



## Belleville Branch Pool Schedule Effective Feb. 1 - June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00am Open Lengths	6:00-8:00am Open Lengths	6:00-8:00am Open Lengths	6:00-8:00am Open Lengths	6:00-8:00am Open Lengths	7:30-8:30am Open Lengths	7:30-10:00 am Open lengths
<b>8:00-8:45am</b> Aqua Fit	<b>8:00-8:45am</b> Aqua Fit	<b>8:00-8:45am</b> Aqua Fit	<b>8:00-8:45am</b> Aqua Fit	<b>8:00-8:45am</b> Aqua Fit	<b>8:30pm-12:00pm</b> Y lessons	<b>10:00pm-12:00pm</b> Y Lessons
<b>8:45-9:30am</b> Aqua Fit	<b>8:45-9:30am</b> AquaFit	<b>8:45-9:30am</b> Aqua Fit	<b>8:45-9:30am</b> Aqua Fit	<b>8:45-9:30am</b> Aqua Fit	12:00 -1:00pm Open Lengths	12:00 -1:00pm Open Lengths
<b>9:30 - 10:00am</b> Aqua Yoga	<b>9:30 - 10:15am</b> Aqua Yoga	<b>9:30 - 10:00am</b> Aqua Yoga	<b>9:30 - 10:00am</b> Aqua Yoga	<b>9:30 - 10:00am</b> Aqua Yoga	<b>1:00-2:00pm</b> Family/Youth Swim	<b>1:00—1:30pm</b> Y-Tri
<b>10:00 -10:45am</b> Preschool Lessons	10:15 -10:45am Preschool Lessons 10:45-11:15 Parent & tot Aquafit	10:00 -10:45am Masters 55+	<b>10:00 -11:30am</b> Harry J. Clarke	<b>10:00 -10:45am</b> Family/Youth Swim		
<b>10:45 - 11:30am</b> Aqua Fit	<b>10:45 -11:30am</b> Family/Youth Swim	<b>10:45 -11:30am</b> Aquafit <b>10:45-11:15</b> Parent & tot Aquafit		<b>10:45 - 11:30am</b> Aqua Fit		
11:30 -1:00pm Open Lengths	11:30am-1:00pm Open Lengths	11:30 - 1:00pm Open Lengths	11:30am-1:00pm Open Lengths	11:30am-1:00pm Open Lengths	<b>2:00-3:00pm</b> Birthday Parties	<b>2:00-3:00pm</b> Birthday Party
					<b>3:00-5:00pm</b> Family Youth Swim	<b>3:00-5:00pm</b> Family Youth Swim
<b>1:00-1:45pm</b> Aqua Fit	<b>1:00-1:45pm</b> Aqua Fit	<b>1:00-1:45pm</b> Aqua Jog	<b>1:00-1:45pm</b> Aqua Fit	<b>1:00-1:45pm</b> Aqua Fit	<b>Holiday Hours</b> Adult Lengths 9:00-11:30am Family/Youth Swim 11:30-1:30pm	
1:45-2:30pm Moira High School	1:45 - 2:30pm Harry J. Clarke	<b>1:45 - 2:30pm</b> Aqua Yoga	<b>1:45 - 2:30pm</b> Moira High School	1:45 - 2:30pm Moira High School		
2:30 - 3:15pm Harry J. Clarke	2:30 - 3:15pm Ladies Synchro/Adult lesson	2:30 - 3:15pm Harry J. Clarke	2:30 - 3:15pm Ladies Synchro/Adult lesson	2:30 - 3:15pm Harry J. Clarke	<b>*Requires Registration*</b> <b>**Pool Reserved**</b>	
3:15 - 4:00pm Open Lengths	3:15 - 4:00pm Open Lengths	3:15 - 4:00pm Open Lengths	3:15 - 4:00pm Open Lengths	3:15 - 4:00pm Open Lengths		
<b>4:00 - 7:00 pm</b> Swim lessons	<b>4:00 - 7:00 pm</b> Swim lessons	<b>4:00 - 7:00 pm</b> Swim lessons	<b>4:00 - 7:00 pm</b> Swim Lessons	<b>4:00 - 7:00 pm</b> Swim Lessons		
<b>7:00-8:00pm</b> Family Youth Swim	<b>7:00-8:00pm</b> Family Youth Swim	<b>7:00-8:00pm</b> Family Youth Swim	<b>7:00-8:00pm</b> Family Youth Swim	<b>7:00-9:30pm</b> Family Youth Swim		
<b>8:00-8:30pm</b> Adult Lessons	<b>8:00-8:45pm</b> Aquafit	<b>8:00-9:30pm</b> Bronze	<b>8:00-8:45pm</b> Aqua jog			
<b>8:30-9:30pm</b> Open Lengths	<b>8:45-9:30pm</b> Open Lengths		<b>8:45-9:30pm</b> Open Lengths			

# Pool Admission and Wrist Band Policies

## **FACILITY SWIM TEST**

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a two lengths consistent, uninterrupted swim to the shallow end and then back to the deep end.

## **WHAT TO WEAR**

Children who are not toilet trained must wear a swim diaper or clothing with snug elastic legs. No disposable diapers are permitted.

Others must wear clean attire used only for bathing.

## **SERIOUS MEDICAL CONDITIONS**

We ask that those with serious medical conditions should ensure that aquatic staff are aware of the condition.

Your medical doctor should be consulted before swimming.

## **WAIT LISTS**

Waiting lists are available for classes or times that may be full. Please ensure you sign up at the Membership Services desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

## **FACILITY RULES**

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All swimmers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water is permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- Those with serious medical conditions should notify the aquatic staff

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 15 years of age and under will be given an identifying wristband by the facility staff.

## 6 Years and Under



Children 6 and under always accompanied - adult and child(ren) get a red band. Adult in arms reach at all times.



## 7-9 Years



Children 7-9 years who do not pass - adult and child get a red band. Adult in arms reach at all times.



## 7-9 Years

All children who pass the swim test get a green band. Children 7-9 who can pass the swim test get a green band and can swim alone. Parent must remain in the building.



## 10+ Years

10+ Cannot Pass Swim Test - Can Swim alone.

