

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
 MARCH BREAK Schedule
 Effective
 March 13-17, 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 MARCH BREAK SCHEDULE

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-9:15am	Adult Swim 6:00-8:30am	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	OSGA Invitational Swim Meet 9:00-1:00pm (Pool Closed for meet)	Tone & Stretch 9:20-10am	Family/ Youth Swim 8:30-12pm	Family/ Youth Swim 9-11:30am
Family/Youth Swim 10-12pm	Family/Youth Swim 10-12pm	**Camp Swim 10-11am**		Family/Youth Swim 10-12pm		
Adult Swim 12-1pm	Adult Swim 12-1pm	Family/Youth Swim 11-12pm		Adult Swim 12-2pm	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Aqua Yoga 1:00-1:40pm	Tone & Stretch 1:00-1:40pm	OSGA Invitational Swim Meet 12:00-4:00pm (Pool Closed for meet)		**Camp Swim 2-3pm**	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Camp Swim 2-3pm	**Camp Swim 2-3pm**			**Camp Swim 2-3pm**		
Family/Youth Swim 3-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 4-8pm	Family/Youth Swim 3-8pm	Family/Youth Swim 3-9pm	*Requires Registration **Rental	
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
 MARCH BREAK Schedule
 Effective
 March 13-17, 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 MARCH BREAK SCHEDULE

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
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	OSGA Invitational Swim Meet 9:00-1:00pm (Pool Closed for meet)	Aquafit 8:30-9:15am	Family/ Youth Swim 8:30-12pm	Family/ Youth Swim 9-11:30am
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)		
Family/Youth Swim 10-12pm	Family/Youth Swim 10-12pm	**Camp Swim 10-11am**		Family/Youth Swim 10-12pm		
Open Lengths 12-1pm (2 Lanes)	Open Lengths 12-1pm (2 Lanes)	Family/Youth Swim 11-12pm		Open Lengths 12-1pm (2 Lanes)		
Aquafit 12-12:45pm (4 Lanes)	Aquafit 12-12:45pm (4 Lanes)	OSGA Invitational Swim Meet 12:00-4:00pm (Pool Closed for meet)		Aquafit 12-12:45pm (4 Lanes)	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes)			Open Lengths 1-4pm (3 lanes)	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
** Camp Swim 2-3pm**	** Camp Swim 2-3pm**			** Camp Swim 2-3pm**		
Family/Youth Swim 3-8pm	Family/Youth Swim 3-8pm			Family/Youth Swim 4-8pm	Family/Youth Swim 3-8pm	One Lane available for member lane swimming from open to close.
Aquafit 7:15-8pm (3 Lanes)	Adult Swim 8-9pm	Adult Swim 8-9pm	Aqua Bootcamp 7:15-8pm (3 Lanes)	Family/Youth Swim 3-9pm		
Adult Swim 8-9pm			Adult Swim 8-9pm			

NOTES:
 *Requires Registration **Rental
 If classes have more than 30 ppl, 1 more lane will be used

Pool Admission and Wrist Band Policies

FACILITY SWIM TEST

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a two lengths consistent, uninterrupted swim to the shallow end and then back to the deep end.

WHAT TO WEAR

Children who are not toilet trained must wear a swim diaper or clothing with snug elastic legs. No disposable diapers are permitted.

Others must wear clean attire used only for bathing.

SERIOUS MEDICAL CONDITIONS

We ask that those with serious medical conditions should ensure that aquatic staff are aware of the condition.

Your medical doctor should be consulted before swimming.

WAIT LISTS

Waiting lists are available for classes or times that may be full. Please ensure you sign up at the Membership Services desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

FACILITY RULES

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All swimmers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water is permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- Those with serious medical conditions should notify the aquatic staff

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 15 years of age and under will be given an identifying wristband by the facility staff.

6 Years and Under



Children 6 and under always accompanied - adult and child(ren) get a red band. Adult in arms reach at all times.



7-9 Years



Children 7-9 years who do not pass - adult and child get a red band. Adult in arms reach at all times.



7-9 Years

All children who pass the swim test get a green band. Children 7-9 who can pass the swim test get a green band and can swim alone. Parent must remain in the building.



10+ Years

10+ Cannot Pass Swim Test - Can Swim alone.

