



Spring Pool Schedule | Balsillie Family Branch



April 1st- June 9th, 2024

	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 1 lane aquafit 10-11am	Adult Swim 6-7am	Adult Lane Swim 6am-1pm 1 lane aquafit, 1 lane lessons 10-11am	Adult Swim 6-8am	Adult Lane Swim 6am-12pm 1 lane aquafit 10-11am	Adult Swim 6-7am	Adult Lane Swim 6am-11am	Adult Swim 6-8am	Adult Lane Swim 6am-12pm 1 lane aquafit 10-11am	Closed		Closed		
7-8am	Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Aqua Yoga		Gentle Aquafit		Family Swim 7-9am	Lane Swim 8-8:50am	Family Swim 7-10am	Lane Swim 7-9:50am	6-7am
8-9am	Gentle Aquafit		Lessons 9:15-10am		Gentle Aquafit		Family Swim		Family Swim		Lessons 9am-12:00pm	Lessons (1 lane adult lane swim) 9am-12:00pm	Lessons 10am-1:00pm	Lessons (1 lane adult lane swim) 10am-1:00pm	7-8am
9-10am	Family Swim		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		1 lane aquafit 10-11am	Syncro/Lane Swim (3 lanes)	Gentle Aquafit	1 lane aquafit 10-11am	8-9am
10-11am	Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Gentle Aquafit		Adult Swim	Adult Swim	Adult Swim	Deep Water Aquafit (1 lane swim)	9-10am
11-12pm	Gentle Aquafit		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)	10-11am
12-1pm	Adult Swim	Swim to Survive/ Lane Swim (3 lanes)	Family Swim 1pm-4pm	Swim to Survive/ Lane Swim (3 lanes)	Swim to Survive/ Lane Swim (3 lanes)	Swim to Survive/ Lane Swim (3 lanes)	Swim to Survive/ Lane Swim (3 lanes)	Swim to Survive/ Lane Swim (3 lanes)	Swim to Survive/ Lane Swim (3 lanes)	11-12pm					
1-2pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Lane Swim 1-3:50pm	Private Booking	Family Swim (3 lanes for lane swim) 12-5:00pm	Private Booking	Family Swim/2 lane swim/1 lane private booking	1-2pm	
2-3pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Lane Swim 1-3:50pm	Family Swim 2-5pm	Family Swim (3 lanes for lane swim) 2-5:00pm	Family Swim 2-5pm	Family Swim (3 lanes for lane swim) 2-5:00pm	2-3pm	
3-4pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Family Swim 1pm-4pm	Lane Swim 2-3:50pm	Lane Swim 1-3:50pm	Family Swim 2-5pm	Family Swim (3 lanes for lane swim) 2-5:00pm	Family Swim 2-5pm	Family Swim (3 lanes for lane swim) 2-5:00pm	3-4pm	
4-5pm	Lessons 4-7:35pm	Lessons (1 lane adult lane swim) 4-7:35pm	Lessons 4-7:00pm	Lessons (1 lane adult lane swim) 4-7:00pm	Lessons 4-7:00pm	Lessons (1 lane adult lane swim) 4-7:00pm	Lessons 4-7:35pm	Lessons (1 lane adult lane swim) 4-7:30pm	Family Swim 1-9:30pm	Lane swim- 1 lane Lessons- 2 lanes 3 lanes closed 4-6pm	Closed at 5:00	Closed at 5:00	Closed at 5:00	Closed at 5:00	
5-6pm										Lane swim (2)/ Lessons (2)/ Family swim 6-7pm					
6-7pm										Family Swim- 2 lanes Lane swim- 4 lanes					
7-7:30pm										Family Swim- 2 lanes Lane swim- 4 lanes					
7:30-8pm	Family Swim 7:35-8:30pm	Lane Swim 3 lanes closed 7:30-8:30	Aqua Yoga 7:15-8:00pm	Lane Swim 4 lanes closed 7:30-8:30	Family Swim 7:00-8:30pm	Aqua Fit/ Family Swim/Lane swim 7:45-8:30pm	Family Swim 7:35-8:30pm	Closed 7:30-8:30pm	Family Swim- 2 lanes Lane swim- 4 lanes	Closed at 5:00	Closed at 5:00	Closed at 5:00	Closed at 5:00	4-5pm	
8-8:30pm	Family Swim 7:35-8:30pm	Lane Swim 3 lanes closed 7:30-8:30	Aqua Yoga 7:15-8:00pm	Lane Swim 4 lanes closed 7:30-8:30	Family Swim 7:00-8:30pm	Aqua Fit/ Family Swim/Lane swim 7:45-8:30pm	Family Swim 7:35-8:30pm	Closed 7:30-8:30pm	Family Swim- 2 lanes Lane swim- 4 lanes	Closed at 5:00	Closed at 5:00	Closed at 5:00	Closed at 5:00	5-6pm	
8:30-9pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Lane Swim 3 lanes closed 8:30-9:30	Family Swim- 2 lanes Lane swim- 4 lanes	Closed at 5:00	Closed at 5:00	Closed at 5:00	Closed at 5:00	6-7pm	
9-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Adult Lane Swim 8:30-9:30pm	Adult Swim 8:30-9:30pm	Lane Swim 3 lanes closed 8:30-9:30	Family Swim- 2 lanes Lane swim- 4 lanes	Closed at 5:00	Closed at 5:00	Closed at 5:00	Closed at 5:00	7-7:30pm	

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; please be courteous to those waiting

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+). Bathers under 8 years old not permitted.