

Spring Pool Schedule | Balsillie Family Branch

April 3 - June 11, 2023

Pool Schedule	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		6-7am					
	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		6-7am					
7-8am															Family Swim	Lane Swim	Family Swim	Lane Swim	7-8am	
8-9am	Gentle Aquafit				Gentle Aquafit				Gentle Aquafit			Gentle Aquafit		Gentle Aquafit						8-9am
9-10am	Family Swim				Lessons				Family Swim			Lessons		Family Swim		Lessons	Lessons (1 lane adult lane swim)			9-10am
10-11am	Gentle Aquafit				Gentle Aquafit				Adult Swim			Gentle Aquafit		Gentle Aquafit						
11-12pm	Gentle Aquafit				Gentle Aquafit				Gentle Aquafit			Gentle Aquafit	Syncro (3 lanes adult swim)	Gentle Aquafit				Lessons	Lessons (1 lane adult lane swim)	11-12pm
12-1pm	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)	Gentle Aquafit 12:15-1:00	Private Booking	Family Swim (3 lanes for lane swim)	Private Booking						
1-2pm	Family Swim	School Groups (3 lanes lane swim)	Family Swim	School Groups (3 lanes lane swim)	Family Swim	School Groups (3 lanes lane swim)	Family Swim	School Groups (3 lanes lane swim)	Family Swim	School Groups (3 lanes lane swim)								1-2pm		
2-3pm	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Lane Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim (3 lanes for lane swim)	2-3pm				
3-4pm																3-4pm				
4-5pm																4-5pm				
5-6pm	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)	Family Swim	Adult lane swim (1 lane) & Lessons (2 lanes) *3 lanes closed to public				5-6pm				
6-7pm																6-7pm				
7-8pm	Family Swim 7:05-7:35 Aqua Yoga 7:40-8:20	Family Swim/Lane swim	Family Swim	Lessons/ Family Swim/Lane swim	Family Swim	Aqua Fit/ Family Swim/Lane swim		Lane Swim								7-8pm				
8-9pm	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30	Adult Swim	Closed at 8:30								8-9pm				
9-9:30pm																9-9:30pm				

All classes must be booked ahead online at 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.