

**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**

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

*This schedule is subject to change at any time.*

**Therapeutic Pool  
 Winter Schedule  
 Effective  
 January 18, 2017**

**THERAPEUTIC POOL WINTER 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
<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	<b>Tone &amp; Stretch 9:20-10am</b>	*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	Open Lengths 12-1:30pm	Open Lengths 11:30-1:30pm
Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm	Adult Swim 12-1pm		
<b>Aqua Yoga 1:00-1:40pm</b>	<b>Tone &amp; Stretch 1:00-1:40pm</b>	<b>Aqua Yoga 1:00-1:40pm</b>	<b>Tone &amp; Stretch 1:00-1:40pm</b>	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	<b>*Requires Registration **Rental</b>	
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  
 Winter Schedule  
 Effective  
 January 18, 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 WINTER 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
<b>Aquafit 8:30-9:15am</b>	<b>Aquafit 8:30-9:15am</b>	<b>Aquafit 8:30-9:15am</b>	<b>Aquafit 8:30-9:15am</b>	<b>Aquafit 8:30-9:15am</b>	*Swim Lessons* 8:30-12pm	*Swim Lessons* 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)	Open Lengths 9:15-12pm (3 Lanes)		
<b>*SUP Fitness* 9:30-10:15am (3 Lanes)</b>	<b>*Swim Lessons* 10:15-10:45am</b>	<b>*Swim Lessons* 10:15-10:45am</b>	<b>*Swim Lessons* 10:15-10:45am</b>	<b>*Swim Lessons* 10:15-10:45am</b>		
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
<b>Aquafit 12-12:45pm (4 Lanes)</b>	<b>Aquafit 12-12:45pm (4 Lanes)</b>	<b>Aquafit 12-12:45pm (4 Lanes)</b>	<b>Aquafit 12-12:45pm (4 Lanes)</b>	<b>Aquafit 12-12:45pm (4 Lanes)</b>	Family/ Youth Swim 1:30-5pm	Family/ Youth Swim 1:30pm-5pm
Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes)  *Adult Stroke Development/Fitness* 1:45-2:15pm (2 Lanes)	Open Lengths 1-4pm (3 lanes)	Open Lengths 1-4pm (3 lanes)  *Adult Learn to Swim* 1:45-2:15pm (2 Lanes)	Open Lengths 1-4pm (3 lanes)  *55+ Masters Swim* 1-2pm (3 Lanes)		
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	*Bronze Star* 1-2:30pm (2 Lanes)	*Bronze Med/Cross* 1-4:30pm (2 Lanes)
*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	*Swim Lessons* 4-7pm	<b>One Lane available for member            lane swimming from open to close.</b>  <b>NOTES:            *Requires Registration **Rental            If classes have more than 30 ppl, 1            more lane will be used</b>	
Family/Youth Swim 7-8pm	Family/Youth Swim 7-8pm	*Adult Masters Swim 7-8pm* (2 Lanes)	Family/Youth Swim 7-8pm	Family/Youth Swim 7-9pm		
<b>Aquafit 7:15-8pm (3 Lanes)</b>	*Adult Stroke Development/Fitness* 7:15-8pm (2 Lanes)	<b>*SUP Fitness 7:15-8pm* (3 Lanes)</b>	<b>Aqua Bootcamp 7:15-8pm (3 Lanes)</b>			
*Adult Learn to Swim* 8-8:30pm (2 Lanes)	Adult Swim 8-9pm	<b>*SUP Fitness 8-8:45pm* (3 Lanes)</b>	Adult Swim 8-9pm			
Adult Swim 8-9pm		Adult Swim 8-9pm				