

Lap Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|--|---|--|---|--|--|---|
| 5:45-8:45am Lane Swim Open Lanes: 6 | 5:45-8:45am Lane Swim Open Lanes: 6 | 5:45-8:45am Lane Swim Open Lanes: 6 | 5:45-8:45am Lane Swim Open Lanes: 6 | 5:45-8:45am Lane Swim Open Lanes: 6 | 7:30-9:00am Reserved | 7-8:30am Lane Swim Open Lanes: 6 |
| 9-9:45am Aquafit | 9-9:45am Aquafit | 9-9:45am Aquafit | 9-9:45am Aquafit | 9-9:45am Aquafit | 9:20-1pm Swim Lessons Open Lanes: 1 | 8:45-9:30am Aquafit |
| 10am-1pm Public Swim Open Lanes: 4 | 10-10:45am Public Swim Open Lanes: 4 | 10am-1pm Public Swim Open Lanes: 4 | 10-10:45am Public Swim Open Lanes: 4 | 10am-1pm Public Swim Open Lanes: 4 | 1-4:30pm Public Swim Open Lanes: 3 | 9:45-12:15pm Lane Swim Open Lanes: 6 |
| 3:30-5pm Reserved | 10:45-10:55am Open Lanes: 2 | 3:30-5pm Reserved | 10:45-10:55am Open Lanes: 2 | 3:30-5pm Reserved | | 12:30-4:30pm Public Swim Open Lanes: 3 |
| 5-7:50pm Swim Lessons Open Lanes: 1 | 11-11:45am Aquafit | 5-7:50pm Swim Lessons Open Lanes: 1 | 11-11:45am Aquafit | 5-7:30pm Public Swim Open Lanes: 4 | | |
| | 12-12:30pm Deep Water Running Open Lanes: 4 | | 12-12:30pm Deep Water Running Open Lanes: 4 | | | |
| | 12:30-1pm Public Swim Open Lanes: 4 | | 12:30-1pm Public Swim Open Lanes: 4 | | | |
| | 3-6pm Reserved | | 4-6pm Reserved | | | |
| | 6-7:30pm Loyalist Township Swim Lessons | | 6:15-7pm Aquafit Open Lanes: 2 | | | |
| | | | 7-7:30pm Public Swim Open Lanes: 4 | | | |

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 21, 2025
- Please note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.
- Please note that lane changes occur 15 minutes prior to the start of Aquafit. Aqua weights will be brought out by staff during this time



SCHEDULES

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| MON | TUES | WED | THU | FRI | SAT | SUN |
|------------------------------------|--|--|--|------------------------------------|--|--|
| 9:30-12:30pm Public Swim | 9:30-12:30pm Public Swim | 10-11am Daycare Swim 11-12pm Public Swim | 9:30-10am Public Swim 10-11am Swim Lessons | 9:30-12:30pm Public Swim | 9:20-1pm Swim Lessons 1-4pm Public Swim | 9:45 - 12pm Swim Lessons 12:15 – 4:30pm Public Swim |
| 3:30-4:45pm Public Swim | 3:30-5pm Public Swim 5-6pm Reserved | 12-12:45pm Healing Waters | 11:15-12:30pm Public Swim | 3:30-7:30pm Public Swim | | |
| 5-7:50pm Swim Lessons | 6-7:30pm Loyalist Township Swim Lessons | 3:30-4:45pm Public Swim 5-7:50pm Swim Lessons | 3:30-5pm Public Swim 5-6pm Reserved 6-7:30pm Public Swim | | | |

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