

# Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>5:45-7:15am</b> Masters Lanes: 5 Open Lanes: 1</p> <p><b>7:15-8:15am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-8:40am</b> Public Swim Open Lanes: 3</p> <p><b>8:45-9:30am</b> AquaFit</p> <p><b>9:45am-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-4:30pm</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>4:30-5:00pm</b> Public Swim UCRO Lanes: 3 Open Lanes: 2</p> <p><b>5:00-6:00pm</b> Public Swim UCRO Lanes: 2 Open Lanes: 2</p> <p><b>6:00-7:45pm</b> Public Swim Open Lanes: 3</p>	<p><b>5:45-7:15am</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>7:15-9:00am</b> Lane Swim Open Lanes: 6</p> <p><b>9:00-11:35am</b> Public Swim Open Lanes: 3</p> <p><b>11:45-12:30pm</b> AquaFit</p> <p><b>2:45-4:45pm</b> Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p><b>5:00-7:30pm</b> Swim Lessons</p>	<p><b>5:45-7:15am</b> Masters Lanes: 5 Open Lanes: 1</p> <p><b>7:15-8:15am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-8:40am</b> Public Swim Open Lanes: 3</p> <p><b>8:45-9:30am</b> AquaFit</p> <p><b>9:45am-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-4:30pm</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>4:30-5:00pm</b> Public Swim UCRO Lanes: 3 Open Lanes: 2</p> <p><b>5:00-6:00pm</b> Public Swim UCRO Lanes: 2 Open Lanes: 2</p> <p><b>6:00-7:45pm</b> Public Swim Open Lanes: 3</p>	<p><b>5:45-7:15am</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>7:15-9:00am</b> Lane Swim Open Lanes: 6</p> <p><b>9:00-11:35am</b> Public Swim Open Lanes: 3</p> <p><b>11:45-12:30pm</b> AquaFit</p> <p><b>2:45-4:45pm</b> Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p><b>5:00-7:30pm</b> Swim Lessons</p>	<p><b>5:45-7:15am</b> Masters Lanes: 5 Open Lanes: 1</p> <p><b>7:15-8:15am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-8:40am</b> Public Swim Open Lanes: 3</p> <p><b>8:45-9:30am</b> AquaFit</p> <p><b>9:45am-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-4:15pm</b> Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p><b>4:15-5:30pm</b> Public Swim UCRO Lanes: 4</p>	<p><b>7:00-8:00am</b> Lane Swim Open Lanes: 6</p> <p><b>8:00-9:45am</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>10:00am-12:30pm</b> Swim Lessons</p> <p><b>12:30-2:30pm</b> Public Swim Open Lanes: 2</p>	<p><b>7:00-9:15am</b> Lane Swim Open Lanes: 6</p> <p><b>9:15-10:30am</b> Public Swim UCRO Lanes: 2 Open Lanes: 2</p> <p><b>10:30am -2:30pm</b> Public Swim Open Lanes: 2</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: August 26, 2024



SCHEDULES

Brockville YMCA // Effective: September 9, 2024

# Wading Pool Schedule



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

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- Last Updated: August 26, 2024



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