



Therapeutic Pool Schedule Effective July 4 - August 28, 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 8:00-10:00am	
Tone & Stretch 9:00-9:45am	Adult Swim 9:00-9:45am	Tone & Stretch 9:00-9:45am	Adult Swim 9:00-9:45am	Tone & Stretch 9:00-9:45am	Family/Youth Swim 10:00-12:00pm	
Family/Youth Swim 10:00-12:00pm					Adult Swim 12:00-1:00pm	
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
<i>Camp Swim 1:00-3:00pm</i>	<i>Camp Ability Swim 1:00-2:30pm</i>	<i>Camp Swim 1:00-3:00pm</i>	<i>Camp Ability Swim 1:00-2:30pm</i>	<i>Camp Swim 1:00-3:00pm</i>	Birthday Parties 1:00-2:00pm	
Family/Youth Swim 3:00-7:30pm	<i>Swim Lessons 2:45-6:15pm</i>	<i>Swim Lessons 3:15-6:15pm</i>	<i>Swim Lessons 2:45-6:15pm</i>	Family/Youth Swim 3:00-7:30pm	Family/Youth Swim 2:00-3:30pm	
	Family/Youth Swim 6:30-7:30pm					

This schedule is subject to change at any time.

For more information, please contact Regional Supervisor, Tiffany Ward at tiffany.ward@ceo.ymca.ca



Lap Pool Schedule Effective July 4 - August 28, 2022

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John Williams Branch**

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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) 8:00-10:00am	
Aquafit 8:10-8:55am (5 Lanes)	Open Lengths 8:00-9:00am (6 lanes)	Aquafit 8:10-8:55am (5 Lanes)	Open Lengths 8:00-9:00am (6 lanes)	Aquafit 8:10-8:55am (5 Lanes)		
Open Lengths 9:00-10:00am (6 lanes) 10:00-12:00pm (3 Lanes)						
Family/Youth Swim 10:00-12:00pm (3 lanes)					Family/Youth Swim 10:00-12:00pm (3 lanes available for lane swimming)	
Aquafit 12:10-12:55pm (4 Lanes)	Open Lengths 12:00-1:00pm (6 lanes)	Aquafit 12:10-12:55pm (4 Lanes)	Open Lengths 12:00-1:00pm (6 lanes)	Aquafit 12:10-12:55pm (4 Lanes)	Open Lengths (6 lanes) 12:00-1:00pm	
<i>Camp Swim (3 lanes available for lane swimming) 1:00-3:00pm</i>	<i>Camp Ability Swim 1:00-2:30pm (3 lanes available for lane swimming)</i>	<i>Camp Swim (3 lanes available for lane swimming) 1:00-3:00pm</i>	<i>Camp Ability Swim 1:00-2:30pm (3 lanes available for lane swimming)</i>	<i>Camp Swim (3 lanes available for lane swimming) 1:00-3:00pm</i>	<i>Birthday Parties 1:00-2:00pm (3 lanes available for lane swimming)</i>	
Family/Youth Swim 3:00-7:30pm (3 lanes available for lane swimming)	Swim Lessons 2:45-6:15pm (1 lane available for lane swimming)	Swim Lessons 3:15-6:15pm (1 lane available for lane swimming)	Swim Lessons 2:45-6:15pm (1 lane available for lane swimming)	Family/Youth Swim 3:00-7:30pm (3 lanes available for lane swimming)	Family/Youth Swim 2:00-3:30pm (3 lanes available for lane swimming)	
	Family/Youth Swim 6:30-7:30pm (3 lanes available for lane swimming)					

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