

Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>3:30-7:30pm Public Swim Open Lanes: 4</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>10:45-11am Open Lanes: 2</p> <p>11-11:45am Aquafit Open Lanes: 1</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 5</p> <p>6-7:30pm Public Swim Open Lanes: 4</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-1pm Public Swim Open Lanes: 4</p> <p>3:30-7:30pm Public Swim Open Lanes: 4</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>10:45-11am Open Lanes: 2</p> <p>11-11:45am Aquafit Open Lanes: 1</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 5</p> <p>6-6:30pm Public Swim Open Lanes: 3</p> <p>6:45-7:30pm Aquafit Open Lanes: 2</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am Aquafit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>3:30-6:30pm Public Swim Open Lanes: 4</p>	<p>7:30-9am Lane Swim Open Lanes: 6</p> <p>11-3pm Public Swim Open Lanes: 3</p>	<p>7-8am Lane Swim Open Lanes: 6</p> <p>8:15-9am Aquafit</p> <p>9:15-3pm Public Swim Open Lanes: 3</p>

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: May 6, 2024 - Please see our **NEW** changes that are highlighted
- 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

Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>9:30-12:30pm Public Swim</p> <p>3:30-7:30pm Public Swim</p>	<p>9:30-12:30pm Public Swim</p> <p>3:30-7:30pm Public Swim</p>	<p>9:30-10am Public Swim</p> <p>10-11am Daycare Swim</p> <p>11-12:30pm Public Swim</p> <p>3-3:45pm Healing Waters</p> <p>4-7:30pm Public Swim</p>	<p>9:30-12:30pm Public Swim</p> <p>3:30-6:30pm Public Swim</p>	<p>9:30-12:30pm Public Swim</p> <p>3:30-6:30pm Public Swim</p>	<p>10-3pm Public Swim</p>	<p>10-3pm Public Swim</p>

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