



**YMCA of
Eastern Ontario**
Brockville YMCA

Group Fitness Schedule

HOLIDAY SCHEDULE

December 20, 2020 – January 2, 2021

NEW* Sign-in & out for aquafit is now required

*Please note, there will be **NO** OVERFLOW classes over the holiday schedule*

Sunday Dec. 20	Monday Dec. 21	Tuesday Dec. 22	Wednesday Dec. 23	Thursday Dec. 24	Friday Dec. 25	Saturday Dec. 26
9:15-10am Aquafit* (Pool)	9-9:45am Aquafit* (Pool)	8:45-9:30am Cycle Fit (Studio)	9-9:45am Aquafit* (Pool)			
	10-11am Yoga (Gym)	9:45-10:30am Zumba Gold (Gym)	10-11am Yoga (Gym)	CLOSED	CLOSED	REDUCED HOURS
	11:15-12pm Chair Yoga (Gym)	11:30-12:15pm Aquafit* (Pool)	12:20-12:40pm TB Cardio (Gym)			8am-12pm
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	5:30-6:15pm Barre (Gym)	5:30-6:15pm Tabata (Gym)	5:30-6:15pm Yoga-Lates (Gym)	CLOSED	CLOSED	

***All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.**

Holiday Gym Schedule

December 20 - December 27, 2020



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-1245pm Open Gym	7-830am Pickleball	7-9am Open Gym	7-830am Pickleball			8-915am Open Gym
	9-945am Gym Rental	945-1030am Zumba Gold	9-945am Gym Rental	CLOSED	CLOSED	915-10am UCRO
	10-11am Yoga	11am-1245pm Pickleball	10-11am Yoga			10-1130am Pickleball
	1115am- 1215pm Chair Yoga		1220-1240pm TB20Cardio			
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	3-415pm Open Gym	3-5pm Open Gym	3-5pm Open Gym			
	430-515pm UCRO	530-615pm Tabata	530-615pm Yoga-lates			
	530-615pm Barre	630-745pm Open Gym	630-745pm Open Gym			
	630-745pm Open Gym					



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Holiday Gym Schedule

December 27, 2020 – January 2, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-12:45pm Open Gym	7-8:30am Pickleball	7-9am Open Gym	7-8:30am Pickleball	7-9:30am Open Gym		8-9:15am Open Gym
	9-9:45am Gym Rental	9:45-10:30am Zumba Gold	9-9:45am Gym Rental	9:45-10:30am GTB	CLOSED	9:15-10am UCRO
	10-11am Yoga	11am-12:45pm Pickleball	10-11am Yoga	10:45-12:45pm Open Gym		10-11:30am Pickleball
	11:15am-12:15pm Chair Yoga		12:20-12:40pm TB20Cardio	Reduced Hours CLOSED at 1pm		
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	3-4:15pm Open Gym	3-5pm Open Gym	3-5pm Open Gym			
	4:30-5:15pm UCRO	5:30-6:15pm Tabata	5:30-6:15pm Yoga-lates			
	5:30-6:15pm Barre	6:30-7:45pm Open Gym	6:30-7:45pm Open Gym			
	6:30-7:45pm Open Gym					

Pool Schedule

December 20 – 26, 2020

NEW* Sign-in & out for lane swim is now required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-9am Lane Swim Open Lanes: 6	6-8:15am Lane Swim Open Lanes: 6	6-7am UCRO Swim Club	6-8:15am Lane Swim Open Lanes: 6	Closed		7-9am UCRO Swim Club
9:15-10am Aquafit	8:15-8:55am Public Swim Open Lanes: 4	7-8:30am Lane Swim Open Lanes: 6	8:15-8:55am Public Swim Open Lanes: 4			9:05-11:30am Public Swim Open Lanes: 2
10am-12:45am Public Swim Open Lanes: 2	9-9:45am Aquafit	8:30-11:25am Public Swim Open Lanes: 4	9-9:45am Aquafit			
	9:50am-12:45pm Public Swim Open Lanes: 4	11:30am-12:15 pm Aquafit	9:50am- 12:45pm Public Swim Open Lanes: 4			
		12:15-12:45pm Public Swim Open Lanes: 4				
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3-4:30pm UCRO Swim Club	3:30-6:25 Public Swim Open Lanes: 2	3-4:30pm UCRO Swim Club	Closed		
	Public Swim 4:35-7:45 pm Open Lanes: 2	6:30-8pm UCRO Swim Club	4:35-7:45pm Public Swim Open Lanes: 2			

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.



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Wading Pool Schedule

December 20 – December 26, 2020

NEW* Sign-in & out for lane swim is now required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45-8:55am Public Swim		7:45-8:55am Public Swim	Closed		
8am-12:45pm Public Swim	9:45am-12:45pm Public Swim	7:45-11:15am Public Swim	9:45am-12:45pm Public Swim			8am-11:30pm Public Swim
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3:00-7:45pm Public Swim	3:00-7pm Public Swim	3:00-7:45pm Public Swim			

Swim diapers are required for all children not toilet-trained.



Pool Schedule

December 27, 2020 – January 2, 2021

NEW* Sign-in & out for lane swim is now required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-9am Lane Swim Open Lanes: 6	6-8:15am Lane Swim Open Lanes: 6	6-7am UCRO Swim Club	6-8:15am Lane Swim Open Lanes: 6	6-7am UCRO Swim Club	Closed	7-9am UCRO Swim Club
9:15-10am Aquafit	8:15-8:55am Public Swim Open Lanes: 4	7-8:30am Lane Swim Open Lanes: 6	8:15-8:55am Public Swim Open Lanes: 4	7-8:30am Lane Swim Open Lanes: 6		9:05am-12:45pm Public Swim Open Lanes: 2
10am-12:45am Public Swim Open Lanes: 2	9-9:45am Aquafit	8:30-11:25am Public Swim Open Lanes: 4	9-9:45am Aquafit	8:30-11:25am Public Swim Open Lanes: 4		
	9:50am-12:45pm Public Swim Open Lanes: 4	11:30am-12:15 pm Aquafit	9:50am-12:45pm Public Swim Open Lanes: 4	11:30am- 12:15pm Aquafit		
		12:15-12:45pm Public Swim Open Lanes: 4		12:15-12:45pm Public Swim Open Lanes: 4		
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3-4:30pm UCRO Swim Club	3:30-6:25 Public Swim Open Lanes: 2	3-4:30pm UCRO Swim Club	Closed		
	Public Swim 4:35-7:45 pm Open Lanes: 2	6:30-8pm UCRO Swim Club	4:35-7:45pm Public Swim Open Lanes: 2			

All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.
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Leisure Pool Schedule

December 27, 2020 – January 2, 2021

NEW* Sign-in & out for lane swim is now required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45-8:55am Public Swim		7:45-8:55am Public Swim		Closed	
8am-12:45pm Public Swim	9:45am-12:45pm Public Swim	7:45-11:15am Public Swim	9:45am-12:45pm Public Swim	7:45-11:15am Public Swim		8am-12:45pm Public Swim
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3:00-7:45pm Public Swim	3:00-7:45pm Public Swim	3:00-7:45pm Public Swim	Closed		

Swim diapers are required for all children not toilet trained