



Therapeutic Pool Schedule

Effective November 23 - December 20, 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 6:00-9:00am					Adult Swim 8:00-1:00pm	
Tone & Stretch 9-9:30am						
Open Member Swim 10:00-12:00pm	<i>Private Swim Lessons 10:00-11:00am</i>	Open Member Swim 10:00-12:00pm	<i>Private Swim Lessons 10:00-11:00am</i>	Open Member Swim 10:00-12:00pm	<i>Private Swim Lessons 8:10-11:30am</i>	Adult Swim 8:00-1:00pm
	Adult Swim 11:00-12:00pm		Adult Swim 11:00-12:00pm			
Adult Swim 12:00-1:00pm						
<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>						
Adult Swim 3:00-7:45pm	Open Member Swim 3:00-7:45pm	Adult Swim 3:00-7:45pm	Open Member Swim 3:00-7:45pm		Open Member Swim 3:00-5:00pm	
<i>Private Swim Lessons 4:00-7:00pm</i>		<i>Private Swim Lessons 4:00-7:00pm</i>				

Registration is **REQUIRED** for all time slots

Register at www.ymcaofceo.ca

This schedule is subject to change at any time.



Lap Pool Schedule

Effective November 23 - December 20, 2020

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City of Quinte West Branch**

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lengths 6:00-8:00am					Adult Lengths 8:00-1:00pm	Adult Lengths 8:00-1:00pm
Aquafit 8-8:30am						
Adult Lengths 9:00-12:00pm					<i>Private Swim Lessons (2 lanes) 8:10-11:30am</i>	
Aquafit 12-12:30pm						
<i>Pool Closed for Deep Cleaning 1:00-3:00pm</i>						
Adult Lengths 3:00-7:45pm	Open Member Swim 3:00-7:45pm	<i>Private Swim Lessons (2 lanes) 3:00-6:30pm</i>	Open Member Swim 3:00-7:45pm		Open Member Swim 3:00-5:00pm	
<i>Private Swim Lessons (2 lanes) 4:00-6:30pm</i>		Adult Lengths 7:00-7:45pm				

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