

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
 Summer Schedule
 July 3 - September 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 SUMMER 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		
Family/Youth Swim 10:00-12pm	<i>*Swim Lessons* 10-10:30am</i>	<i>*Swim Lessons* 10-10:30am</i>	<i>*Swim Lessons* 10-10:30am</i>	Family/Youth Swim 10:00-12pm	<i>*Swim Lessons* 8:30-12pm</i>	<i>*Swim Lessons* 9-11:30am</i>
	Family/Youth Swim 10:30-12pm	Family/Youth Swim 10:30-12pm	Family/Youth Swim 10:30-12pm			
<i>Camp Swim 10:30-11:15am</i>	<i>Camp Swim 10:30-11:15am</i>	<i>Camp Swim 10:30-11:15am</i>	<i>Camp Swim 10:30-11:15am</i>	<i>Camp Swim 10:30-11:15am</i>		
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
Camp Ability Swim 1-2pm	Aqua Yoga 12:50-1:30pm	**Camp Ability Swim** 1-2:30pm	Tone & Stretch 12:50-1:30pm	**Camp Ability Swim** 1-2pm	Family/ Youth Swim 1:30-4pm	Family/ Youth Swim 1:30-5pm
<i>Camp Swim 1:30-3pm</i>	<i>Camp Swim 1:30-3pm</i>	<i>Camp Swim 1:30-3pm</i>	<i>Camp Swim 1:30-3pm</i>	<i>Camp Swim 1:30-3pm</i>		
Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Tim Hortons Free Swim 4-5pm	
<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>	*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			

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 Monday to Friday 5:30am – 10:00pm
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YMCA of Central East Ontario - City of Quinte West Branch

**Lap Pool
 Summer Schedule
 July 3 - September 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>

LAP POOL SUMMER 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	*Swim Lessons* 8:30-12pm	*Swim Lessons* 9:00-11:30am
Open Lengths 9:15-10am	Open Lengths 9:15-10am	Open Lengths 9:15-10am	Open Lengths 9:15-10am	Open Lengths 9:15-10am		
Family/Youth Swim 10:00-12pm	*Swim Lessons* 10-10:30am Family/Youth Swim 10:30-12pm	*Swim Lessons* 10-10:30am Family/Youth Swim 10:30-12pm	*Swim Lessons* 10-10:30am Family/Youth Swim 10:30-12pm	Family/Youth Swim 10:00-12pm		
Camp Swim 10:30-11:15am	Camp Swim 10:30-11:15am	Camp Swim 10:30-11:15am	Camp Swim 10:30-11:15am	Camp Swim 10:30-11:15am	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 1:30-4pm	Family/ Youth Swim 1:30-5pm
Camp Ability Swim 1-2pm	Open Lengths 12:45-1:30pm	**Camp Ability Swim** 1-2:30pm	Open Lengths 12:45-1:30pm	**Camp Ability Swim** 1-2pm		
Camp Swim 1:30-3pm	Camp Swim 1:30-3pm	Camp Swim 1:30-3pm	Camp Swim 1:30-3pm	Camp Swim 1:30-3pm	Tim Hortons Free Swim 4-5pm	
Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm	Family/Youth Swim 3 - 5pm		
Swim Lessons 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	ONE lane is available for lengths swim from 6am-9pm	
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm		
Adult Swim 8-9pm	Aquafit 7:15-8pm Adult Swim 8-9pm	Adult Swim 8-9pm	*Adult Swim Lessons* 7-7:30pm Adult Swim 8-9pm	Family/Youth Swim 7-9pm	*Requires Registration **Rental If aquafit classes have more than 30 ppl, 1 more lane will be used	