



Therapeutic Pool Schedule Effective November 8 - December 12, 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 8:00-9:00am	Adult Swim 8:00-10:00am	
Tone & Stretch 9:00-9:45am							
Family/Youth Swim 10:00-12:00pm					Swim Lessons 9:00-12:15pm	Family/Youth Swim 10-12pm	
Adult Swim 12:00-1:00pm					Adult Swim 12:15-1:00pm	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							
Swim Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm	Private Lessons 4:00-7:00pm	Swim Lessons 4:00-7:00pm			
Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 4:00-7:45pm	Family/Youth Swim 7:00-7:45pm			

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 November 8 - December 12, 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) 8:00-9:00am	Open Lengths (6 Lanes) 8:00-10:00am
	Aquafit 8:10-8:55am (6 Lanes)							
	Open Lengths 9:00-12:00pm (6 Lanes)							
	Aquafit 12:10-12:55pm (6 Lanes)	Open Lengths 12:00-1:00pm (6 Lanes)	Aquafit 12:10-12:55pm (6 Lanes)	Open Lengths 12:00-1:00pm (6 Lanes)	Aquafit 12:10-12:55pm (6 Lanes)	<i>Swim Lessons 9:00-12:15pm</i>	Family/Youth Swim 10:00-12:00pm	
	Open Lengths 1-2pm (6 Lanes)						Open Lengths (6 Lanes) 12:15-1:00pm	Open Lengths (6 Lanes) 12:00-1:00pm
	<i>Pool Closed 2:00-3:00pm</i>							
	Open Lengths 3:00-4:00pm (6 Lanes)						Family/Youth Swim (3 Lanes) 1:00-3:45pm	
	<i>Swim Lessons 4:00-7:00pm</i>	<i>Swim Lessons 4:00-7:00pm</i>	<i>Swim Lessons 4:00-7:00pm</i>	<i>Private Lessons 4:00-7:00pm</i>	<i>Swim Lessons 4:00-7:00pm</i>			
	Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 7:00-7:45pm	Family/Youth Swim 4:00-7:45pm	Family/Youth Swim 7:00-7:45pm			

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