



## Lap Pool Schedule Edward Ratcliffe Aquatic Centre YMCA of Eastern Ontario - Kingston Location

**Dates Effective:**

**January 5th 2020 - April 11th 2020**

Lanes	Sundays	Lanes	Mondays	Lanes	Tuesdays	Lanes	Wednesdays	Lanes	Thursdays	Lanes	Fridays	Lanes	Saturdays
		6	Lane Swim 5:45-7:55	1	Lane Swim 5:45-7:00 Adult Swim Club 6:00 - 7:00	6	Lane Swim 5:45-7:55	1	Lane Swim 5:45-7:00 Adult Swim Club 6:00 - 7:00	6	Lane Swim 5:45-7:55		
6	Lane Swim 7:30-8:10			3	AquaFit 7:05-7:50			3	AquaFit 7:05-7:50			1	Adult Swim Club 7:15 - 8:15
2	AquaFit 8:15-9:00	2	AquaFit 8:00-8:45	6	Lane Swim 8:00-8:45	2	AquaFit 8:00-8:45	6	Lane Swim 8:00-8:45	2	AquaFit 8:00-8:45	6	Lane Swim 8:15-9:55
3	Public Swim 9:05-9:55	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	Lessons 10:00-12:15
1	Lessons 10:00-12:15	6	Lane Swim 10:00-10:55	6	Lane Swim 10:00-10:55	0	Swim to Survive 9:55-10:55	6	Lane Swim 10:00-10:55	6	Lane Swim 10:00-10:55	1	Lessons 10:00-12:15
6	Lane Swim 12:20-1:25	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	6	Lane Swim 12:20-1:25
2	Public Swim 1:30-4:55	6	Lane Swim 12:00-2:00	4	Lane Swim 12:00-2:00 Deep Water Running 12:00-12:45	6	Lane Swim 12:00-2:00	4	Lane Swim 12:00-2:00 Deep Water Running 12:00-12:45	6	Lane Swim 12:00-2:00	2	Public Swim 1:30-4:55
		3	Public Swim 2:05-2:25	3	Public Swim 2:05-3:25	3	Public Swim 2:05-2:25	3	Public Swim 2:05-3:25	3	Public Swim 2:05-3:25		
		3	LCVI Swim Team 2:30-3:30			3	LCVI Swim Team 2:30-3:30			3	Public Swim 2:05-3:25		
		0	Penguins 3:35 - 4:55	2	Penguins 3:35 - 4:55	0	Penguins 3:35 - 4:55	2	Penguins 3:35 - 4:55	2	Penguins 3:35 - 4:55	0	Available for Rental 5:00-6:00
		1	Swim Lessons 5:00 - 7:30	1	Swim Lessons 5:00 - 7:30	0	Swim Lessons 5:00 - 7:30	1	Swim Lessons 5:00 - 7:30	1	Swim Lessons 5:00 - 7:30		
		3	AquaFit 7:30-8:15	3	AquaFit 7:30-8:15	3	Public Swim 7:30-9:00	3	AquaFit 7:30-8:15			1	Public Swim 7:30-9:00
		3	Public Swim 8:20-9:00	3	Public Swim 8:20-9:00			3	Public Swim 8:20-9:00				

Showering is required to rinse away dirt, oils, and personal care products from the skin's surface prior to entering the pool.

Please note that during times marked with zero (0) lanes available the Lap pool is unavailable.

**Please be advised that during PA Days, there will be camp swims from 10-11am, and 2:30-3:30pm**

**If you have any questions regarding the pool schedule please contact our aquatics department at [aquatics@kingston.ymca.ca](mailto:aquatics@kingston.ymca.ca)**



## Program Descriptions

<b>Lane Swim</b>	Lane Swim provides members and guests access to lanes in the Lap Pool to swim laps. Lanes are divided into slow, medium and fast. Please utilize the lane that best suits your speed. People of all ages can swim during this time, given that they are swimming laps.
<b>Aquafit</b>	Aquafit is a workout program that takes place in the water, designed to offer both muscle and cardiovascular conditioning, while being low-impact to the body. <b>Note:</b> This program is run during various parts of the days and utilizes a different number of lanes depending on the day/time.
<b>Swim to Survive</b>	Swim to Survive is a Lifesaving Society program designed to teach young children essential survival skills around water with a curriculum focusing on three core items - a roll into the water, treading water, and a distance swim. <b>Note:</b> <i>During this time the Lap Pool is unavailable for members and guests.</i>
<b>Penguins</b>	The Kingston Y Penguins is a swim team for children with physical disabilities and their able-bodied siblings. <b>Note:</b> There will be no lanes available for members to swim in during this program time on Monday's and Wednesday's. Registration Required.
<b>Deep Water Running</b>	Deep Water Running is an aquatic exercise program that takes place in the deep end of the lap pool. This type of workout eliminates the impact and minimizes the stress on the bodies muscles and joints.
<b>Adult Swim Club</b>	Adult Swim Club provides swim practices to participants designed to develop fitness and stroke improvement in a supportive environment. This program is ideal for adults who want to improve their physical fitness through swimming. <b>Note:</b> Each week there are 2 coached practices and 1 independent workout. Registration is required.
<b>Public Swim</b>	Public Swim is a program time where members and guests can come to enjoy a recreational swim. <b>Note:</b> Please refer to the Swim Admission Policy below or in our program guide to see the policies for swim tests and supervision.

