



Shine On

Therapeutic Pool Schedule December 16-22, 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 Dec 16th	Tuesday Dec 17th	Wednesday Dec 18th	Thursday Dec 19th	Friday Dec 20th	Saturday Dec 21st	Sunday Dec 22nd
Adult Swim 6:00-9:00am						
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 7:30-10:00am	
Open Swim 10:00-12:00pm	Adult Swim 10:00-11:00am Open Swim 11:00-12:00pm	Open Swim 10:00-12:00pm	Adult Swim 10:00-11:00am Open Swim 11:00-12:00pm	Open Swim 10:00-12:00pm	Open Swim 10:00-12:00pm	
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
Tone & Stretch 1:00-1:45pm	Aqua Yoga 1:00-1:45pm	Tone & Stretch 1:00-1:45pm	Tone & Stretch 1:00-1:45pm	Open Swim 1:00-2:00pm	Open Swim 1:00-2:45pm	
Pool Closed 2:00-4:00pm						
Open Swim 4:00-8:30pm				Open Swim 4:00-6:45pm Birthday Parties 7:00-8:00pm		
					Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)	

Adult swim - 16 years old and older

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

This schedule is subject to change at any time.

For more information, please contact Aquatics Coordinator Tyler Chesher at tyler.chesher@ceo.ymca.ca



Lap Pool Schedule December 16-22, 2024

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LAP POOL SCHEDULE

Monday Dec 16th	Tuesday Dec 17th	Wednesday Dec 18th	Thursday Dec 19th	Friday Dec 20th	Saturday Dec 21st	Sunday Dec 22nd
Lane Swim 6:00-8:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Lane Swim 7:30-10:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
Aquafit 8:10-8:55am	Deep Water Run Fit 8:10-8:55am (high intensity class with louder volume)	Aquafit 8:10-8:55am	Aquafit 8:10-8:55am	Aquafit 8:10-8:55am		
Lane Swim 9:00-12:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Open Swim 10:00-12:00pm (3 lanes available for lane swimming)	
Aqua Bootcamp 12:10-12:55pm FULL POOL - 6 lanes	Aquafit 12:10-12:55pm	Deep Water Run Fit 12:10-12:55pm (high intensity class with louder volume)	Aquafit 12:10-12:55pm	Aquafit 12:10-12:55pm		
Lane Swim 1:00-2:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)					Lane Swim 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
<i>Pool Closed 2:00-4:00pm</i>						
Open Swim 4:00-8:30pm (3 lanes for lane swimming)	Open Swim 4:00-8:30pm (2 lanes for lane swimming)	Open Swim 4:00-8:30pm (3 lanes for lane swimming)	Open Swim 4:00-8:30pm (3 lanes 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)	
	Aquafit 7:30-8:15pm			Birthday Parties 7:00-8:00pm (Pool closed at 6:45pm)		

Lane Swim - any age may attend, must pass the swim test, continuous lane swimming

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

Aquafit, Deep Water Run Fit - 5 lanes will be used, a 6th will be given when more than 40 participants. **Aqua Bootcamp** - 6 lanes will be used.

This schedule is subject to change at any time.

For more information, please contact Aquatics Coordinator Tyler Chesher at tyler.chesher@ceo.ymca.ca