

Starting Jan 9th 2023

Pool Schedule	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday						
	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool	Therapy Pool	Lap Pool					
6-7am	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Closed		Closed						
7-8am											Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit
8-9am	Family Swim		Lessons		Family Swim		Lessons		Family Swim										
9-10am											Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit	Gentle Aquafit
10-11am	Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit										
11-12pm											Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit	Adult Lane Swim	Adult Swim	Deep Water Aquafit (1 lane swim)
12-1pm	Family Swim	Swim-to-Survive (3 lanes lane swim)	Family Swim	Swim-to-Survive (3 lanes lane swim)	Family Swim	Swim-to-Survive (3 lanes lane swim)	Family Swim	Swim-to-Survive (3 lanes lane swim)	Family Swim	Swim-to-Survive (3 lanes lane swim)									
1-2pm											Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim
2-3pm	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)									
3-4pm											Family Swim	Family Swim/Lane swim	Family Swim	Lessons/ Family Swim/Lane swim	Family Swim	Aqua Fit/ Family Swim/Lane swim	Family Swim	Family Swim	Family Swim
4-5pm	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)	Lessons	Lessons (1 lane adult lane swim)									
5-6pm											Family Swim	Family Swim/Lane swim	Family Swim	Lessons/ Family Swim/Lane swim	Family Swim	Aqua Fit/ Family Swim/Lane swim	Family Swim	Family Swim	Family Swim
6-7pm	Family Swim	Family Swim/Lane swim	Family Swim	Lessons/ Family Swim/Lane swim	Family Swim	Aqua Fit/ Family Swim/Lane swim	Family Swim	Family Swim	Family Swim	Family Swim									
7-8pm											Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 7:30	Adult Swim
8-9pm	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 7:30	Adult Swim	Closed at 8:30									
9-9:30pm											Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 7:30	Adult Swim

All classes must be booked ahead online at [ymcaofceo.ca](http://ymcaofceo.ca)

Hot Tub hours 6am-9:30pm Weekdays, 7am-5pm Weekends. Available at a first-come-first-serve basis.

**Family Swim:** A leisure swim for swimmers of all ages. Aquatics ratio guidelines must be followed; please refer to our aquatics policies for more information. Children under the age of 10 must be actively supervised by an adult (16+).

**Adult Lane Swim (Ages 16+):** For swimmers ages 16+ looking to swim laps in the lane pool. Maximum of eight swimmers per lane.

**Lane Swim:** For swimmers looking to swim laps in the lane pool. Maximum of eight swimmers per lane. Swimmers under 16 years old must pass the swim test.

**Adult Swim (Ages 16+):** A leisure swim for members and guests ages 16+.

**Hot Tub:** Bathers 8 - 12 years old must be accompanied by an adult.