

March Break Pool Schedule- March 13-19, 2023 | Balsillie Family Branch

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											Lane Swim		Lane Swim	
8-9am	Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit					
9-10am	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Family Swim (3 lanes for lane swim)	Family Swim	Family Swim (3 lanes for lane swim)
10-11am					Camp									
11-12pm	Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit					
12-1pm	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit	Lane Swim (4 lanes, 2 lanes NL)	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit	Lane Swim (4 lanes, 2 lanes NL)	Adult Swim	Deep Water Aquafit (1 lane swim)	Gentle Aquafit	Family Swim	Private Booking	Family Swim
1-2pm	Camp	Lane Swim (4 lanes, 2 lanes NL)	Camp		Private Booking	Lane Swim (4 lanes, 2 lanes NL)	Camp		Lane Swim (4 lanes)	Private Booking				
2-3pm	Family Swim	Family Swim (1 lane for lane swim, 2 lanes NL)	Family Swim	Family Swim (1 lane for lane swim, 2 lanes NL)	Family Swim	Family Swim (2 lanes for lane swim, 2 lanes NL)	Family Swim	Family Swim (1 lane for lane swim, 2 lanes NL)	Family Swim	Family Swim (2 lanes for lane swim, 2 lanes NL)	Family Swim	Family Swim (2 lanes for lane swim, 2 lanes NL)	Closed at 3:00	Closed at 3:00
3-4pm														
4-5pm		Family Swim (3 lanes for lane swim)	Family Swim (3 lanes for lane swim)	Family Swim (3 lanes for lane swim)	Family Swim (4 lanes for lane swim)	Family Swim (3 lanes for lane swim)	Family Swim	Closed at 8:00	Closed at 8:00	Closed at 8:00	Closed at 8:00			
5-6pm														
6-7pm														
7-8pm														
8-9pm	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Adult Swim	Adult Lane Swim	Closed at 8:00	Closed at 8:00	Closed at 8:00	Closed at 8:00				
9-9:30pm														

National Lifeguard Course will be running 12-5pm in pool Monday-Thursday, 4:30-8:30 Friday

All classes must be booked ahead online at ymcaofceo.ca

Hot Tub hours 6am-9:30pm Monday-Wednesday, 6am-8pm Thursday-Friday, 7am-3pm 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.

6-7am
7-8am
8-9am
9-10am
10-11am
11-12pm
12-1pm
1-2pm
2-3pm
3-4pm
4-5pm
5-6pm
6-7pm
7-8pm
8-9pm
9-9:30pm