Lap Pool Schedule



MON	TUES	WED	тни	FRI	SAT	SUN
5:45-7:15am Masters Lanes: 5 Open Lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:30pm UCRO Lanes: 5 Open Lanes: 1 4:30-5:00pm Public Swim UCRO Lanes: 3 Open Lanes: 2 5:00-7:30pm Public Swim UCRO Lanes: 2 Open Lanes: 2	5:45-7:15am UCRO Lanes: 5 Open Lanes: 1 7:15-9:00am Lane Swim Open Lanes: 6 9:00-11:40am Public Swim Open Lanes: 3 11:45-12:30pm Aquafit 2:45-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1 5:00-7:30pm Swim Lessons	5:45-7:15am Masters Lanes: 5 Open lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:30pm UCRO Lanes: 5 Open Lanes: 5 Open Lanes: 2 4:30-5:00pm Public Swim UCRO Lanes: 2 5:00-7:30pm Public Swim UCRO Lanes: 2 Open Lanes: 2	5:45-7:15am UCRO Lanes: 5 Open Lanes: 1 7:15-9:00am Lane Swim Open Lanes: 6 9:00-11:40am Public Swim Open Lanes: 3 11:45-12:30pm Aquafit 2:45-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1 5:00-7:30pm Swim Lessons	5:45-7:15am Masters Lanes: 5 Open Lanes: 1 7:15-8:15am Lane Swim Open Lanes: 6 8:15-8:40am Public Swim Open Lanes: 3 8:45-9:30am Aquafit 9:45am-12:45pm Public Swim Open Lanes: 4 2:45-4:15pm Public Swim UCRO Lanes: 3 Open Lanes: 1 4:15-5:30pm Public Swim UCRO Lanes: 4	7:00-8:00am Lane Swim Open Lanes: 6 8:00-9:45am UCRO Lanes: 5 Open Lanes: 1 10:00am-12:30pm Swim Lessons 12:30-2:30pm Public Swim Open Lanes: 2	7:00-9:15am Lane Swim Open Lanes: 6 9:15-10:30am Public Swim UCRO Lanes: 2 Open Lanes: 2 10:30am –2:30pm Public Swim Open Lanes: 2

- 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: September 16, 2024

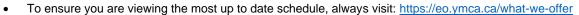


Brockville YMCA // Effective: September 9, 2024

Wading Pool Schedule



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



Last Updated: September 16, 2024

