



# Therapeutic Pool Schedule

## Effective May 1, 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>

**Revised April 17, 2023**

**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						
Adult Swim 10:00-11:00am					<b>Swim Lessons 8:30-12:00pm</b>	Family/Youth Swim 10:00-11:45pm
Family/Youth Swim 11:00-12:00pm						
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
Aqua Yoga 1:00-1:40pm	Family/Youth Swim 1:00-2:00pm	Aqua Yoga 1:00-1:40pm	Family/Youth Swim 1:00-2:00pm	Family/Youth Swim 1:00-2:00pm	Family/Youth Swim 1:00-2:45pm	
Pool Closed 2:00-4:00pm						
<b>Swim Lessons 4:00-7:30pm</b>						
Family/Youth Swim 7:45-8:30pm	Family/Youth Swim 5:00-8:30pm (Limited Space Available)	Family/Youth Swim 4:00-8:30pm (Limited Space Available)	Family/Youth Swim 7:45-8:30pm	Family/Youth Swim 4:00-8:30pm (Limited Space Available)	Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)	

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

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



# Lap Pool Schedule

## Effective

### May 1, 2023

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Revised April 17, 2023

LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Lengths 6:00-8:00am (4 Lanes)					Open Lengths (4 Lanes) 7:30-9:00am	Open Lengths (4 Lanes) 7:30-10:00am
Aquafit 8:10-8:55am (5 Lanes, a 6th lane will be given if more than 30 participants)						
Open Lengths 9:00-12:00pm (4 Lanes)						
Aquafit 12:10-12:55pm (5 Lanes, a 6th lane will be given if more than 30 participants)					<b>Swim Lessons 8:30-12:00pm (1 lane available for swimming)</b>	Family/Youth Swim 10:00-11:45am (3 lanes available for lane swimming)
Open Lengths 1:00-2:00pm (4 Lanes)					Open Lengths (4 Lanes) 12:00-1:00pm	
Pool Closed 2:00-4:00pm						
<b>Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)</b>	<b>Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)</b>	<b>Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)</b>	<b>Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)</b>	<b>Swim Lessons 4:00-7:30pm (1 lane available for lane swimming)</b>	Family/Youth Swim 1:00-2:45pm (3 lanes available for lane swimming)	
<b>Y SpartaFins Swim Team 5:45-6:45pm</b>			Aquafit (3 lanes) 6:45-7:30pm			
Family/Youth Swim 7:45-8:30pm (3 lanes available for lane swimming)					Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)	

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