

Program Descriptions

Aqua Fit

This class, held in the comfort of water, is designed for all fitness levels and is designed to improve your cardio, strength and range of motion.

Aqua Fit - Parent & Tot

All are welcome! Bring along your little one for an Aqua Fit class of cardiovascular training, toning and stretching. Child accompaniment optional.

Aqua Jog

Aqua jogging mimics the movement of jogging but without the impact. This class may take place in deep or shallow areas of the main pool.

Family / Lane Swim

For families and adults accompanied with children. Two lanes available.

Dash & Splash** / Gym & Swim**

Go from the track or the gym to swimming in the pool! Supervised. Swim test mandatory.

Lane Swim

Slow, medium and fast lanes are provided. A leisure lane is also available for those who wish to water walk, exercise or swim leisurely.

Lifeguard Club (ages 10 -14)

The Lifeguard Club is a chance to build a network of like-minded individuals with a passion for skill

development and knowledge within the lifesaving community. Supervised.

Lifesaving Fitness (ages 10-14)**

In this award course, participants will be taught the importance of physical fitness in lifesaving. **Candidate recognition:** Bronze, Silver, or Gold. Registration and regular attendance is required.

Rec/Lane Swim

Two lanes available.

Rec Swim

Everyone welcome. No lanes available.

Help Keep Your Pool Area Safe and Sanitary

Please remove all outdoor footwear prior to entering the Aquatics Centre. Food is not permitted. Please be respectful of others when using electronic devices at the YMCA.

Adult Lane/Lessons

Whether upgrading your skills or a first time swimmer, these lessons will help you meet your swimming goals (two lanes and play pool available for swimmers 19+). No registration required.

Tot Lessons (ages 0-2)

Parent participation required for these Splasher and Bubbler levels. No registration required. Note: Children ages 3+ may be registered

in our Staff supervised lessons.

Whirlpool

Kick back and relax! Children under age 8 are not permitted. Children ages 8-12 require adult supervision.

Pool Supervision Guidelines

Children under age 12 must be directly supervised at all times. The additional guidelines apply to all pools, swims and parties: Children under age 8 must be within arm's reach of a responsible person age 16+ in the water (includes Play Pool) at a ratio of 1:1, or 1:3 if the children are wearing lifejackets. Whirlpool use is not permitted.

Children ages 8-11 who can successfully complete the swim test (swimmers*) must be supervised by a responsible person age 16+ in the water or on deck at a ratio of 1:8. Children ages 8-11 require direct supervision when in the Whirlpool.

Children ages 8-11 who cannot successfully complete the swim test (non-swimmers) must be within arm's reach of a responsible person age 16+ in the water at a ratio of 1:3, or 1:8 if the children are wearing lifejackets.

*A swimmer is defined as someone who is able to jump feet first into deep water, surface and swim 20m without assistance or stopping.



Swim to Survive Challenge (6-12)

Saturday, July 29 (1:00 - 2:00 pm) / Saturday, August 26 (1:00 - 2:00 pm)

This complimentary Swim to Survive Challenge is a one time session that introduces children to the essentials needed to survive an unexpected fall into deep water. Open to members and non-members.

*Swim to Survive not a replacement for swim lessons. Register at the Welcome Desk.