

Building Hours of Operation
 Monday to Friday 5:30am – 10:00pm
 Saturday and Sunday 7:30am – 5:30pm
 Statutory Holidays 9:00am – 2:00pm



YMCA of Central East Ontario - City of Quinte West Branch

**Therapeutic Pool
 Spring Schedule
 Effective
 April 3, 2017**

This schedule is subject to change at any time.

50 Monogram Place Trenton, ON K8V 5P8
 Tel:613.394.9622 Fax:613.394.8223
<http://www.ymcaofceo.ca>

THERAPEUTIC POOL SPRING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 7:30-8:30am	Adult Swim 7:30-9am
Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	Tone & Stretch 9:20-10am	*Swim Lessons* 8:30-12pm	*Swim Lessons* 9-11:30am
Rental 10:15-11am	*Swim Lessons* 10:15-10:45am	*Swim Lessons* 10:15-10:45am	*Swim Lessons* 10:15-10:45am	**Rental** 10:15-11am		
Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 11-12pm **Community Schools** 11-12pm		
Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1:30pm	Adult Swim 11:30-1:30pm
Aqua Yoga 1:00-1:40pm	Tone & Stretch 1:00-1:40pm	Aqua Yoga 1:00-1:40pm	Tone & Stretch 1:00-1:40pm	Family/Youth Swim 1-4:45pm	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm			
Swim Lessons 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Requires Registration **Rental	
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-9pm		
Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm	Adult Swim 8-9pm			

Building Hours of Operation
 Monday to Friday 5:30am – 10:00pm
 Saturday and Sunday 7:30am – 5:30pm
 Statutory Holidays 9:00am – 2:00pm



YMCA of Central East Ontario - City of Quinte West Branch

**Lap Pool
 Spring Schedule
 Effective
 April 3, 2017**

This schedule is subject to change at any time.

50 Monogram Place Trenton, ON K8V 5P8
 Tel:613.394.9622 Fax:613.394.8223
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LAP POOL SPRING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 6:00-8:30am	Adult Swim 7:30-8:30am	Adult Swim 7:30-9am
Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	Aquafit 8:30-9:15am	<i>*Swim Lessons* 8:30-12pm</i>	<i>*Swim Lessons* 9-11:30am</i>
Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)	Open Lengths 9:15-12pm (3 Lanes)		
SUP Fitness 9:30-10:15am (3 Lanes)	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>	<i>*Swim Lessons* 10:15-10:45am</i>			
Family/Youth Swim 11-12pm **Community Schools** 11-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 10:45-12pm **Community Schools** 10:45-12pm	Family/Youth Swim 11-12pm **Community Schools** 11-12pm		
Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes) <i>*Adult Stroke Development/Fitness* 1:45-2:15pm (2 Lanes)</i>	Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes) <i>*Adult Learn to Swim* 1:45-2:15pm (2 Lanes)</i>	Open Lengths 1-4pm (3 lanes) <i>*55+ Masters Swim* 1-2pm (3 Lanes)</i>		
Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 1:45-4pm	Family/Youth Swim 2-4pm	<i>*Bronze Star* 1-2:30pm (2 Lanes)</i>	<i>*Bronze Med/Cross* 1-4:30pm (2 Lanes)</i>
<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	<i>*Swim Lessons* 4-7pm</i>	One Lane available for member lane swimming from open to close. NOTES: *Requires Registration **Rental If classes have more than 30 ppl, 1 more lane will be used	
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-9pm		
Aquafit 7:15-8pm (3 Lanes)	<i>*Adult Stroke Development/Fitness* 7:15-8pm (2 Lanes)</i>	<i>*Adult Masters Swim 7-8pm* (2 Lanes)</i>	Aqua Bootcamp 7:15-8pm (3 Lanes)			
<i>*Adult Learn to Swim* 8-8:30pm (2 Lanes)</i>	Adult Swim 8-9pm	*SUP Fitness 7:15-8:45pm* (2 Lanes)	Adult Swim 8-9pm			
Adult Swim 8-9pm		Adult Swim 8-9pm				