Brockville YMCA // Effective: January 7,2026

Lap Pool Schedule

Shine On — Eastern Ontario

MON	TUES	WED	THU	FRI	SAT	SUN
5:45-7:15am Masters Lanes: 5 Open Lanes: 1	**5:45-7:15am** UCRO Lanes: 5 Open Lanes: 1	**5:45-7:15am** Masters Lanes: 5 Open lanes: 1	**5:45-7:15am** UCRO Lanes: 5 Open Lanes: 1	**5:45-7:15am** Masters Lanes: 5 Open Lanes: 1	**7:00-8:00am** Lane Swim Open Lanes: 6	**7:00-8:15am** Lane Swim Open Lanes: 6
7:15-8:15am Lane Swim Open Lanes: 6	**7:15-9:00am** Lane Swim Open Lanes: 6	**7:15-8:15am** Lane Swim Open Lanes: 6	**7:15-9:00am** Lane Swim Open Lanes: 6	**7:15-8:15am** Lane Swim Open Lanes: 6	**8:00-9:45am** UCRO Lanes: 5 Open Lanes: 1	**8:15-9:15am** Lane Swim Open Lanes: 3 St. Mary's Lanes: 3
8:15-8:40am Public Swim Open Lanes: 3	**9:00-11:40am** Public Swim Open Lanes: 3	**8:15-8:40am** Public Swim Open Lanes: 3	**9:00-11:40am** Public Swim Open Lanes: 3	**8:15-8:40am** Public Swim Open Lanes: 3	**10:00-11:00pm** Swim Lessons UCRO Lanes: 2	**9:15-10:30am** Public Swim Open Lanes: 2
8:45-9:30am Aquafit	**11:45-12:30pm** Aquafit	**8:45-9:30am** Aquafit	**11:45-12:30pm** Aquafit	**8:45-9:30am** Aquafit	**11:00-12:30pm** Swim Lessons UCRO Lanes: 1	**10:35-11:20am** Aquafit
9:45am-12:45pm Public Swim Open Lanes: 4	**2:45-3:45pm** UCRO Lanes: 3 Open Lanes: 3	**9:45am-12:45pm** Public Swim Open Lanes: 4	**2:45-3:45pm** UCRO Lanes: 3 St. Mary's Lanes: 2 Open Lane: 1	**9:45am–12:45pm** Public Swim Open Lanes: 4	**12:30-2:30pm** Public Swim Open Lanes: 2	**11:20-12:15pm** Public Swim Open Lanes: 2
2:45-4:30pm UCRO Lanes: 5 Open Lanes: 1	**3:45-4:45pm** UCRO Lanes: 3 North Grenville Lanes:3	**12:45pm-2:00pm** Masters Lanes: 3 Open Lanes: 3	**3:45-4:45pm** UCRO Lanes: 3 Ange Gabriel Lanes:3	**2:45-4:15pm** UCRO Lanes: 5 Open Lanes: 1		**12:30-2:45pm** Special Olympics
4:30-5:30pm Public Swim UCRO Lanes: 4 Open Lanes:1	**5:00-8:00pm** Swim Lessons Lane Swim: 1	**2:45-4:30pm** UCRO Lanes: 5 Open Lanes: 1	**5:00-8:00pm** Swim Lessons Lane Swim: 1	**4:15-5:30pm** Public Swim: 1 UCRO Lanes: 5		
5:30-6:30pm Public Swim UCRO Lanes: 3 Open Lanes: 2		**4:30-5:30pm** Public Swim UCRO Lanes: 4 Open Lanes: 1		**5:30-7:30pm** Public Swim: 3 Lane Swim: 3		
6:30-7:30pm Public Swim Open Lanes: 3		**5:30-6:30pm** Public Swim UCRO Lanes: 3 Open Lanes: 2				
		6:30-7:30pm Public Swim Open Lanes: 3				

- 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: January 7, 2026

SCHEDULES

Wading Pool Schedule

Shine On **Y** Eastern Ontario

MON	TUES	WED	THU	FRI	SAT	SUN
8:00-8:40am Public Swim	**8:00-11:40am** Public Swim	**8:00-8:40am** Public Swim	**8:00-11:40am** Public Swim	**8:00-8:40am** Public Swim	**8:00-9:00am** Public Swim	**9:00-10:30am** Public Swim
9:45am-12:45pm Public Swim	**2:45-4:15pm** Public Swim	**9:45-10:30pm** Public Swim	**2:45-4:15pm** Public Swim	**9:45-12:45pm** Public Swim	**9:00am-12:30pm** Swim Lessons	**11:25-2:30pm** Public Swim
2:45-7:30pm Public Swim	**4:15-4:45pm** Parent & Tot Lesson	**10:30-11:00am** Parent & Tot Lesson	**4:15-4:45pm** Parent & Tot Lesson	**2:45-7:30pm** Public Swim	**12:45-1:30pm** Rental	
	5:00-7:50pm Swim Lessons	**11:00-2:00pm** Public Swim	**5:00-7:50pm** Swim Lessons		**1:45-2:30pm** Public Swim	
		2:45-7:30pm Public Swim				

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- Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.
- Last Updated: January 7, 2026

SCHEDULES