

Building Hours of Operation
 Monday to Friday 5:30am – 10:00pm
 Saturday and Sunday 7:30am – 5:30pm
 Statutory Holidays 9:00am – 2:00pm



YMCA of Central East Ontario - City of Quinte West Branch

**Therapeutic Pool
 Fall Schedule
 Effective
 September 11th, 2017**

This schedule is subject to change at any time.

50 Monogram Place Trenton, ON K8V 5P8
 Tel:613.394.9622 Fax:613.394.8223
<http://www.ymcaofceo.ca>

THERAPEUTIC POOL FALL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 7:30-8:30am	Adult Swim 7:30-9am
Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 8:10-8:50am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am		
Rental 10:15-11am	*Swim Lessons* 10:15-10:45am	*Swim Lessons* 9:50-10:30am	*Swim Lessons* 10:15-10:45am	**Rental** 10:15-11am	*Swim Lessons* 8:30-12pm	*Swim Lessons* 9-11:30am
Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 11-12pm **Community Schools** 11-12pm		
Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1:30pm	Adult Swim 11:30-1:30pm
Aqua Yoga 12:50-1:30pm	Tone & Stretch 12:50-1:30pm	Aqua Yoga 12:50-1:30pm	Tone & Stretch 12:50-1:30pm			
Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1-4pm	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Swim Lessons 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm		
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm		*Requires Registration **Rental	
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Family/Youth Swim 7-9pm		

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 Monday to Friday 5:30am – 10:00pm
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YMCA of Central East Ontario - City of Quinte West Branch

**Lap Pool
 Fall Schedule Effective
 September 11th, 2017**

This schedule is subject to change at any time.

50 Monogram Place Trenton, ON K8V 5P8
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LAP POOL FALL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 7:30-8:30am	Adult Swim 7:30-9am
Aquafit 7:30-8:15am	Aquafit 8:30-9:15am	Aquafit 7:15-8am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	<i>*Swim Lessons* 8:30-12pm</i>	<i>*Swim Lessons* 9-11:30am</i>
Aquafit 8:30-9:15am		Aquafit 9-9:45am				
Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes) <i>*Swim Lessons* 10:15-10:45am</i>	Open Lengths 9:15-12pm (3 Lanes) <i>*Swim Lessons* 10:30-11am</i>	Open Lengths 9:15-12pm (3 Lanes) <i>*Swim Lessons* 10:15-10:45am</i>	Open Lengths 9:15-12pm (3 Lanes)		
Family/Youth Swim 11-12pm	Family/Youth Swim 10:45-12pm	Family/Youth Swim 11-12pm	*SUP Fitness 10:15-11am* (3 Lanes)	Family/Youth Swim 11-12pm		
Community Schools 11-12pm	**Community Schools** 10:45-12pm	**Community Schools** 10:45-12pm	Family/Youth Swim 11-12pm	**Community Schools** 11-12pm		
Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes) <i>*Adult Stroke Development/Fitness* 1:45-2:15pm (2 Lanes)</i>	Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes) <i>*Adult Learn to Swim* 1:45-2:15pm (2 Lanes)</i>	Open Lengths 1-4pm (3 lanes) <i>*55+ Masters Swim* 1-2pm (3 Lanes)</i>		
Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 2-4pm		
<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	One Lane available for member lane swimming from open to close.	NOTES: <i>*Requires Registration **Rental If classes have more than 30 ppl, 1 more lane will be used</i>
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-9pm		
SUP Fitness 7:15-8pm (3 Lanes)		<i>*Adult Masters Swim 7-8pm* (2 Lanes)</i>	Aqua Bootcamp 7:15-8pm (3 Lanes)			
<i>*Adult Learn to Swim* 8-8:30pm (2 Lanes)</i>	<i>*Adult Stroke Development/Fitness* 8-8:30pm (2 Lanes)</i>	*SUP Fitness 7:15-8pm* (3 Lanes)	Adult Swim 8-9pm			
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm				