

# Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-1pm</b> Public Swim Open Lanes: 4</p> <p><b>5-6:30pm</b> Swim Lessons Open Lanes: 1</p> <p><b>6:30-8:30pm</b> Swim Lessons</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10am-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>11-11:45am</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 4</p> <p><b>4-6pm</b> Penguins</p> <p><b>6-7:30pm</b> Loyalist Township Lessons + Lanes Open Lanes: 2</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10am-1pm</b> Public Swim Open Lanes: 4</p> <p><b>5-7:30pm</b> Swim Lessons Open Lanes: 1</p> <p><b>7:30-8:30pm</b> Swim Lessons</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10am-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>11-11:45am</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 4</p> <p><b>4-6pm</b> Penguins</p> <p><b>6-6:30pm</b> Public Swim Open Lanes: 3</p> <p><b>6:45-7:30pm</b> Aquafit Open Lanes: 2</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-1pm</b> Public Swim Open Lanes: 4</p> <p><b>5-6:30pm</b> Public Swim Open Lanes: 3</p>	<p><b>9:20-11am</b> Swim Lessons</p> <p><b>11-1pm</b> Swim Lessons Open Lanes: 1</p> <p><b>1-3pm</b> Public Swim Open Lanes: 3</p>	<p><b>7-8am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-9am</b> Aquafit</p> <p><b>9:15-10am</b> Public Swim Open Lanes: 3</p> <p><b>10-1pm</b> Swim Lessons Open Lanes: 3</p> <p><b>1-3pm</b> 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: January 18, 2024



SCHEDULES

# Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>9:30-12:30pm</b> Public Swim</p> <p><b>3:30-4:45pm</b> Public Swim</p> <p><b>5-8pm</b> Swim Lessons</p>	<p><b>9:30-12:30pm</b> Public Swim</p> <p><b>3:30-4:45pm</b> Public Swim</p> <p><b>5-6pm</b> Penguins &amp; Loyalist Township</p> <p><b>6-7:30pm</b> Public Swim</p>	<p><b>9:30-10am</b> Public Swim</p> <p><b>10-11am</b> Daycare Swim</p> <p><b>11-12:30pm</b> Public Swim</p> <p><b>3-3:45pm</b> Healing Waters</p> <p><b>4-4:45pm</b> Public Swim</p> <p><b>5-8pm</b> Swim Lessons</p>	<p><b>9:30-12:30pm</b> Public Swim</p> <p><b>3:30-4:45pm</b> Public Swim</p> <p><b>5-5:45pm</b> Penguins</p> <p><b>5:45-6:30pm</b> Public Swim</p>	<p><b>9:30-12:30pm</b> Public Swim</p> <p><b>3:30-6:30pm</b> Public Swim</p>	<p><b>9:20-1pm</b> Swim Lessons</p> <p><b>1-3pm</b> Public Swim</p>	<p><b>10-1pm</b> Swim Lessons</p> <p><b>1-3pm</b> Public Swim</p>

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