



Prescott Pool Schedule

Effective: July 4 – August 28

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|---------------------------------|-------------------------------|---------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 9-9:55am Lane Swim | 9-9:55am Lane Swim | 9-9:55am Lane Swim | 9-9:55am Lane Swim | 9-9:55am Lane Swim | 9-9:55am Lane Swim | 9-9:55am Lane Swim |
| 10am-5pm Public Swim | 10am-12pm Swimming Lessons | 10am-12pm Swimming Lessons | 10am-12pm Swimming Lessons | 10am-12pm Swimming Lessons | 10am-12pm Swimming Lessons | 10am-12pm Swimming Lessons |
| | 12:15-1pm Aquafit | 12:15-1pm Fitness Swim | 12:15-1pm Aquafit | 12:15-1pm Fitness Swim | 12:15-1pm Aquafit | 12:15-5pm Public Swim |
| | 1:15-3:55pm Public Swim | 1:15 pm-3:55pm Public Swim | 1:15-3:55pm Public Swim | 1:15-3:55pm Public Swim | 1:15-3:55pm Public Swim | |
| | 4-4:45pm Swim Team A | 4-4:45pm Swim Team A | 4-4:45pm Swim Team A | 4-4:45pm Swim Team A | 4-4:45pm Swim Team A | |
| | 4:45-5:30pm Swim Team B | 4:45-5:30 Swim Team B | 4:45-5:30pm Swim Team B | 4:45-5:30pm Swim Team B | 4:45-5:30pm Swim Team B | |
| | 5:30-6:30pm Swimming Lessons | 5:45-7pm Public Swim | 5:30-6:30pm Swimming Lessons | 5:45-7pm Public Swim | 5:45-6:30pm Public Swim | |
| | 6:45-7:30 Public Swim | | 6:45-7:30 Aquafit | | | |

All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.
 Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.

| Classes | Monday – Friday or Saturdays | Monday | Wednesday | Fees |
|-------------|--|---------------------------|------------------------|--|
| Lil Dippers | Bobber/Floater 10-10:30 | Bobber/Floater 5:30-6 | | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| | Glider/Diver 10:30-11:00 | | Glider/Diver 5:30-6 | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| | Surfer/Dipper 11-11:30 | Surfer/Dipper 5:30-6 | | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| | Otter/Seal 11:30-12:00 | | Otter/Seal 5:30-6 | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| | Dolphin/Swimmer 10-10:30 | Dolphin/Swimmer 6-6:30 | | \$30 per session (1 week) \$25 per session (Monday or Wednesday or Saturday) |
| | Star 1 & 2 10:30-11 | | Star 1 & 2 6-6:30 | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| Star 1-4 | Star 3 & 4 11-11:30 | Star 3 & 4 6-6:30 | | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| | Star 5-7 11:30-12 | | Star 5-7 6-6:30 | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| Star 5-7 | | | | \$30 per session (Monday-Friday) \$25 per session (Monday or Wednesday or Saturday) |
| Swim Team | Group A 4-4:45 (6-10 years old) Group B 4:45-5:30 (11-16 years old) | | | \$25 per session (1 month) |

If you are unsure of which level to sign your child up for, check out our conversion chart at <https://eo.ymca.ca/aquatics-programs>

****Due to physical distancing requirements, no physical manipulation will be completed by swim instructors, they will be teaching from the pool deck. Lil Dippers classes and Otter Seal classes all require a guardian/family member over 12 years of age to enter the pool with the participant for each lesson.****