



# Therapeutic Pool Schedule

## Effective October 13-November 1, 2020

**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 SCHEDULE**

| Monday                                       | Tuesday                                      | Wednesday                                    | Thursday                                     | Friday                                       | Saturday                                  | Sunday                                    |
|--|--|--|--|--|---|---|
| Adult Swim<br>6:00-7:00am                    | Adult Swim<br>6:00-7:00am                    | Adult Swim<br>6:00-7:00am                    | Adult Swim<br>6:00-7:00am                    | Adult Swim<br>6:00-7:00am                    | Adult Swim<br>8:00-9:00am                 | Adult Swim<br>8:00-9:00am                 |
| Adult Swim<br>7:00-8:00am                    | Adult Swim<br>7:00-8:00am                    | Adult Swim<br>7:00-8:00am                    | Adult Swim<br>7:00-8:00am                    | Adult Swim<br>7:00-8:00am                    | Adult Swim<br>9:00-10:00am                | Adult Swim<br>9:00-10:00am                |
| Adult Swim<br>8:00-9:00am                    | Adult Swim<br>8:00-9:00am                    | Adult Swim<br>8:00-9:00am                    | Adult Swim<br>8:00-9:00am                    | Adult Swim<br>8:00-9:00am                    | Adult Swim<br>10:00-11:00am               | Adult Swim<br>10:00-11:00am               |
| <b>Tone &amp; Stretch<br/>9-9:30am</b>       | <b>Tone &amp; Stretch<br/>9-9:30am</b>       | <b>Tone &amp; Stretch<br/>9-9:30am</b>       | <b>Tone &amp; Stretch<br/>9-9:30am</b>       | <b>Tone &amp; Stretch<br/>9-9:30am</b>       | Adult Swim<br>11:00-12:00pm               | Adult Swim<br>11:00-12:00pm               |
| Adult Swim<br>10:00-11:00am                  | Adult Swim<br>10:00-11:00am                  | Adult Swim<br>10:00-11:00am                  | Adult Swim<br>10:00-11:00am                  | Adult Swim<br>10:00-11:00am                  | Adult Swim<br>12:00-1:00pm                | Adult Swim<br>12:00-1:00pm                |
| Adult Swim<br>11:00-12:00pm                  | Adult Swim<br>11:00-12:00pm                  | Adult Swim<br>11:00-12:00pm                  | Adult Swim<br>11:00-12:00pm                  | Adult Swim<br>11:00-12:00pm                  | Pool Closed for Deep<br>Cleaning<br>1-3pm | Pool Closed for Deep<br>Cleaning<br>1-3pm |
| Adult Swim<br>12:00-1:00pm                   | Adult Swim<br>12:00-1:00pm                   | Adult Swim<br>12:00-1:00pm                   | Adult Swim<br>12:00-1:00pm                   | Adult Swim<br>12:00-1:00pm                   |   |   |
| Pool Closed for Deep Cleaning<br>1:00-3:00pm | Pool Closed for Deep Cleaning<br>1:00-3:00pm | Pool Closed for Deep Cleaning<br>1:00-3:00pm | Pool Closed for Deep Cleaning<br>1:00-3:00pm | Pool Closed for Deep Cleaning<br>1:00-3:00pm | Family Swim<br>3:00-5:00pm                | Family Swim<br>3:00-5:00pm                |
| Adult Swim<br>3:00-4:00pm                    | Adult Swim<br>3:00-4:00pm                    | Adult Swim<br>3:00-4:00pm                    | Adult Swim<br>3:00-4:00pm                    | Adult Swim<br>3:00-4:00pm                    |   |   |
| Adult Swim<br>4:00-5:00pm                    | Adult Swim<br>4:00-5:00pm                    | Adult Swim<br>4:00-5:00pm                    | Adult Swim<br>4:00-5:00pm                    | Adult Swim<br>4:00-5:00pm                    |   |   |
| Adult Swim<br>6:00-7:00pm                    | Adult Swim<br>6:00-7:00pm                    | Adult Swim<br>6:00-7:00pm                    | Adult Swim<br>6:00-7:00pm                    | Adult Swim<br>6:00-7:00pm                    |   |   |
| Adult Swim<br>7:00-7:45pm                    | Adult Swim<br>7:00-7:45pm                    | Adult Swim<br>7:00-7:45pm                    | Adult Swim<br>7:00-7:45pm                    | Adult Swim<br>7:00-7:45pm                    |   |   |

