

Fall Pool Schedule | Balsillie Family Branch

September 18th - December 10th, 2023



	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 6-8am	Adult Lane Swim 6am-12pm	Adult Swim 6-7am	Adult Lane Swim 6am-1pm	Adult Swim 6-8am	Adult Lane Swim 6am-12pm	Adult Swim 6-7am	Adult Lane Swim 6am-11am	Adult Swim 6-8am	Adult Lane Swim 6am-12pm	Closed		Closed		6-7am							
7-8am			Gentle Aquafit				Aqua Yoga				Family Swim 7-9am		Family Swim 7-10am	Lane Swim 7-9:50am	7-8am							
8-9am	Gentle Aquafit				Adult Swim 8-9am				Gentle Aquafit			Gentle Aquafit		Lessons 9am-12:05pm	Lessons (1 lane adult lane swim) 9am-12:05pm	Family Swim 7-10am	Lane Swim 7-9:50am	8-9am				
9-10am	Family Swim				Lessons				Family Swim			Family Swim							9-10am			
10-11am	Gentle Aquafit				Gentle Aquafit				Gentle Aquafit			Gentle Aquafit							10-11am			
11-12pm	Gentle Aquafit				Gentle Aquafit				Gentle Aquafit			Adult Swim	Syncro (3 lanes adult swim)	Gentle Aquafit					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			12-1pm			
1-2pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1pm-4pm	Lane Swim 1-3:50pm	Family Swim 1-9:30pm	Lane Swim 1-3:50pm	Lane swim (1 lane)/ Lessons (2 lanes) *3 lanes closed to public	Private Booking	Family Swim (3 lanes for lane swim) 12-4:50pm	Private Booking	Family Swim/1 lane swim/3 lanes private booking	1-2pm						
2-3pm												Family Swim 2-5pm		Family Swim 2-5pm	Family Swim (3 lanes for lane swim) 2-4:50pm	2-3pm						
3-4pm																3-4pm						
4-5pm	Lessons 4-7:35pm	Lessons (1 lane adult lane swim) 4-7:05pm	Lessons 4-7:05pm	Lessons (1 lane adult lane swim) 4-7:05pm	Lessons 4-7:05pm	Lessons (1 lane adult lane swim) 4-7:05pm	Lessons 4-7:35pm	Lessons (1 lane adult lane swim) 4-7:35pm								4-5pm						
5-6pm																						5-6pm
6-7pm																						
7-8pm	Family Swim 7:35-8:30	Family Swim/Lane swim	Aqua Yoga 7:15-8:00	Lessons/Lane swim	Family Swim	Aqua Fit/ Family Swim/Lane swim	Family Swim 7:35-8:30	Closed 7:30-8:30pm		Adult Lane Swim (3 lanes)						7-8pm						
8-8:30pm		Adult Lane Swim 2 lanes	Adult Swim 8-9:30pm	Adult Lane Swim		Aquafit/Adult Swim				Family Swim (2 lanes)/ Adult lane swim (4 lane)						8-8:30pm						
8:30-9pm	Adult Swim 8:30-9:30pm	4 lanes closed		Closed at 8:30	Adult Swim 8-9:30pm	Closed at 8:30	Adult Swim 8:30-9:30pm	Adult Swim 2 lanes 4 lanes closed								8:30-9pm						
9-9:30pm																						9-9:30pm

All classes must be booked ahead online at ymcaofceo.ca

Schedule subject to change without notice

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 (16+).