



## Therapeutic Pool Schedule Effective July 15, 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						
<b>Tone &amp; Stretch 9:00-9:45am</b>	<b>Tone &amp; Stretch 9:00-9:45am</b>	<b>Tone &amp; Stretch 9:00-9:45am</b>	<b>Aqua Yoga 9:00-9:45am</b>	<b>Tone &amp; Stretch 9:00-9:45am</b>	Adult Swim 7:30-9:30am	
Open Swim 10:00-11:45am					Open Swim 9:30-11:30am (3 lanes available for lane swimming)	
					Adult Swim 11:30-1:00pm	
Adult Swim 12:00-1:00pm	<b>Aqua Yoga 12:10-12:55pm</b>	Adult Swim 12:00-1:00pm	<b>Tone &amp; Stretch 12:10-12:55pm</b>	Adult Swim 12:00-1:00pm	Open Swim 1:00-2:45pm (3 lanes available for lane swimming)	
<i>Camp Swim 1:00-2:30pm</i>						
<i>Pool Closed 2:30-4:00pm</i>						
<i>*Private Swim Lessons* 3:30-7:00pm</i>	<i>*Swim Lessons* 3:30-7:00pm</i>			Open Swim 4:00-8:30pm	<i>Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)</i>	
Open Swim 4:00-8:30pm	Open Swim 7:00-8:30pm					

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 Aquatic Coordinator, Tyler Chesher at [tyler.chesher@ceo.ymca.ca](mailto:tyler.chesher@ceo.ymca.ca)***



# Lap Pool Schedule

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**YMCA of Central East Ontario  
John Williams Branch**

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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 7:30-9:30am (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
<b>Aquafit 8:10-8:55am</b>	<b>Deep Water Run Fit 8:10-8:55am</b>	<b>Aquafit 8:10-8:55am</b>	<b>Aquafit 8:10-8:55am</b>	<b>Aquafit 8:10-8:55am</b>		
Adult Lengths 9:00-11:00am (3 lanes for lane swimming)						
Open Swim 10:00-11:45am (3 lanes)						
<b>Aquafit 12:10-12:55pm</b>	Adult Lengths 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	<b>Deep Water Run Fit 12:10-12:55pm</b>	Adult Lengths 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	<b>Aquafit 12:10-12:55pm</b>	Open Swim 9:30-11:30am (3 lanes available for lane swimming)	
Adult Lengths 1:00-2:30pm (3 Lanes for lane swimming)					Adult Lengths 11:30-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
<i>Camp Swim 1:00-2:30pm (3 Lanes for Lane Swimming)</i>						
<b>Pool Closed 2:30-4:00pm</b>						
<i>*Private Swim Lessons* 4:00-7:00pm (2 lane available for lane swimming)</i>	<i>*Swim Lessons* 4:00-7:00pm (1 lane available for lane swimming)</i>			Open Swim 4:00-8:30pm (3 lanes available for lane swimming)	Open Swim 1:00-2:45pm (3 lanes available for lane swimming)	
Open Swim 4:00-8:30pm	Open Swim 7:00-8:30pm (2 lanes available for lane swimming)			<i>Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)</i>		

Adult lengths - 16 years old and older

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

Aquafit/Deep Water Run Fit will have 5 lanes, a 6th lane will be given if more than 40 participants

\* Registration Required\*

***This schedule is subject to change at any time.***

***For more information, please contact Aquatic Coordinator, Tyler Chesher at [tyler.chesher@ceo.ymca.ca](mailto:tyler.chesher@ceo.ymca.ca)***