



# Aquatics Program Schedule

YMCA of Oakville  
Peter Gilgan Family YMCA

January 8 - June 30, 2018

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

TUESDAY	Leisure Pool	Main Pool				
		20m	20m	25m	25m	25m
		5:30 AM				
6:00 AM						
6:30 AM						
7:00 AM			Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45		
7:30 AM						
8:00 AM	Opens at 8:00					
8:30 AM						
9:00 AM		Aqua Fit 9:00-9:45				
9:30 AM						
10:00 AM	Leisure Pool closed for swim lesson 10:00-11:00					
10:30 AM	Ⓡ Parent + Tot 10:30-11:00	Ⓡ Parent + Tot 10:30-11:00			Adult Lane Swim 5:45-4:30	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		Aqua Fit 1:15-2:00			Adult Lane Swim 10:00-4:30	
1:30 PM						
2:00 PM	Leisure Pool is closed 1:30-3:30					
2:30 PM						
3:00 PM						
3:30 PM			Family Lane Swim 3:00-4:30			
4:00 PM						
4:30 PM					Ⓜ Ⓡ Aquatics Mentorship 4:30-7:15	
5:00 PM	Ⓡ Parent + Tot 5:15-5:45					
5:30 PM		Ⓜ Ⓡ \$ Swim Lessons 4:30-8:00				
6:00 PM						
6:30 PM						
7:00 PM					Ⓜ Ⓡ Youth Master Swim 7:15-8:00	
7:30 PM						
8:00 PM			Aqua Fit 8:00-8:45			
8:30 PM					Adult Lane Swim 8:00-10:00	
9:00 PM						
9:30 PM						
10:00 PM		All facility areas close at 10:00 pm				

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

THURSDAY	Leisure Pool	Main Pool				
		20m	20m	25m	25m	25m
		5:30 AM				
6:00 AM						
6:30 AM						
7:00 AM			Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45		
7:30 AM						
8:00 AM	Opens at 8:00					
8:30 AM						
9:00 AM		Aqua Fit 9:00-9:45				
9:30 AM						
10:00 AM	Leisure Pool closed for swim lesson 10:00-11:00					
10:30 AM	Ⓡ Parent + Tot 10:30-11:00	Ⓡ Parent + Tot 10:30-11:00			Adult Lane Swim 5:45-4:30	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		Aqua Fit 1:15-2:00			Adult Lane Swim 10:00-4:30	
1:30 PM						
2:00 PM	Leisure Pool is closed 1:30-3:30					
2:30 PM						
3:00 PM						
3:30 PM			Family Lane Swim 3:00-4:30			
4:00 PM						
4:30 PM					Ⓜ Ⓡ Aquatics Mentorship 4:30-7:15	
5:00 PM	Ⓡ Parent + Tot 5:15-5:45					
5:30 PM		Ⓜ Ⓡ \$ Swim Lessons 4:30-8:00				
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM					Ⓜ Ⓡ Youth Master Swim 7:15-8:00	
8:00 PM			Aqua Fit 8:00-8:45			
8:30 PM					Adult Lane Swim 8:00-10:00	
9:00 PM						
9:30 PM						
10:00 PM		All facility areas close at 10:00 pm				



## 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**

FRIDAY	Leisure Pool	Main Pool				
		20m	20m	25m	25m	25m
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM				Family Lane Swim 5:45-8:45	Adult Lane Swim 5:45-8:45	
8:00 AM	Opens at 8:00					
8:30 AM		Parkinsons Program 8:00-9:00				
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM				® Home School Swim Lessons 10:00-12:00		Adult Lane Swim 5:45-4:30
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						Adult Lane Swim 10:00-4:30
1:30 PM						
2:00 PM	Leisure Pool is closed 1:30-3:30					
2:30 PM						
3:00 PM						
3:30 PM				Family Lane Swim 3:00-4:30		
4:00 PM						
4:30 PM						
5:00 PM						® Aquatics Mentorship 4:30-7:15
5:30 PM						® Aquatics Leaders 5:15-6:15
6:00 PM						
6:30 PM				® \$ Swim Lessons 4:30-8:00		
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM	Family, Youth & Teen Swim 8:00-9:30			Family Lane Swim 8:00-9:45		Adult Lane Swim 8:00-10:00
9:00 PM						
9:30 PM						
10:00 PM						

All facility areas close at 10:00 pm

SATURDAY	Leisure Pool	Main Pool				
		20m	20m	25m	25m	25m
7:00 AM						
7:30 AM				Family Lane Swim 7:00-8:00		Adult Lane Swim 7:00-9:00
8:00 AM	Opens at 8:00					
8:30 AM				Aqua Fit 8:00-8:45		
9:00 AM						Youth Master Swim 9:00-9:45
9:30 AM						
10:00 AM	® Parent + Tot 9:00-9:30 9:45-10:15 10:30-11:00 11:15-11:45 12:00-12:30			® \$ Swim Lessons 9:00-12:30		
10:30 AM						® Aquatics Mentorship 9:45-12:30
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
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 facility areas close at 7:00 pm

SUNDAY	Leisure Pool	Main Pool				
		20m	20m	25m	25m	25m
7:00 AM						
7:30 AM						
8:00 AM	Opens at 8:00					
8:30 AM				Family Lane Swim 7:00-10:00		
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
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5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						

All facility areas close at 7:00 pm

## 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.ymcaofaokville.org](http://www.ymcaofaokville.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

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