



YMCA of Central East Ontario  
City of Quinte West Branch

## Therapeutic Pool Schedule Effective March 4, 2019

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 7:30-9:30am	Adult Swim 7:30-9:30am
<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>		
<b>**Rental** 10:15-11am</b>	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>	<b>**Rental** 10:15-11am</b>		
<b>Family/Youth Swim 11-12pm **Community Schools** 11-12pm</b>	<b>Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm</b>	<b>Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm</b>	<b>Family/Youth Swim 10:45-12pm **Community Schools** 11-12pm</b>	<b>Family/Youth Swim 11-12pm **Community Schools** 11-12pm</b>		
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
<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>	<b>Tone &amp; Stretch 12:50-1:30pm</b>	<b>Family/ Youth Swim 1:30-5pm</b>	<b>Family/ Youth Swim 1:30pm-5pm</b>
<b>Family/Youth Swim 1:45-4pm</b>	<b>Family/Youth Swim 1:45-4pm</b>	<b>Family/Youth Swim 1:45-4pm</b>	<b>Family/Youth Swim 1:45-4pm</b>	<b>Family/Youth Swim 1:45-4pm</b>		
<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><i>*Requires Registration **Rental</i></b>  <b><i>This schedule is subject to change at any time. If an individual class has fewer than 3 people, the instructor will have the discretion to cancel.</i></b>	
<b>Family/Youth Swim 7-8pm</b>	<b>Family/Youth Swim 7-8pm</b>	<b>Family/Youth Swim 7-8pm</b>	<b>Family/Youth Swim 7-8pm</b>	<b>Family/Youth Swim 7-8pm</b>		
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	<b>Family/Youth Swim 7-9pm</b>		



# Lap Pool Schedule

## Effective March 4, 2019

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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
<b>Aquafit 7:40-8:25am</b>		<b>Aquafit 7:40-8:25am</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>	<b>Aquafit 8:30-9:15am</b> (Aqua Boot Camp last Wed of month)	Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	<i>*Swim Lessons*</i> 8:30-12pm	<i>*Swim Lessons*</i> 9-11:30am
Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	Open Lengths 9:15-12pm	<i>*SUP Fitness 10:15-11am*</i>			
<i>**Community Schools**</i> 11-12pm	<i>**Community Schools**</i> 11-12pm	<i>**Community Schools**</i> 11-12pm	<i>**Community Schools**</i> 11-12pm	<i>**Community Schools**</i> 11-12pm	<i>*Adult Swim Lesson*</i> 12-12:30pm	Open Lengths 11:30-1:30pm
Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm	Adult Lengths 12-1pm		
<b>Aquafit 12-12:45pm</b>	<b>Aquafit 12-12:45pm</b>	<b>Aquafit 12-12:45pm</b>	<b>Aquafit 12-12:45pm</b>	<b>Aqua Boot Camp</b> 12-12:45pm	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Open Lengths 1-4pm	Open Lengths 1-4pm	Open Lengths 1-4pm	Open Lengths 1-4pm	Open Lengths 1-4pm		
<b>Family/Youth Swim</b> 1:45-4pm	<b>Family/Youth Swim</b> 1:45-4pm	<b>Family/Youth Swim</b> 1:45-4pm	<b>Family/Youth Swim</b> 1:45-4pm	<b>Family/Youth Swim</b> 2-4pm	<b>Family/Youth Swim</b> 1:30-5pm	<b>Family/Youth Swim</b> 1:30pm-5pm
<i>*Swim Lessons*</i> 4-7pm	<i>*Swim Lessons*</i> 4-7pm <i>*Bronze Med/Cross</i> 5:30-9pm*	<i>*Swim Lessons*</i> 4-7pm <i>*YMCA Recreational Swim</i> <i>Team Youth* 5:45-6:45pm</i>	<i>*Swim Lessons*</i> 4-7pm <i>*Aquatic LeaderCorps</i> 6:30-8:30pm	<i>*Swim Lessons*</i> 4-7pm <i>*YMCA Recreational Swim</i> <i>Team Youth* 5:45-6:45pm</i>		
<b>Family/Youth Swim</b> 7-8pm	<b>Family/Youth Swim</b> 7-8pm	<i>*SUP Fitness 7:15-8pm*</i>	<b>Family/Youth Swim</b> 7-8pm	<b>Family/Youth Swim</b> 7-9pm	<b><i>*Requires Registration **Rental</i></b>  <b><i>This schedule is subject to change at any time.</i></b>  <b><i>If an individual class has fewer than 3 people, the instructor will have the discretion to cancel.</i></b>	
<i>*SUP Fitness 7:15-8pm*</i>		<b>Family/Youth Swim</b> 7-8pm				
<i>*Adult Swim Lessons*</i> 8-8:30pm	<b>Aquafit 7:15-8pm</b>	Adult Lengths 8-9pm	<i>*Adult Swim Lessons*</i> 8-8:30pm			
Adult Lengths 8-9pm	Adult Lengths 8-9pm	Adult Lengths 8-9pm	Adult Lengths 8-9pm			