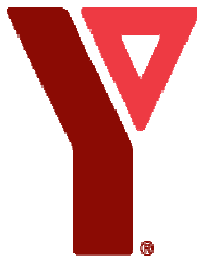


Summer 2019 Gym / Fitness / Youth Programs Schedule

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, Ontario
 K8V 5P8
 Tel: 613.394.9622
 Fax: 613.394.8223
<http://www.ymcaofceo.ca>
Effective July 2, 2019

Summer 2019 Open Gym / Youth Programs Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - times subject to change	5:30am - 7:00am	5:30am - 7:00am	5:30am - 7:00am	5:30am - 7:00am	5:30am - 7:00am	7:30am – 5:15pm	7:30-5:15pm
	6:00pm–9:45pm	6:00pm–9:45pm	6:00pm–7:30pm	6:00pm–9:45pm	5:00pm–9:45pm		
KidsKare	9:00am– 12:30pm	9:00am– 12:30pm	9:00am– 12:30pm	9:00am– 12:30pm	9:00am– 12:30pm	9:00am – 12:00pm	
	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm	4:30pm-7:30pm			
Youth Program Schedule							
		<i>*Wiggles & Giggles*</i> (1-3yrs) 5:00-5:30pm (East Gym)	<i>*Teen Strength*</i> (10-14yrs) 5:00-6:00pm	<i>*Totnastics*</i> (1-3yrs) 5:00-5:30pm <i>*Kidnastics*</i> (4-6yrs) 5:40-6:25pm <i>*Gymnastics*</i> (7-10yrs) 6:30-7:15pm (East Gym)			
		<i>*Sports Mania*</i> (4-6yrs) 5:40-6:25pm (7-10) 6:30-7:15pm (East Gym)	<i>*Messy Crafty Tots*</i> (1-4yrs) 5:00-5:30pm (Multi-purpose Rm)				
		<i>*Intramural Youth Sports*</i> (11-14yrs) 7:15-8:00pm (East Gym)	<i>*Creative Arts and Science *</i> (5-7yrs) 5:40-6:20pm (8-12) 6:30-7:15pm (multi-purpose Rm) <i>*supply fee required</i>				
					<i>*Classes in Italics with Stars Require Registration*</i>		

613-394-9622

<http://www.ymcaofceo.ca>