



# Pool / Piscine

March 31 – May 4, 2025 (closed April 18 & 20)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lengths</b> 7:00 – 7:45 am	<b>Lengths</b> 7:00 – 7:45 am	<b>Lengths</b> 7:00 – 7:45 am		<b>Lengths</b> 7:00 – 7:45 am		
<b>Lengths</b> 7:45 – 8:30 am	<b>Lengths</b> 7:45 – 8:30 am	<b>Lengths</b> 7:45 – 8:30 am	<b>Lengths</b> 8:00 – 8:45 am	<b>Lengths</b> 7:45 – 8:30 am		
<b>Lengths</b> 8:30 – 9:15 am	<b>Lengths</b> 8:30 – 9:15 am	<b>Lengths</b> 8:30 – 9:15 am	<b>Lengths</b> 8:45 – 9:30 am	<b>Lengths</b> 8:30 – 9:15 am	<b>Lengths#</b> 8:00 – 8:45 am (no swim April 19)	
<b>Aquafit</b> 9:30 – 10:15am Christina D	<b>Lengths</b> 9:15 – 10:00 am	<b>Aquafit</b> 9:30 – 10:15am Cristina V	<b>Lengths</b> 9:30 – 10:30 am	<b>Aquafit</b> 9:30 – 10:15am Cristina V	<b>Kids Swim Lessons</b> Various times between 9:00 am – 12:20 pm (no class April 19)	<b>Aquafit#</b> 10:00 – 10:50 am Sue
<b>Rec. Swim</b> 10:30 – 11:15 am Senior Swim 11:15 – 12:00pm	<b>Rec. Swim</b> 10:00 – 11:00 am <b>Senior Swim</b> 11:00 am – 12:00 pm	<b>Rec. Swim</b> 10:30 – 11:15 am <b>Senior Swim</b> 11:15 am – 12:00 pm	<b>Rec. Swim</b> 10:30 – 11:15 am <b>Senior Swim</b> 11:15 am – 12:00 pm	<b>Rec. Swim</b> 10:30 – 11:15 am <b>Senior Swim</b> 11:15 am – 12:00 pm		<b>Senior Swim</b> 11:00 am – 12:00 pm
<b>Lengths</b> 12:00 – 12:45 pm	<b>Lengths</b> 12:00 – 12:45 pm	<b>Lengths</b> 12:00 – 1:00 pm		<b>Lengths</b> 12:00 – 12:45 pm	<b>Lengths</b> 12:30 – 1:15pm	<b>Lengths</b> 12:00 – 1:00 pm
<b>Cardio Deep H2O</b> 1:00 – 1:45 pm Christina D	<b>Muscle Work</b> 1:00 – 1:45 pm Christina D	<b>Lengths</b> 1:00 – 2:00 pm	<b>Deep H2O Aqua</b> 1:00 – 1:45 pm Christina D	<b>Lengths</b> 12:45 – 1:30 pm	<b>Rec Swim</b> 1:15 – 2:00pm	<b>Rec</b> 1:00 – 1:45 pm
<b>Rec Swim (2 lanes)</b> 2:00 – 3:00pm	<b>Student Swim+</b> 2:00 – 2:30 pm	<b>Student Swim+</b> 2:00 – 3:00 pm	<b>Rec. Swim</b> 2:00pm – 3:00pm	<b>Rec. Swim</b> 1:30 – 2:15 pm	<b>Family **</b> 2:05 – 2:50 pm	<b>Family **</b> 1:45 – 2:30 pm
<b>Lengths</b> 3:00 – 4:00 pm	<b>Rec. Swim</b> 2:30 – 3:15 pm	<b>Lengths</b> 3:00 – 4:00 pm		<b>Student Free Time</b> 2:15 – 3:00 pm	<b>Lengths</b> 3:00 – 3:45 pm	<b>Lengths</b> 2:30 – 3:30 pm
Rental Group 4:15 – 7:00 pm	<b>Lengths</b> 3:30 – 4:30 pm	Rental Group 4:15pm – 7:00 pm	<b>Lengths</b> 3:30 – 4:30 pm	<b>Rec Swim</b> 3:00 – 4:00 pm	<b>Bronze Classes</b> (3:30-8:00pm)	<b>Bronze Classes</b> (3:30-8:00pm)
	<b>Lengths</b> 4:45 – 5:45 pm		<b>Lengths</b> 4:45 – 5:30 pm	Rental Group 4:30 – 5:30 pm		
	<b>Family**</b> 6:00 – 6:45 pm (share pool with SI)		<b>Rec Swim (2 lanes)</b> 5:30 – 6:15 pm	Rental Group 4:15 – 7:00 pm		
	<b>Stroke Improvement</b> 6:10 – 6:50pm (ends April 8)		<b>Family**</b> 6:15 – 7:00 pm	<b>Family**</b> 6:15 – 7:00 pm		
<b>Lengths</b> 7:00 – 8:00pm	<b>Lengths (until mid April)</b> 7:00 – 8:00pm	<b>Lengths</b> 7:40 – 8:30 pm	<b>Lengths</b> 7:00 – 8:00 pm	Rental Group 7:00 – 8:30 pm	<b>You MUST book swim times and programs online <a href="http://www.glendonac.ca">www.glendonac.ca</a></b>	<b>Some swims may be CHANGED OR CANCELLED WITHOUT NOTICE.</b>
<b>Masters Swim</b> 8pm – 9:30 pm	Rental Group 8pm – 9:30 pm	<b>Masters Swim</b> 8:30 – 10:00 pm	Rental Group 8pm – 9:30pm			
<b>Notes:</b> You <b>MUST</b> book swim times in the <b>PORTAL</b> (do not just show up to swim) <ul style="list-style-type: none"> <li>**During Family Swims: Lengths swimming is <b>not</b> permitted.</li> <li>Rec. Swims really are lengths swims – you <b>CAN</b> book to swim lengths during this time.</li> <li># - There will be no Sunday Aquafit classes</li> <li># There will be no Sat. morning lengths swims on long weekends or on weekends when lessons aren't running</li> <li>+ - Only York/Glendon students are permitted to book during the Student swim time. During <b>Student Free Time</b>, there are no lengths allowed.</li> </ul>					<b>Please check online to clarify status of the pool. (If no availability on portal then swim is either full or closed)</b>	
						March 21, 2025

