

YMCA of Eastern Ontario // Effective: August 24th – 30th

Prescott Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
10:00-10:55am Lane Swim	10:00-10:55am Lane Swim	10:00-10:55am Lane Swim	10:00-10:55am Lane Swim	10:00-10:55am Lane Swim	10:00-11:00am Lane Swim	10:00-11:00am Lane Swim
11:00-12:30PM Public Swim	11:00-12:30PM Public Swim	11:00-12:30PM Public Swim	11:00-12:30PM Public Swim	11:00-12:30PM Public Swim	11:15-1:15pm Pool Bookings	11:15-5:00pm Public Swim
12:30-1:15pm AquaFit	12:30-1:15pm Fitness Swim	12:30-1:15pm AquaFit	12:30-1:15pm Fitness Swim	12:30-1:15pm Fitness Swim	1:15-5:00pm Public Swim	
1:30-5:00pm Public Swim	1:30-5:00pm Public Swim	1:30-5:00pm Public Swim	1:30-5:00pm Public Swim	1:30-5:00pm Public Swim		

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- All AquaFit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.
- "Open lanes" indicate lanes available for lane swims throughout the day.
- Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.
- Last Updated: June 5, 2025



SCHEDULES