

Lap Pool Schedule



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

- 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: February 3, 2025



SCHEDULES

Brockville YMCA // Effective: February 9, 2025

Wading Pool Schedule



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	9:45-12:45pm Public Swim	2:45-4:15pm Public Swim	9:45-12:45pm Public Swim	9:00am-12:30pm Swim Lessons	11:20am-2:30pm Public Swim
2:45-7:30pm Public Swim	4:15-4:45pm Parent & Tot	10:30-11:00am Parent & Tot	4:15-4:45pm Parent & Tot	2:45-5:30pm Public Swim	12:45-1:30pm Rental	
	5:00-8:00pm Swim Lessons	11:00-12:45pm Public Swim	5:00-8:00pm Swim Lessons		1:45-2:30pm Public Swim	
		2:45-7:30pm Public Swim				

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- Last Updated: February 3, 2024



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