**Registration is REQUIRED for all time slots**

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



# Lap Pool Schedule

## Effective October 13 - November 1, 2020

**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>

**LAP POOL SCHEDULE**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
| Adult Lengths<br>6:00-7:00am                         | Adult Lengths<br>6:00-7:00am                         | Adult Lengths<br>6:00-7:00am                         | Adult Lengths<br>6:00-7:00am                         | Adult Lengths<br>6:00-7:00am                         | Adult Lengths<br>8:00-9:00am                       | Adult Lengths<br>8:00-9:00am                       |
| Adult Lengths<br>7:00-8:00am                         | Adult Lengths<br>7:00-8:00am                         | Adult Lengths<br>7:00-8:00am                         | Adult Lengths<br>7:00-8:00am                         | Adult Lengths<br>7:00-8:00am                         | Adult Lengths<br>9:00-10:00am                      | Adult Lengths<br>9:00-10:00am                      |
| <b>Aquafit<br/>8-8:30am</b>                          | <b>Aquafit<br/>8-8:30am</b>                          | <b>Aquafit<br/>8-8:30am</b>                          | <b>Aquafit<br/>8-8:30am</b>                          | <b>Aquafit<br/>8-8:30am</b>                          | Adult Lengths<br>10:00-11:00am                     | Adult Lengths<br>10:00-11:00am                     |
| Adult Lengths<br>9:00-10:00am                        | Adult Lengths<br>9:00-10:00am                        | Adult Lengths<br>9:00-10:00am                        | Adult Lengths<br>9:00-10:00am                        | Adult Lengths<br>9:00-10:00am                        | Adult Lengths<br>11:00-12:00pm                     | Adult Lengths<br>11:00-12:00pm                     |
| Adult Lengths<br>10:00-11:00am                       | Adult Lengths<br>10:00-11:00am                       | Adult Lengths<br>10:00-11:00am                       | Adult Lengths<br>10:00-11:00am                       | Adult Lengths<br>10:00-11:00am                       | Adult Lengths<br>12:00-1:00pm                      | Adult Lengths<br>12:00-1:00pm                      |
| Adult Lengths<br>11:00-12:00pm                       | Adult Lengths<br>11:00-12:00pm                       | Adult Lengths<br>11:00-12:00pm                       | Adult Lengths<br>11:00-12:00pm                       | Adult Lengths<br>11:00-12:00pm                       | <i>Pool Closed for Deep<br/>Cleaning<br/>1-3pm</i> | <i>Pool Closed for Deep<br/>Cleaning<br/>1-3pm</i> |
| <b>Aquafit<br/>12-12:30pm</b>                        | <b>Aquafit<br/>12-12:30pm</b>                        | <b>Aquafit<br/>12-12:30pm</b>                        | <b>Aquafit<br/>12-12:30pm</b>                        | <b>Aquafit<br/>12-12:30pm</b>                        |  |  |
| <i>Pool Closed for Deep Cleaning<br/>1:00-3:00pm</i> | <i>Pool Closed for Deep Cleaning<br/>1:00-3:00pm</i> | <i>Pool Closed for Deep Cleaning<br/>1:00-3:00pm</i> | <i>Pool Closed for Deep Cleaning<br/>1:00-3:00pm</i> | <i>Pool Closed for Deep Cleaning<br/>1:00-3:00pm</i> | Family Swim<br>3:00-5:00pm                         | Family Swim<br>3:00-5:00pm                         |
| Adult Lengths<br>3:00-4:00pm                         | Adult Lengths<br>3:00-4:00pm                         | Adult Lengths<br>3:00-4:00pm                         | Adult Lengths<br>3:00-4:00pm                         | Adult Lengths<br>3:00-4:00pm                         |  |  |
| Adult Lengths<br>4:00-5:00pm                         | Adult Lengths<br>4:00-5:00pm                         | Adult Lengths<br>4:00-5:00pm                         | Adult Lengths<br>4:00-5:00pm                         | Adult Lengths<br>4:00-5:00pm                         |  |  |
| Adult Lengths<br>6:00-7:00pm                         | Adult Lengths<br>6:00-7:00pm                         | Adult Lengths<br>6:00-7:00pm                         | Adult Lengths<br>6:00-7:00pm                         | Adult Lengths<br>6:00-7:00pm                         |  |  |
| Adult Lengths<br>7:00-7:45pm                         | Adult Lengths<br>7:00-7:45pm                         | Adult Lengths<br>7:00-7:45pm                         | Adult Lengths<br>7:00-7:45pm                         | Adult Lengths<br>7:00-7:45pm                         |  |  |

**Registration is REQUIRED for all time slots**

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