## LONGUEURS

La piscine comporte trois couloirs de vitesse (lente, moyenne et rapide). Durant cette séance, la piscine est réservée à l'usage des personnes qui ont l'intention de faire des longueurs répétées.

## BAIGNADE RÉCRÉATIVE

Une session libre pour tous les membres, enfants et adultes.

## LONGUEURS POUR LES SENIORS

Réservée à nos membres seniors qui désirent faire des longueurs. Veuillez noter que seuls les seniors seront admis - pas d'exception, merci.

## BAIGNADE LIBRE FAMILIALE

Réservée aux enfants et jeunes membres, ainsi que leurs parents. Les enfants non accompagnés ne seront pas admis et vice versa. Les enfants doivent être surveillés par une personne, âgée de 13 ans et plus, qui se trouve également dans l'eau à proximité.

**Noter :** Pour des raisons sanitaires, tous les enfants en bas âge doivent porter un maillot de bain dans la piscine.

## BAIGNADE ÉTUDIANT YORK/GLENDON

Une période de baignade récréative réservée aux étudiants (membres du CAG) de York/Glendon pour nager. Seuls les étudiants sont autorisés

## AQUAFIT

À noter : **tous les cours sont des cours en eau profonde ; une ceinture de flottaison ou des nouilles seront utilisées pour les cours.** Ceci est à la discrétion de votre instructeur

- **Cardio Deep H20** : Tout le monde bouge méthodiquement et systématiquement dans l'eau pendant le cours de 45 minutes. Avec une série d'exercices, nous augmenterons cette fréquence cardiaque ! Si vous voulez un bon entraînement de pompage cardiaque, ce cours est fait pour vous.
- **Travail musculaire dans l'eau** : Afin d'obtenir un bon entraînement musculaire dans l'eau, plusieurs séries de nombreuses répétitions sont nécessaires. Ici, nous nous concentrerons sur deux groupes musculaires par cours, un groupe musculaire du haut du corps et un groupe musculaire du bas du corps. La concentration et la technique sont la clé de votre réussite
- **Bootcamp** : un moyen de faire travailler votre cardio et vos muscles dans un environnement agréable. L'aménagement de l'espace piscine sera différent des autres cours pour que vous puissiez faire vos exercices aquatiques; vous aurez des exercices indépendants et en groupe.
- **Deep H20 Aqua** : Entraînement complet du corps en eau profonde.
- **Aquafit - Ouvert** : C'est le moment d'inclure certains des exercices que vous avez appris dans vos cours : faites certains de vos exercices préférés et ceux que vous ne préférez pas à votre rythme ; concentrez-vous sur votre technique ; et améliorez votre endurance cardio et musculaire.

## LENGTHS

The pool is divided into three lanes (slow, medium and fast) and is reserved for the use of those both capable of, and intending to swim repeated lengths of the pool.

## REC SWIM (really is a lengths swim)

An open swim period shared by all members, both children and adults.

## SENIOR SWIM

A swim period reserved for our senior members to swim lengths. Only senior swimmers permitted. No exceptions, thank you.

## FAMILY SWIM\*

A swim period reserved for Children/Youth members and their parents. Children without an adult present will not be admitted and vice versa.

- Children must be directly supervised by a person 13 years or older.
- **Direct supervision is defined as in the water "within arms reach".**

*\*\*Please note: for sanitary reasons, all infants must wear swim pants in the pool.*

## STUDENT ONLY SWIM

A leisure swim period reserved for York/Glendon student members to swim. Only students permitted .

## AQUAFIT

To Note: **All classes are deep water classes-- a floatation belt or noodle will be used for the classes.** This is at the discretion of your instructor

- **Cardio Deep H20**: Everyone moves methodically and systematically in the water for the 45 minute class. Due to hydrostatic pressure, a property of water, it is challenging to bring your heart rate up. With a series of exercises, we will get that heart rate up! If you want a great heart pumping workout, this is the class for you. We want to emphasize great breathing in this class, not talking.
- **Muscle Works in Water**: In order to get a good muscular workout in water, several sets of many repetitions are necessary. Here, we will focus on two muscle groups per class, one upper body and one lower body muscle group. We may overload the muscles with more repetitions, more sets, added equipment or duration (for muscular endurance). Focus and technique are key to your success in this class.
- **Bootcamp**: a great way to get cardio and muscle work in a good-paced environment, in one class. Setting up the pool space will be different from the other classes for you to do your water workouts; you will have independent and group exercises. Lots of listening and activities are needed for this class.
- **Deep H20 Aqua**: Full body workout in deep water.
- **Aquafit - Open**: This is your time to include some of the exercises you have learned in your classes: do some of your favourite and your-not-so favourite exercises at your pace; focus on your technique; and improve your cardio and muscular endurance.