



Therapeutic Pool MARCH BREAK Schedule March 11-17, 2019

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 MARCH BREAK SCHEDULE

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th	
Adult Swim 6:00-8:30am	Adult Swim 6:00-9:15am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-9:15am	Adult Swim 7:30-9:30am	Adult Swim 7:30-9:30am	
Tone & Stretch 8:30-9:10am		Tone & Stretch 8:30-9:10am			Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Family/ Youth Swim 9-11:30am
Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	OSGA Invitational Swim Meet 9:00-1:00pm (Pool Closed for meet)	Tone & Stretch 9:20-10am	Family/ Youth Swim 9-11:30am	Family/ Youth Swim 9-11:30am	
Family/Youth Swim 10-12pm	Family/Youth Swim 10-12pm	**Camp Swim 10-11am**		Family/Youth Swim 10-12pm			
Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	Family/Youth Swim 11-11:45am		Adult Swim 12-12:50pm	Adult Swim 12-12:50pm	Adult Swim 11:30-1:30pm	Adult Swim 11:30-1:30pm
Aqua Yoga 12:50-1:30pm	Tone & Stretch 12:50-1:30pm	OSGA Invitational Swim Meet 12:00-4:00pm (Pool Closed for meet)		Tone & Stretch 12:50-1:30pm	Tone & Stretch 12:50-1:30pm	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Camp Swim 2-3pm	**Camp Swim 2-3pm**			**Camp Swim 2-3pm**	**Camp Swim 2-3pm**	**Camp Swim 2-3pm**	
Family/Youth Swim 3-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 4-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 3-9pm	*Requires Registration **Rental		
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm		This Schedule is subject to change at anytime		
					If an individual class has fewer than 3 people, the instructor will have the discretion to cancel.		



Lap Pool MARCH BREAK Schedule March 11-17, 2019

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LAP POOL MARCH BREAK SCHEDULE

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th	
Adult Swim 6:00-7:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-7:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 7:30-9:30am	Adult Swim 7:30-9:30am	
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	OSGA Invitational Swim Meet 9:00-1:00pm (Pool Closed for meet)	Aquafit 8:30-9:15am	Family/ Youth Swim 9-11:30am	Family/ Youth Swim 9-11:30am	
Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)		Open Lengths 9:15-12pm (3 Lanes)			
Family/Youth Swim 10-12pm	Family/Youth Swim 10-12pm	**Camp Swim 10-11am**		Family/Youth Swim 10-12pm			
Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Family/Youth Swim 11-11:45am		Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 11:30-1:30pm	Open Lengths 11:30-1:30pm
Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	OSGA Invitational Swim Meet 12:00-4:00pm (Pool Closed for meet)		Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Family/ Youth Swim 1:30pm-5pm	Family/ Youth Swim 1:30pm-5pm
Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes)			Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes)		
** Camp Swim 2-3pm**	** Camp Swim 2-3pm**			** Camp Swim 2-3pm**	** Camp Swim 2-3pm**	** Camp Swim 2-3pm**	
Family/Youth Swim 3-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 4-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 3-9pm	<u>One Lane</u> available for member lane swimming from open to close. This Schedule is subject to change at anytime If an individual class has fewer than 3 people, the instructor will have the discretion to cancel.		
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm				