



## Therapeutic Pool Schedule Effective January 9, 2023

**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 7:30-9:00am	Adult Swim 7:30-10:00am
Tone & Stretch 9:00-9:45am						
Family/Youth Swim 10:00-12:00pm					Swim Lessons 9:00-12:00pm	Family/Youth Swim 10:00-12:00pm
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
<b>Aqua Yoga 1:00-1:40pm</b>	Family/Youth Swim 1:00-3:00pm	<b>Aqua Yoga 1:00-1:40pm</b>	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					Family/Youth Swim 2:00-3:30pm	
Family/Youth Swim 4:00-8:30pm	Swim Lessons 4:00-7:30pm			Family/Youth Swim 4:00-8:30pm		
	Family/Youth Swim 7:30-8:30pm	Family/Youth Swim 7:45-8:30pm	Family/Youth Swim 7:45-8:30pm			

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

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



# Lap Pool Schedule Effective January 9, 2023

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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) 7:30-9:00am	Open Lengths (6 Lanes) 7:30-10:00am
<b>Aquafit 8:10-8:55am (5 Lanes, a 6th lane will be given if more than 30 participants)</b>						
Open Lengths 9:00-12:00pm (6 Lanes)					Swim Lessons 9:00-12:00pm (1 lane available for swimming)	Family/Youth Swim 10:00-12:00pm (3 lanes available for lane swimming)
Aquafit 12:10-12:55pm (5 Lanes, a 6th lane will be given if more than 30 participants)	Open Lengths 12:00-1:00pm (6 lanes)	Aquafit 12:10-12:55pm (5 Lanes, a 6th lane will be given if more than 30 participants)	Open Lengths 12:00-1:00pm (6 lanes)	Aquafit 12:10-12:55pm (5 Lanes, a 6th lane will be given if more than 30 participants)		
Open Lengths 1:00-4:00pm (6 Lanes)					Open Lengths (6 Lanes) 12:00-1:00pm	Birthday Parties 1:00-2:00pm (3 lanes available for lane swimming)
Family/Youth Swim 4:00-5:30pm (3 lanes available for lane swimming)	Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)	Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)	Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)	Family/Youth Swim 4:00-8:30pm (3 lanes available for lane swimming)	Family/Youth Swim 2:00-3:30pm (3 lanes available for lane swimming)	
Y SpartaFins Swim Team 5:45-6:45pm (2 lanes available for lane swimming)						Aquafit (3 lanes) 6:45-7:30pm
Family/Youth Swim 7:00-8:30pm (3 lanes available for lane swimming)	Family/Youth Swim 7:45-8:30pm (3 lanes available for lane swimming)	Family/Youth Swim 7:45-8:30pm (3 lanes available for lane swimming)	Family/Youth Swim 7:45-8:30pm (3 lanes available for lane swimming)			

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