

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00—9:25 (6:30 M,W,F) LENGTHS						
9:30—10:15 WATER FITNESS					7:30-8:30 LENGTHS	
10:15—11:15 SCHOOL BOARD				10:15—10:45 SWIMMING LESSONS	8:30—10:10 SWIMMING LESSONS	
11:15—11:45 OPEN SWIM					10:15—11:45 KIDS CLUB	9:00—10:00 MIDDLESEX
11:45—1:00 LENGTHS					11:50—12:55 SWIMMING LESSONS	10:00—12:30 RENTAL/ ADVANCED AQUATICS
1:00—2:00 SELF DIRECTED FITNESS						12:30—2:00 LENGTHS
2:00—4:15 SCHOOL BOARD					2:00—3:30 OPEN SWIM	
4:15—7:05 SWIMMING LESSONS				4:30—5:30 OPEN SWIM	3:30—4:30 LENGTHS	
7:05—7:40 SWIMMING LESSONS		7:15—8:30 SPECIAL OLYMPICS		7:05—7:25 OPEN SWIM	SCHEDULE SUBJECT TO CHANGE	
7:40—8:30 OPEN SWIM				7:30—8:30 MIDDLESEX		
8:30—10:00 LENGTHS				8:00—9:00 LENGTHS		

### Holiday Hours

(February 19, March 30  
& May 21/2018)

10:00-11:00 LENGTHS  
11:00-1:00 OPEN SWIM  
1:00-2:00 LENGTHS  
2:00-3:30 OPEN SWIM



YMCA of  
Stratford—Perth

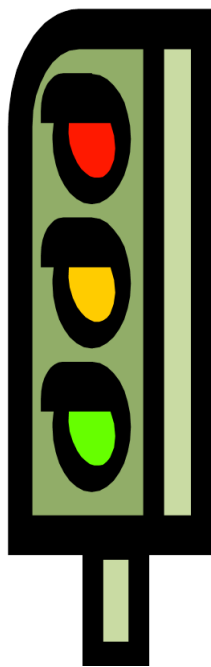


Stratford—Perth Family YMCA  
ymcastratfordca

<b>LENGTHS</b>	Increase your fitness while swimming in the pool. Lanes are designated by Leisure Swim, Slow, Medium, and Fast speeds. Continuous swimming in the lanes is encouraged.
<b>WATER FITNESS</b>	These water based fitness classes are designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength components. These classes will meet the needs of a wide spectrum of fitness levels, and is suitable for novice and advanced participants alike.
<b>EASYPACE</b>	This class is a leisurely paced aquatic class focusing on proper body alignment and uses the water as resistance for cardiovascular and muscular endurance training.
<b>OPEN SWIM</b>	Recreational swim is for all ages. Parents/guardians should be prepared to swim with children (in water, within arms reach) according to the facilities admission standards.
<b>SELF DIRECTED FITNESS</b>	For participants 16 years+. The pool is set up with two lanes for lap swimming and they are designated with Slow and Fast speed markers. The other half of the pool is open for participants who wish to do water exercise.

## ADMISSION STANDARDS

For increased safety in our aquatic facilities, all swimmers 6 - 12 years of age who wish to swim in the pool must complete a brief swim test prior to being admitted to the pool. Upon successful completion, the child will be given a GREEN wrist band allowing them to swim unaccompanied and in deep water. Those who decide not to do the swim test and those who are unsuccessful in completing the swim test may participate in shallow water accompanied by a parent/guardian who is at least 13 years of age.



### RED Wrist Band - Children 0 - 5 years of age

Must be accompanied in shallow water by a parent/caregiver who is at least 13 years of age who remains within arm's reach. **Ratio of children to parent/guardian 2:1**

### YELLOW Wrist Band - Children 6 - 12 years of age

Children who do not successfully complete the swim test must swim with a parent/guardian 13 years or older in the pool that remains within arm's reach in shallow water. **Ratio of children to parent/guardian 4:1**

### GREEN Wrist Band - Children 6 - 12 years of age

Children who complete the swim test may access the pool unaccompanied and swim in deep water. Parent/guardians must remain in the pool area for all children under the age of 10

### Swim Test Standard

To successfully pass the facility swim test, individuals 12 and under must:

- 1) Jump into deep water, surface and tread for 1 minute
- 2) Swim 2 Widths using any arm and leg action, putting face in the water and show the ability to breath

## Aquatic Leadership

We offer a range of leadership courses for participants aged 10-18 years old. Geared toward swimmers who are looking to start on the path to obtaining the National Lifeguard (NL) award, those looking for an aquatic challenge and improve fitness levels or to simply increase their knowledge and awareness of Aquatic related emergencies. For more information, course pre-requisites and fees, please visit our website.

Did you know?

YMCA swimming lessons are included with your membership!

