



Therapeutic Pool Schedule Effective September 18, 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>

THERAPEUTIC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-9:00am					Adult Swim 7:30-8:30am	Adult Swim 7:30-10:00am
Tone & Stretch 9:00-9:45am	Tone & Stretch 9:00-9:45am	Tone & Stretch 9:00-9:45am	Aqua Yoga 9:00-9:45am	Tone & Stretch 9:00-9:45am		
Adult Swim 10:00-11:00am					<i>*Swim Lessons*</i> 8:30-12:00pm	Open Swim 10:00-12:00pm
Open Swim 11:00-12:00pm						
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
Tone & Stretch 1:00-1:45pm	Open Swim 1:00-2:00pm	Aqua Yoga 1:00-1:40pm	Open Swim 1:00-2:00pm		Open Swim 1:00-2:45pm	
Pool Closed 2:00-4:00pm						
<i>*Private Lessons & SPLASH Adaptive Swim Safety Program* 4:00-7:00pm</i>	<i>*Swim Lessons* 4:00-7:30pm</i>			Open Swim 4:00-6:45pm		
Open Swim 4:00-6:00pm & 7:30-8:30pm	Open Swim 7:30-8:30pm			Birthday Parties 7:00-8:00pm (Pool Closed at 6:45pm)	<i>Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)</i>	

Adult swim - for adults 16 years old and older

Open Swim - any age may swim. Pool admission guidelines must be followed

* Registration Required*

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



Lap Pool Schedule Effective September 18, 2023

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John Williams Branch**

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Lengths 6:00-8:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)		Aquafit 6:45-7:30am (3 lanes available for lane swimming)	Open Lengths 6:00-8:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)		Open Lengths 7:30-9:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)	Open Lengths 7:30-10:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)
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 for lane swimming, 2 lanes for leisure exercise)						*Swim Lessons* 8:30-12:00pm (1 lane available for swimming)
Aquafit 12:10-12:55pm (5 Lanes, a 6th lane will be given if more than 30 participants)						
Open Lengths 1:00-2:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Open Lengths 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
<i>Pool Closed 2:00-4:00pm</i>						
<i>*Private Lessons & SPLASH Adaptive Swim Safety Program* 4:00-7:30pm (1 lane available for lane swimming)</i>	<i>*Swim Lessons* 4:00-7:30pm (1 lane available for lane swimming)</i>	<i>*Swim Lessons* 4:00-7:30pm (1 lane available for lane swimming)</i>	<i>*Swim Lessons* 4:00-7:30pm (1 lane available for lane swimming)</i>	Open Swim 4:00-6:45pm (3 lanes available for lane swimming)	Open Swim 1:00-2:45pm (3 lanes available for lane swimming)	
<i>*Y SpartaFins* Swim Team 5:00-6:00pm</i>	Aqua Zumba (3 lanes) 6:45-7:30pm		Deep Water Run Fit (3 lanes) 6:45-7:30pm			
Open Swim 7:30-8:30pm (2 lanes available for lane swimming)				<i>Birthday Parties 7:00-8:00pm (Pool Closed at 6:45pm)</i>	<i>Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)</i>	

Adult swim - for adults 16 years old and older

Open Swim - any age may swim. Pool admission guidelines must be followed

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