



Therapeutic Pool Schedule Effective March 22, 2021

**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 8:00-11:00am	
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 8:15-11:30am</i>	
	Open Member Swim 10:00-12:00pm		Open Member Swim 10:00-12:00pm		Open Member Swim 11:00-1:00pm	
Adult Swim 12:00-1:00pm				Adult Swim 12-2pm		
Aqua Yoga 12:45-1:15pm	Tone & Stretch 12:45-1:15pm	Aqua Yoga 12:45-1:15pm	Tone & Stretch 12:45-1:15pm			
Adult Swim 1:15-2:00pm						
<i>Pool Closed for Deep Cleaning 2:00-3:00pm</i>					<i>Pool Closed for Deep Cleaning 1-2pm</i>	
Adult Swim 3:00-4:00pm					Open Member Swim 2:00-5:00pm	
Open Member Swim 4:00-7:00pm				Open Member Swim 4:00-7:00pm		
<i>Private Swim Lessons 4:00-6:45pm</i>						

Registration is **REQUIRED** for all time slots

Register at www.ymcaofceo.ca

This schedule is subject to change at any time.

For more information, please contact Regional Supervisor, Tiffany Ward at tiffany.ward@ceo.ymca.ca



Lap Pool Schedule Effective March 22, 2021

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City of Quinte West Branch

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LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Lengths 6:00-8:00am (6 Lanes)					Open Lengths (4 Lanes) 8:00-11:30am	
Aquafit 8-8:30am (6 Lanes)	Aquafit 8-8:30am (5 Lanes)	Aquafit 8-8:30am (6 Lanes)	Aquafit 8-8:30am (5 Lanes)	Aquafit 8-8:30am (6 Lanes)		
Open Lengths 9:00-12:00pm (6 Lanes)					Private Swim Lessons (2 lanes) 8:15-11:30am	
Aquafit 12-12:30pm (6 Lanes)	Aquafit 12-12:30pm (5 Lanes)	Aquafit 12-12:30pm (6 Lanes)	Aquafit 12-12:30pm (5 Lanes)	Aquafit 12-12:30pm (6 Lanes)		
Open Lengths 1-2pm (6 Lanes)					Open Lengths (6 Lanes) 11:30-1pm	
Pool Closed for Deep Cleaning 2:00-3:00pm					Pool Closed for Deep Cleaning 1-2pm	
Open Lengths (6 Lanes 3:00-4:00pm) (2 Lanes 4:00-6:45pm)					Open Member Swim (3 Lanes) 2:00-5:00pm	
Open Member Swim (2 Lanes) 4:00-7:00pm				Open Member Swim (3 Lanes) 4:00-7:00pm		
Private Swim Lessons (2 lanes) 4:00-6:45pm						

Registration is **REQUIRED** for all time slots

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