

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: 6</p> <p>4:30-5:30pm UCRO Lanes: 4 Open Lanes: 2</p> <p>5:30-6:00pm Public Swim UCRO Lanes: 2 Open Lanes: 1</p> <p>6:00-7:45pm Public Swim Open Lanes: 2</p>	<p>5:45-7:15am UCRO Lanes: 6</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 Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>5:00-7:30pm 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: 6</p> <p>4:30-6:30pm Public Swim UCRO Lanes: 3 Open Lanes: 2</p> <p>6:30-7:45pm Public Swim Open Lanes: 2</p>	<p>5:45-7:15am UCRO Lanes: 6</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 Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>5:00-7:30pm 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>2:45-4:00pm Public Swim UCRO Lanes: 4</p> <p>4:00-5:30pm Public Swim UCRO Lanes: 4</p>	<p>7:00-8:00am Lane Swim Open Lanes: 6</p> <p>8:00-9:50am UCRO Lanes: 6</p> <p>10:00am-12:30pm Swim Lessons</p> <p>12:45-2:30pm Public Swim Open Lanes: 2</p>	<p>7:00-9:45 am Lane Swim Open Lanes: 6</p> <p>9:45 am –1:15pm Public Swim Open Lanes: 2</p> <p>1:30-2:30pm Public Swim Special Olympics: 3 Open Lanes: 1</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: May 30, 2024



SCHEDULES

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
9:45am-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 Lesson	
2:45-7:45pm Public Swim	10:35-11:40am Public Swim	3:30-4:00pm Parent and Tot	10:35-11:40am Public Swim	2:45-5:45pm Public Swim	12:45-1:30pm Rental	
	2:45-4:45pm Public Swim	4:00-7:45pm 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			

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