

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>5-6:30pm Swim Lessons Open Lanes: 2</p> <p>6:30-8:30pm Swim Lessons</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>11-11:45am Aquafit Open Lanes: 2</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 4</p> <p>3:30-6pm Penguins</p> <p>6-7:30pm Loyalist Township Lessons + Lanes Open Lanes: 2</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>5-5:30pm Swim Lessons Open Lanes: 2</p> <p>5:30-7pm Swim Lessons Open Lanes: 2</p> <p>7-8:30pm Swim Lessons</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>11-11:45am Aquafit Open Lanes: 2</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 4</p> <p>3:30-6pm Penguins</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>5-6:30pm Public Swim Open Lanes: 3</p>	<p>9:20-11:45am Swim Lessons</p> <p>11:45-1pm Swim Lessons Open Lanes: 2</p> <p>1-3pm Public Swim Open Lanes: 3</p>	<p>7-8am Lane Swim Open Lanes: 6</p> <p>8:15-9am Aquafit</p> <p>9:15-10am Public Swim Open Lanes: 3</p> <p>10-1pm Swim Lessons Open Lanes: 3</p> <p>1-3pm Public Swim Open Lanes: 3</p>

- Please note that due to staffing shortages, we are operating on a reduced schedule for the leisure pool during the day. We hope to add more time as staff become available. We appreciate your patience and understanding.
- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: October 6, 2023



SCHEDULES

Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>3:30-4:45pm Public Swim</p> <p>5-8:30pm Swim Lessons</p>	<p>10-12:30pm Public Swim</p> <p>3:30-4:45pm Public Swim</p> <p>5-5:45pm Penguins</p> <p>6-7:30pm Public Swim</p>	<p>3-3:45pm Healing Waters</p> <p>3:45-4:45pm Public Swim</p> <p>5-8:30pm Swim Lessons</p>	<p>10-12:30pm Public Swim</p> <p>3:30-4:45pm Public Swim</p> <p>5-5:45pm Penguins</p> <p>5:45-6:30pm Public Swim</p>	<p>10-12:30pm Public Swim</p> <p>3:30-6:30pm Public Swim</p>	<p>9:20-1pm Swim Lessons</p> <p>1-3pm Public Swim</p>	<p>10-1pm Swim Lessons</p> <p>1-3pm Public Swim</p>

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