



Shine On

## Therapeutic Pool Schedule December 23, 2024-January 5, 2025

**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 6:00-10:00am		<b>December 25th and January 1st CLOSED</b>	Adult Swim 6:00-10:00am		Adult Swim 7:30-10:00am	
Open Swim 10:00-12:00pm			Open Swim 10:00-12:00pm		Open Swim 10:00-12:00pm	
Adult Swim 12:00-1:00pm			Adult Swim 12:00-1:00pm		Adult Swim 12:00-1:00pm	
Open Swim 1:00-2:00pm			Open Swim 1:00-2:00pm		Open Swim 1:00-2:45pm	
Pool Closed 2:00-4:00pm			Pool Closed 2:00-4:00pm			
Open Swim 4:00-8:30pm			Open Swim 4:00-8:30pm	Open Swim 4:00-6:45pm		Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)
			Birthday Parties 7:00-8:00pm			

*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](mailto:tyler.chesher@ceo.ymca.ca)*

<h3><b>Holiday Closures</b></h3>
<b>December 24th &amp; December 31st - Pool closed at 1pm, building closed at 2pm</b>
<b>December 25th, 26th, &amp; January 1st - Building &amp; Pool closed</b>



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## Lap Pool Schedule December 23, 2024-January 5, 2025

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:00-10:00am (4 Lanes for lane swimming, 2 lanes for leisure exercise)		<b>December 25th and January 1st CLOSED</b>	Lane Swim 6:00-10:00am (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)	
Open Swim 10:00-12:00pm (4 lanes for lane swimming)			Open Swim 10:00-12:00pm (4 lanes for lane swimming)		Open Swim 10:00-12:00pm (3 lanes for lane swimming)	
Lane Swim 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)			Open Swim 1:00-2:00pm (4 lanes for lane swimming)		Lane Swim 12:00-1:00pm (4 Lanes for lane swimming, 2 lanes for leisure exercise)	
Open Swim 1:00-2:00pm (4 lanes for lane swimming)			Pool Closed 2:00-4:00pm		Open Swim 1:00-2:45pm (3 lanes available for lane swimming)	
Pool Closed 2:00-4:00pm					Open Swim 4:00-6:45pm (3 lanes available for lane swimming)	
Open Swim 4:00-8:30pm (3 lanes available for lane swimming)				Open Swim 4:00-8:30pm (3 lanes available for lane swimming)		Birthday Parties 3:00-4:00pm (Pool closed at 2:45pm)
				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

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

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

### Holiday Closures

**December 24th & December 31st -  
Pool closed at 1pm, building closed at 2pm**

**December 25th, 26th, & January 1st -  
Building & Pool closed**