid identification at the Membership Services desk.

Family Lane Swim

4:00-6:00

All facility areas close at 7:00 pm

- Proper swimming attire, including indoor shoes must be worn.
- Diaper dependent patrons must wear swim diapers.
- · Photos or videos are prohibited.
- Third party instructing, coaching or training is prohibited.
- Physiotherapists must obtain proper documentation prior to offering their services in the pool.
- Support workers are able to assist patrons at no charge; however, sign-in is required at the Membership Services desk.