

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 Swim Club: 6 lanes	5:45-7:15am Masters Lanes: 4 Open lanes: 1	5:45-7:15am UCRO Swim Club: 6 lanes	5:45-7:15am Masters Lanes: 5 Open Lanes: 1	7:00-8:00am Lane Swim Open Lanes: 5 TISS Lanes: 1	7:00-8:30 am Lane Swim Open Lanes: 6
7:15-8:15am Lane Swim Open Lanes: 6	7:30-9:00am Lane Swim Open Lanes: 6	7:15-8:15am Lane Swim Open Lanes: 6	7:30-9:00am Lane Swim Open Lanes: 6	7:15-8:15am Lane Swim Open Lanes: 6	8:00-9:50am UCRO Lanes: 6	8:30-9:30 am Lane Swim St. Mary 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	10:00am-12:25pm Swim Lessons	9:45 am -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	12:30-2:30pm Public Swim Open Lanes: 2	12:30-2:30 pm Special Olympics
9:45am-12:45pm Public Swim Open Lanes: 4	2:45-4:00pm Public Swim UCRO Lanes: 3 Ange Gabriel: 2	9:45am-12:45pm Public Swim Open Lanes: 4	2:45-4:00pm UCRO Lanes: 3 St. Mary Lanes: 2 T.I.S.S. Lanes: 1	9:45am-12:45pm Public Swim Open Lanes: 4		
2:45-4:30pm UCRO Lanes: 6	4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1	2:45-4:30pm UCRO Lanes: 6	4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1	2:45-4:00pm UCRO Lanes: 4 Ange Gabriel: 2		
4:30-5:30pm UCRO Lanes: 4 Open Lanes:2	5:00-7:30pm Swim Lessons	4:30-6:30pm Public Swim UCRO Lanes: 3 Open Lanes:2	5:00-7:30pm Swim Lessons	4:00-5:30pm Public Swim UCRO Lanes: 4		
5:30-6:00pm Public Swim UCRO Lanes: 2 Open Lanes: 2		6:30-7:45pm Public Swim Open Lanes: 2		5:30-5:45pm Public Swim UCRO Lanes: 1 Open Lanes: 3		
6:00-7:45pm 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: January 19, 2024



SCHEDULES

BROCKVILLE YMCA // EFFECTIVE: JANUARY 8, 2024

Wading Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
8:00-8:40am Public Swim	8:00-9:55am Public Swim	8:00-8:40am Public Swim	8:00-9:55am Public Swim	8:00-8:40am Public Swim	8:00am-9:00am Public Swim	9:00-2:30pm Public Swim
9:45-12:45pm Public Swim	10:00-10:30am Parent and Tot	10:00am-12:45pm Public Swim	10:00-10:30am Parent and Tot	9:45-12:45pm Public Swim	9:15am-12:30pm Swim Lessons	
2:45-7:30pm Public Swim	10:35-11:40am Public Swim	2:45-7:30pm Public Swim	10:35-11:40am Public Swim	2:45-5:45pm Public Swim	12:45-1:30pm Rental	
	2:45-4:45pm Public Swim		2:45-4:45pm Public Swim		1:45-2:30pm Public Swim	
	5:00-7:30pm Swim Lessons		5:00-7:30pm Swim Lessons			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: January 19, 2024



SCHEDULES