

Lap Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|---|--|--|--|--|---|--|
| <p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>5-6:30pm Swim Lessons Open Lanes: 2</p> <p>6:30-8pm Swim Lessons</p> | <p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>11-11:45am Aquafit Open Lanes: 2</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 4</p> <p>4-6pm Penguins</p> <p>6-8pm Loyalist Township Swim Lesson Rental</p> | <p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-1pm Public Swim Open Lanes: 4</p> <p>5-7:30pm Swim Lessons Open Lanes: 2</p> <p>7:30-8:30pm Swim Lessons</p> | <p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>11-11:45am Aquafit Open Lanes: 2</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 4</p> <p>4-6pm Penguins</p> <p>6-6:30pm Public Swim Open Lanes: 3</p> <p>6:45-7:30pm Aquafit Open Lanes: 2</p> | <p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>5-6:30pm Public Swim Open Lanes: 3</p> | <p>9:20-1pm Swim Lessons</p> <p>1-3pm Public Swim Open Lanes: 3</p> | <p>7-8am Lane Swim Open Lanes: 6</p> <p>8:15-9am Aquafit</p> <p>9:15-10am Public Swim Open Lanes: 3</p> <p>10-1pm Swim Lessons Open Lanes: 3</p> <p>1-3pm Public Swim Open Lanes: 3</p> |

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: April 2, 2024
- Please note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.



SCHEDULES

Leisure Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|---|--|---|--|--|---|---|
| <p>9:30-12:30pm Public Swim</p> <p>3:30-4:45pm Public Swim</p> <p>5-8pm Swim Lessons</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-4:45pm Public Swim</p> <p>5-6pm Penguins</p> <p>6-7:30pm Public Swim</p> | <p>9:30-10am Public Swim</p> <p>10-11am Daycare Swim</p> <p>11-12:30pm Public Swim</p> <p>3-3:45pm Healing Waters</p> <p>4-4:45pm Public Swim</p> <p>5-8pm Swim Lessons</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-4:45pm Public Swim</p> <p>5-5:45pm Penguins</p> <p>5:45-6:30pm Public Swim</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-6:30pm Public Swim</p> | <p>9:20-1pm Swim Lessons</p> <p>1-3pm Public Swim</p> | <p>10-1pm Swim Lessons</p> <p>1-3pm Public Swim</p> |

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: April 2, 2024
- Please note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.



SCHEDULES