Lap Pool Schedule



MON	TUES	WED	тни	FRI	SAT	SUN
5:45-7:15am Masters Lanes: 5 Open Lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:30pm UCRO Lanes: 6 4:30-5:30pm UCRO Lanes: 4 Open Lanes: 2 5:30-6:00pm Public Swim UCRO Lanes: 1 6:00-7:45pm Public Swim Open Lanes: 2	5:45-7:15am UCRO Swim Club: 6 lanes 7:15-9:00am Lane Swim Open Lanes: 6 9:00-11:40am Public Swim Open Lanes: 3 11:45-12:30pm Aquafit 2:45-4:00pm Public Swim UCRO Lanes: 3 Open Lanes: 1 4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1 5:00-7:30pm Swim Lessons	5:45-7:15am Masters Lanes: 5 Open lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:30pm UCRO Lanes: 6 4:30-6:30pm Public Swim UCRO Lanes: 3 Open Lanes: 1 6:30-7:45pm Public Swim Open Lanes: 2	5:45-7:15am UCRO Swim Club: 6 lanes 7:15-9:00am Lane Swim Open Lanes: 6 9:00-11:40am Public Swim Open Lanes: 3 11:45-12:30pm Aquafit 2:45-4:00pm UCRO Lanes: 3 Ange Lanes: 2 Open Lanes: 1 4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1 5:00-7:30pm Swim Lessons	5:45-7:15am Masters Lanes: 5 Open Lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:00pm Public Swim UCRO Lanes: 4 4:00-5:30pm Public Swim UCRO Lanes: 4 5:30-5:45pm Public Swim UCRO Lanes: 1 Open Lanes: 3	7:00-8:00am Lane Swim Open Lanes: 6 8:00-9:50am UCRO Lanes: 6 10:00am-12:30pm Swim Lessons 12:45-2:30pm Public Swim Open Lanes: 2	7:00-9:00 am Lane Swim Open Lanes: 6 9:45 am -12:15pm Public Swim Open Lanes: 2 12:30-2:30pm Special Olympics

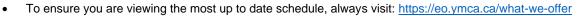
- To ensure you are viewing the most up to date schedule, always visit: https://eo.ymca.ca/what-we-offer
- All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.
- "Open lanes" indicate lanes available for lane swims throughout the day.
- Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.
- Last Updated: April 10, 2024



Wading Pool Schedule



MON	TUES	WED	тни	FRI	SAT	SUN
8:00-8:40am Public Swim 9:45am-12:45pm Public Swim 2:45-7:45pm Public Swim	8:00-9:55am Public Swim 10:00-10:30am Parent and Tot 10:35-11:40am Public Swim 2:45-4:45pm Public Swim 5:00-7:30pm Swim Lessons	8:00-8:40am Public Swim 10:00am-12:45pm Public Swim 3:30-4:00pm Parent and Tot 4:00-7:45pm Public Swim	8:00-9:55am Public Swim 10:00-10:30am Parent and Tot 10:35-11:40am Public Swim 2:45-4:45pm Public Swim 5:00-7:30pm Swim Lessons	8:00-8:40am Public Swim 9:45-12:45pm Public Swim 2:45-5:45pm Public Swim	8:00am-9:00am Public Swim 9:15am-12:30pm Swim Lesson 12:45-1:30pm Rental 1:45-2:30pm Public Swim	9:00-2:30pm Public Swim



Last Updated: April 10, 2024

