



Therapeutic Pool Schedule Effective January 7, 2019

YMCA of Central East Ontario
City of Quinte West Branch

Building Hours of Operation

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

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 6:00-8:30am	Adult Swim 6:00-9:15am	Adult Swim 6:00-8:30am	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 8:30-9:10am		Tone & Stretch 8:30-9:10am			Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am
Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am		
Rental 10:15-11am	<i>*Swim Lessons*</i> 10:15-10:45am	<i>*Swim Lessons*</i> 10:15-10:45am	<i>*Swim Lessons*</i> 10:15-10:45am	**Rental** 10:15-11am		
Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm	Family/Youth Swim 11-12pm **Community Schools** 11-12pm		
Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	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	Tone & Stretch 12:50-1:30pm	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
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 1:45-4pm		
<i>*Swim Lessons*</i> 4-7pm	<i>*Swim Lessons*</i> 4-7pm	<i>*Swim Lessons*</i> 4-7pm	<i>*Swim Lessons*</i> 4-7pm	<i>*Swim Lessons*</i> 4-7pm	*Requires Registration **Rental	
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			
<i>This schedule is subject to change at any time.</i>						



Lap Pool Schedule

Effective January 7, 2019

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 Tel:613.394.9622 Fax:613.394.8223
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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lengths 6:00-7:30am	Adult Lengths 6:00-8:30am	Adult Lengths 6:00-7:30am	Adult Lengths 6:00-8:30am	Adult Lengths 6:00-8:30am	Adult Lengths 7:30-8:30am	Adult Lengths 7:30-9am
Aquafit 7:40-8:25am		Aquafit 7:40-8:25am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am		
Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	<i>*Swim Lessons* 8:30-12pm</i>	<i>*Swim Lessons* 9-11:30am</i>
Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	<i>*SUP Fitness 10:15-11am*</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>	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>		
Community Schools 11-12pm	**Community Schools** 11-12pm	**Community Schools** 11-12pm	**Community Schools** 11-12pm	**Community Schools** 11-12pm		
Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm	<i>*Adult Swim Lesson* 12-12:30pm</i>	Open Lengths 11:30-1:30pm
Aquafit 12-12:45pm	Aquafit 12-12:45pm	Aquafit 12-12:45pm	Aquafit 12-12:45pm	Aqua Boot Camp 12-12:45pm	Open Lengths 12-1:30pm	
Open Lengths 1-4pm	Open Lengths 1-4pm	Open Lengths 1-4pm	Open Lengths 1-4pm	<i>*Adult Recreational Swim Team* 1-2pm</i>	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
				<i>*Adult Swim Lesson* 1:45-2:15pm</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 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i> <i>*Bronze Med/Cross 5:30-9pm*</i>	<i>*Swim Lessons* 4-7pm</i> <i>*YMCA Recreational Swim Team Youth* 5:45-6:45pm</i>	<i>*Swim Lessons* 4-7pm</i> <i>*Aquatic LeaderCorps 6:30-8:30pm</i>	<i>*Swim Lessons* 4-7pm</i> <i>*YMCA Recreational Swim Team Youth* 5:45-6:45pm</i>		
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	<i>*Adult Recreational Swim Team* 6:45-7:45pm</i>	Family/Youth Swim 7-8pm	<i>*Bronze Star 7-8:30pm*</i>	*Requires Registration **Rental This schedule is subject to change at any time.	
<i>*SUP Fitness 7:15-8pm*</i>		<i>*SUP Fitness 7:15-8pm*</i>				
<i>*Adult Swim Lessons* 8-8:30pm</i>	Aquafit 7:15-8pm	Adult Lengths 8-9pm	<i>*Adult Swim Lessons* 8-8:30pm</i>	Family/Youth Swim 7-9pm		
Adult Lengths 8-9pm	Adult Lengths 8-9pm		Adult Lengths 8-9pm			