

# 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: 2</p> <p><b>6:30-7:30pm</b> Swim Lessons Open Lanes: 1</p> <p><b>7:30-8pm</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>10:45-11am</b> Open Lanes: 2</p> <p><b>11-11:45am</b> Aquafit Open Lanes: 1</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 5</p> <p><b>4-6pm</b> Penguins</p> <p><b>6-8pm</b> Loyalist Township Swim Lesson Rental</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: 2</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>10:45-11am</b> Open Lanes: 2</p> <p><b>11-11:45am</b> Aquafit Open Lanes: 1</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 5</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: 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><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</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>

- 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 note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.



SCHEDULES