



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

All classes must be booked ahead online at ymcaofceo.ca

Schedule subject to change without notice

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+.