



# Therapeutic Pool Schedule

## Effective April 1, 2024

**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
<b>Tone &amp; Stretch 9:00-9:45am</b>						
Adult Swim 10:00-11:00am	Open Swim 10:00-11:00am	Adult Swim 10:00-11:00am	Open Swim 10:00-11:00am	Adult Swim 10:00-11:00am	<b>*Swim Lessons*</b> <i>8:30-12:00pm</i>	Open Swim 10:00-12:00pm
Open Swim 11:00-12:00pm						
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
<b>Tone &amp; Stretch 1:00-1:45pm</b>	<b>Aqua Yoga 1:00-1:45pm</b>	<b>Aqua Yoga 1:00-1:45pm</b>	<b>Tone &amp; Stretch 1:00-1:45pm</b>	Open Swim 1:00-2:00pm	Open Swim 1:00-2:45pm	
<i>Pool Closed 2:00-4:00pm</i>						
<b>*Swim Lessons*</b> <i>4:00-7:30pm</i>	<b>*Swim Lessons* 4:00-7:00pm</b>			Open Swim 4:00-6:45pm	<i>Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)</i>	
Open Swim 7:30-8:30pm	Open Swim 7:00-8:30pm			Birthday Parties 7:00-8:00pm (Pool Closed at 6:45pm)		

Adult swim - 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](mailto:tiffany.dranski@ceo.ymca.ca)***



# Lap Pool Schedule

## Effective

### April 1, 2024

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lengths 6:00-8:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Adult Lengths 7:30-9:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)	Adult Lengths 7:30-10:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)
<b>Aquafit 8:10-8:55am</b> (5 Lanes, a 6th lane will be given if more than 30 participants)						
Adult Lengths 9:00-12:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)						
<b>Aquafit 12:10-12:55pm</b> (5 Lanes, a 6th lane will be given if more than 30 participants)			<b>Deep Water Run Fit 12:10-12:55pm</b> (5 Lanes, a 6th lane will be given if more than 30 participants)	<b>Aquafit 12:10-12:55pm</b> (5 Lanes, a 6th lane will be given if more than 30 participants)	<i>*Swim Lessons*</i> 8:30-12:00pm (1 lane available for lane swimming)	Open Swim 10:00-12:00pm (3 lanes available for lane swimming)
Adult Lengths 1:00-2:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Adult Lengths 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
Pool Closed 2:00-4:00pm						
<i>*Swim Lessons*</i> 4:00-7:30pm (1 lane available for lane swimming 4-5:30 & 6:30-7:30)	<i>*Swim Lessons*</i> 4:00-7:00pm (1 lane available for lane swimming)	<i>*Swim Lessons*</i> 4:00-7:00pm (1 lane available for lane swimming)		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*</i> Swim Team 5:30-6:30pm (NO member lane available for lane swimming)	<b>Deep Water Run Fit (3 lanes)</b> 6:45-7:30pm					
Open Swim 7:30-8:30pm (2 lanes available for lane swimming)	Open Swim 7:00-8:30pm (2 lanes available for lane swimming)			Birthday Parties 7:00-8:00pm (Pool Closed at 6:45pm)	Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)	

Adult lengths - 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](mailto:tiffany.dranski@ceo.ymca.ca)*