<b>Swim Admission policy</b>		<b>Children who are not toilet-trained must wear waterproof swim diapers. Appropriate swimwear only – street clothes are not permitted in the pool. Outdoor footwear is not to be worn on the pool deck. Food and beverages (except water) are not permitted on the pool deck – water must be in a plastic or metal container.</b>
0 to 5	Adult (16+) must be in the pool within arms reach at all times. One adult may be responsible for up to two (2) children under 6	
6 to 9	Must be supervised by a adult (16+) at all times. If the child is unable to pass the swim test, our age 0 to 5 policy applies to them	
10 to 12	Can be unsupervised in the pool until 8pm. May be asked to swim test and remain in the shallow end.	
13+	Can be unsupervised in the pool. May be asked to swim test and remain in the shallow end.	



**Leisure Pool Schedule  
Edward Ratcliffe Aquatic Centre  
YMCA of Eastern Ontario - Kingston Location**

**Dates Effective**

**January 5, 2020 - April  
11th 2020**

<b>Sundays</b>	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
	Therapy Swim 7:00 - 8:00	Therapy Swim 6:45 - 7:00	Therapy Swim 7:00 - 8:00	Therapy Swim 6:45 - 7:00	Therapy Swim 7:00 - 8:00	
Public Swim 7:30-9:55	Public Swim 8:05-11:00	Public Swim 7:05-11:00	Public Swim 8:05-9:55	Public Swim 7:05-11:00	Public Swim 8:05-11:00	Public Swim 7:30-9:55
Lessons 10:00-12:15	KidSplash 11:05-11:55	KidSplash 11:05-11:55	Swim to Survive 9:55-10:55	KidSplash 11:05-11:55	KidSplash 11:05-11:55	Lessons 10:00-12:15
Therapy Swim 12:20-1:25	Public Swim 12:00-1:25	Public Swim 12:00-2:00	KidSplash 11:05-11:55	Public Swim 12:00-2:00	Public Swim 12:00-12:55	Therapy Swim 12:20-1:25
Public Swim 1:30-4:55	Aqua For Arthritis 1:30-2:15	Therapy Swim 2:05 - 3:00	Public Swim 12:00-1:55	Therapy Swim 2:05 - 3:00	Healing Waters 1:00-1:45	Public Swim 1:30-4:55
	Public Swim 2:20-4:30		Healing Waters 2:00-2:45		Public Swim 2:00-3:25	
	Penguins 4:30 - 5:00	Public Swim 3:05 - 4:55	Public Swim 2:50-4:30	Public Swim 3:05 - 4:55	DayCare/After School Care 3:30-4:55	
Please note that the Leisure pool is unavailable during times marked as Lessons, Penguins, Swim to Survive or Daycare/after school care	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Swim Lessons 5:00-7:30	Available for Rental 5:00-6:00
	Public Swim 7:30-9:00	Public Swim 7:30-9:00	Public Swim 7:30-9:00	Public Swim 7:30-9:00	Public Swim 7:30-9:00	Please be advised that during PA Days, there will be camp swims from 1:00pm - 2:00pm during which time the pool is unavailable

**Showering is required to rinse away dirt, oils, and personal care products from the skin's surface prior to entering the pool.**

***If you have any questions, comments or concerns regarding the pool schedule please contact our aquatics department via email at [aquatics@kingston.ymca.ca](mailto:aquatics@kingston.ymca.ca)***

## Leisure Pool Program Descriptions

<b>Healing Waters</b>	Healing Waters is an aquafit class that focuses on general mobility of the participants. This class takes place in the Leisure pool which has a warmer water temperature.
<b>Swim to Survive</b>	Swim to Survive is a Lifesaving Society program designed to teach young children essential survival skills around water with a curriculum focusing on three core items - a roll into the water, treading water, and a distance swim. <b>Note:</b> <i>During this time the Leisure pool is unavailable for members and guests</i>
<b>Day Care/ After School Care</b>	During this time the Licensed Child Care Daycare and After School Programs will be utilizing the Leisure pool. <b>Note:</b> <i>During this time, the Leisure Pool is unavailable for members and guests.</i>
<b>Kidsplash</b>	KidSplash is a time for families with children to enjoy a recreational swim in the Leisure Pool. <b>Note:</b> Please refer to the swim admission policy below or in our program guide to see policies for supervision.
<b>Penguins</b>	The Kingston Y Penguins is a swim team for children with physical disabilities and their able-bodies siblings. <b>Note:</b> <i>During this time, the Leisure Pool is unavailable for members and guests.</i>
<b>Therapy Swim</b>	Therapy Swim is a time for Adult members ages 16 and older to enjoy a quieter atmosphere in the Leisure pool, while you exercise, swim and socialize. This time is suited for those with arthritis, mobility issues, joint difficulties and chronic pain.
<b>Aquafit for Arthritis</b>	Aquafit for Arthritis is an aquafit class that focuses on mobility and joint health of the participant. This class takes place in the Leisure Pool which has a warmer water temperature.
<b>Public Swim</b>	Public Swim is a program time where members and guests can come to enjoy a recreational swim. <b>Note:</b> Please refer to the swim admission policy below or in our program guide to see the policies for swim tests and supervision.

<b>Swim Admission policy</b>		<b>Children who are not toilet-trained must wear waterproof swim diapers. Appropriate swimwear only – street clothes are not permitted in the pool. Outdoor footwear is not to be worn on the pool deck. Food and beverages (except water) are not permitted on the pool deck – water must be in a plastic or metal container.</b>
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