

Lap Pool Schedule



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	7:00-9:00am 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	7:15-9:00am Lane Swim Open Lanes: 6	7:15-8:15am Lane Swim Open Lanes: 6	8:00-10:00am UCRO Lanes: 5 Open Lanes: 1	9:00-10:30am Public Swim UCRO Lanes: 2 Open Lanes: 2
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	10:00-11:30am UCRO Lanes: 2 Public Swim Open Lanes: 2	10:30-12:15pm 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	11:30-2:30pm Public Swim Open Lanes: 2	12:30-2:45pm Special Olympics
9:45am-12:45pm Public Swim Open Lanes: 4	2:45-3:45pm UCRO Lanes: 3 Public Swim: 2 Open Lanes: 1	9:45am-12:45pm Public Swim Open Lanes: 4	2:45-4:00pm UCRO Lanes: 3 Public Swim: 2 Open Lanes: 1	9:45am-12:45pm Public Swim Open Lanes: 4		
2:45-4:30pm UCRO Lanes: 5 Open Lanes: 1	3:45-4:45pm UCRO Lanes: 3 Public Swim: 2 Open Lanes: 1	2:45-4:30pm UCRO Lanes: 5 Open Lanes: 1	4:00-5:00pm UCRO Lanes: 4 Public Swim: 1 Open Lanes: 1	2:45-4:15pm Public Swim: 1 UCRO Lanes: 4 Open Lanes: 1		
4:30-5:00pm Public Swim: 1 UCRO Lanes: 3 Open Lanes: 2	5:00-7:30pm Public Swim Open Lanes: 3	4:30-5:00pm Public Swim: 1 UCRO Lanes: 3 Open Lanes: 2	5:00-7:30pm Public Swim Open Lanes: 3	4:15-5:30pm Public Swim: 1 UCRO Lanes: 5		
5:00-7:30pm Public Swim UCRO Lanes: 2 Open Lanes: 2		5:00-7:30pm Public Swim UCRO Lanes: 2 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: March 3, 2025



SCHEDULES

Brockville YMCA // Effective: March 17-30, 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	9:00-12:30pm Public Swim	9:00-2:30pm Public Swim
9:45am-12:45pm Public Swim	2:45-7:30pm Public Swim	9:45-12:45pm Public Swim	2:45-7:30pm Public Swim	9:45-12:45pm Public Swim	12:45-1:30pm Rental	
2:45-7:30pm Public Swim		2:45-7:30pm Public Swim		2:45-5:30pm Public Swim	1:45-2:30pm Public Swim	

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- Last Updated: March 3, 2025



SCHEDULES