

**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**

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

**Therapeutic Pool  
 Winter Schedule  
 Effective  
 January 8, 2018**

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

**THERAPEUTIC POOL WINTER 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
<b>Tone &amp; Stretch 8:30-9:10am</b>		<b>Tone &amp; Stretch 8:30-9:10am</b>			<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>
<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>		
**Rental** 10:15-11am	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>	**Rental** 10:15-11am	<i>*Swim Lessons* 8:30-12pm</i>	<i>*Swim Lessons* 9-11:30am</i>
Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	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
<b>Aqua Yoga 12:50-1:30pm</b>	<b>Tone &amp; Stretch 12:50-1:30pm</b>	<b>Aqua Yoga 12:50-1:30pm</b>	<b>Tone &amp; Stretch 12:50-1:30pm</b>	Family/Youth Swim 1-4pm	Family/ Youth Swim 1:30-4pm	Family/ Youth Swim 1:30pm-4pm
Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm			
<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>	<b>*Requires Registration **Rental</b>	
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		
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm			

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**YMCA of Central East Ontario - City of Quinte West Branch**

**Lap Pool  
 Winter Schedule Effective  
 January 8, 2018**

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

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**LAP POOL WINTER SCHEDULE**

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