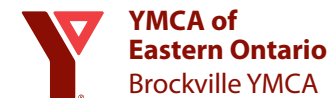


Lap Pool Schedule



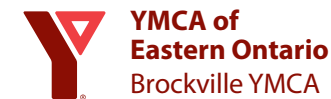
MON	TUES	WED	THU	FRI	SAT	SUN
5:45-7:15am Masters Lanes: 5 Open Lanes: 1	5:45-7:30am UCRO Swim Club: 6 lanes	5:45-7:15am Masters Lanes: 5 Open lanes: 1	5:45-7:30am UCRO Swim Club: 6 lanes	5:45-7:15am Masters Lanes: 5 Open Lanes: 1	7:00-8:00am Lane Swim Open Lanes: 6	7:00-8:30 am Lane Swim Open Lanes: 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	10:00-12:15pm Swimming Lessons UCRO Lanes: 2	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	12:45-2:30pm Public Swim Open Lanes: 2	12:30-2:30 pm Special Olympics
9:45 – 12:45pm Public Swim Open Lanes: 3	2:45-4:00pm Public Swim UCRO Lanes: 3 Open Lanes: 1	9:45 – 12:45pm Public Swim Open Lanes: 3	2:45-4:00pm Public Swim UCRO Lanes: 3 St. Mary Lanes: 1	9:45 – 12:45pm Public Swim Open Lanes: 3		
2:45-4:30pm UCRO Lanes: 6	4:00-4:45pm UCRO Lanes: 5 Open Lanes: 1	2:45-4:30pm UCRO Lanes: 6	4:00-4:45pm UCRO Lanes: 5 Open Lanes: 1	2:45-4:30pm UCRO Lanes: 4 Open Lanes: 2		
4:30-5:30pm UCRO Lanes: 4 Open Lanes: 2	5:00-7:30pm Lessons	4:30-5:30pm UCRO Lanes: 4 Open Lanes: 2	5:00-7:30pm Lessons	4:30-5:45pm UCRO Lanes: 4 Public Swim		
5:30-7:45pm Public Swim Open Lanes: 2		5:30-7:45pm 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: October 13, 2023



SCHEDULES

Wading Pool Schedule



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

- ☐ To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- ☐ Last Updated: October 13, 2023



SCHEDULES