



Therapeutic Pool Schedule Effective September 7, 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 8:00-10:00am	
Tone & Stretch 9:00-9:45am						
Family/Youth Swim 10:00-12:00pm					Family/Youth Swim 10:00-12:00pm	
Adult Swim 12:00-1:00pm					Adult Swim 12:00-1:00pm	
Aqua Yoga 1:00-1:30pm	Family/Youth Swim 1:00-2:00pm	Aqua Yoga 1:00-1:30pm	Family/Youth Swim 1:00-2:00pm	Family/Youth Swim 1:00-2:00pm	Family/Youth Swim 1:00-3:45pm	
Pool Closed 2:00-3:00pm						
Adult Swim 3:00-4:00pm						
Family/Youth Swim 4:00-7:00pm						

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 September 7, 2021

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City of Quinte West Branch

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP POOL SCHEDULE	Open Lengths 6:00-8:00am (6 Lanes)					Open Lengths (6 Lanes) 8:00-10:00am	
	Aquafit 8-8:45am (5 Lanes)						
	Open Lengths 9:00-12:00pm (6 Lanes)						
	Aquafit 12-12:45pm (5 Lanes)	Open Lengths 12:00-1:00pm (6 Lanes)	Aquafit 12-12:45pm (5 Lanes)	Open Lengths 12:00-1:00pm (6 Lanes)	Aquafit 12-12:45pm (5 Lanes)	Family/Youth Swim (3 Lanes) 10:00-12:00pm	
	Open Lengths 1-2pm (6 Lanes)					Open Lengths (6 Lanes) 12:00-1:00pm	
	<i>Pool Closed 2:00-3:00pm</i>						
	Open Lengths 3:00-4:00pm (6 Lanes)					Open Lengths (3 Lanes) 1:00-3:45pm	
	Open Lengths 4:00-7:00pm (3 Lanes)					Family/Youth Swim (3 Lanes) 1:00-3:45pm	
	Family/Youth Swim (3 Lanes) 4:00-7:00pm						

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