



# Therapeutic Pool Schedule

## Effective May 2 - July 3, 2022

**YMCA of Central East Ontario  
John Williams Branch**

50 Monogram Place Trenton, ON K8V 5P8  
Tel:613.394.9622 Fax:613.394.8223  
<http://www.ymcaofceo.ca>

**THERAPEUTIC POOL SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-9:00am					Adult Swim 8:00-9:00am	Adult Swim 8:00-10:00am
Tone & Stretch 9:00-9:45am						
Family/Youth Swim 10:00-12:00pm					Swim Lessons 9:00-12:15pm	Family/Youth Swim 10:00-12:00pm
Adult Swim 12:00-1:00pm					Adult Swim 12:15-1:00pm	Adult Swim 12:00-1:00pm
Aqua Yoga 1:00-1:40pm	Family/Youth Swim 1:00-3:00pm	Aqua Yoga 1:00-1:40pm	Family/Youth Swim 1:00-3:00pm	Family/Youth Swim 1:00-3:00pm	Birthday Parties 1:00-2:00pm	
Family/Youth Swim 2:00-3:00pm		Family/Youth Swim 2:00-3:00pm				
Adult Swim 3:00-4:00pm					Members Only Family/Youth Swim 2:00-3:30pm	
Swim Lessons 4:00-7:00pm						
Family/Youth Swim 7:00-7:45pm					Members and Non Members Family/Youth Swim 3:45-5:00pm	

***This schedule is subject to change at any time.***

***For more information, please contact Regional Supervisor, Tiffany Ward at [tiffany.ward@ceo.ymca.ca](mailto:tiffany.ward@ceo.ymca.ca)***



# Lap Pool Schedule Effective May 2 - July 3, 2022

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Lengths 6:00-8:00am (6 Lanes)					Open Lengths (6 Lanes) 8:00-9:00am	Open Lengths (6 Lanes) 8:00-10:00am
Aquafit 8:10-8:55am (6 Lanes)						
Open Lengths 9:00-12:00pm (6 Lanes)					Swim Lessons 9:00-12:15pm (1 lane available for swimming)	Family/Youth Swim 10:00-12:00pm (3 lanes available for lane swimming)
Aquafit 12:10-12:55pm (6 Lanes)						
Open Lengths 1:00-4:00pm (6 Lanes)					Open Lengths (6 Lanes) 12:15-1:00pm	Open Lengths (6 Lanes) 12:00-1:00pm
					Birthday Parties 1:00-2:00pm (3 lanes available for lane swimming)	
Swim Lessons 4:00-7:00pm (1 lane available for lane swimming)			Swim Lessons 4:00-7:00pm (1 lane available for lane swimming)	Swim Lessons 4:00-7:00pm (1 lane available for lane swimming)	Members Only Family/Youth Swim 2:00-3:30pm (3 lanes available for lane swimming)	
			Swim Team 5:30-6:30pm			
			Aqua Boot Camp 6:45-7:30pm			
Family/Youth Swim 7:00-7:45pm (3 lanes available for lane swimming)					Members and Non Members Family/Youth Swim 3:45-5:00pm (3 lanes available for lane swimming)	

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