

# Lap Pool Schedule

Effective: July 2, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|  |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
|  | <b>5:45 am-7:15am</b><br>Lane Swim<br>Open Lanes: 1<br>Masters Lanes: 5 |   | <b>5:45 am-7:15am</b><br>Lane Swim<br>Open Lanes: 1<br>Masters Lanes: 5 |   | <b>5:45 am-7:15am</b><br>Lane Swim<br>Open Lanes: 1<br>Masters Lanes: 5 |  |
| <b>7:00 am-9:00 am</b><br>Lane Swim<br>Open Lanes: 6   | <b>7:15 am-8:15am</b><br>Lane Swim<br>Open Lanes: 6                     | <b>7:00 am-9:00am</b><br>Lane Swim<br>Open Lanes: 6                     | <b>7:15 am-8:15am</b><br>Lane Swim<br>Open Lanes: 6                     | <b>7:00 am-9:00am</b><br>Lane Swim<br>Open Lanes: 6                     | <b>7:15 am-8:15am</b><br>Lane Swim<br>Open Lanes: 6                     | <b>7:00 am-9:00 am</b><br>Lane Swim<br>Open Lanes: 6   |
| <b>9:00 am-1:00 pm</b><br>Public Swim<br>Open Lanes: 2 | <b>8:15 am-8:40am</b><br>Public Swim<br>Open Lanes: 2                   |   | <b>8:15 am-8:40am</b><br>Public Swim<br>Open Lanes: 2                   |   | <b>8:15 am-8:40am</b><br>Public Swim<br>Open Lanes: 2                   | <b>9:00 am-1:00 pm</b><br>Public Swim<br>Open Lanes: 2 |
|  | <b>8:45 am-9:30am</b><br>Aquafit  | <b>9:00 am-10:25 am</b><br>Public Swim<br>Open Lanes: 3                 | <b>8:45 am-9:30am</b><br>Aquafit  | <b>9:00 am-10:25 am</b><br>Public Swim<br>Open Lanes: 3                 | <b>8:45 am-9:30am</b><br>Aquafit  |  |
|  | <b>9:35 am-10:25 pm</b><br>Public Swim<br>Open Lanes: 4                 |   | <b>9:35 am-12:45 pm</b><br>Public Swim<br>Open Lanes: 4                 |   | <b>9:35 am-10:25 pm</b><br>Public Swim<br>Open Lanes: 4                 |  |
|  | <b>10:30 am-11:30 am</b><br>*Camp Swim                                  | <b>10:30 am-11:30 am</b><br>*Camp Swim                                  |   | <b>10:30 am-11:30 am</b><br>*Camp Swim                                  | <b>10:30 am-11:30 am</b><br>*Camp Swim                                  |  |
|  | <b>11:35 am-12:45 pm</b><br>Public Swim<br>Open Lanes: 3                | <b>11:45am-12:30pm</b><br>Aquafit                                       |   | <b>11:45am-12:30pm</b><br>Aquafit                                       | <b>11:35 am-12:45 pm</b><br>Public Swim<br>Open Lanes: 3                |  |
|  | <b>3:00 pm-4:25 pm</b><br>Public Swim<br>Open Lanes: 2                  | <b>3:00 pm-4:45 pm</b><br>Public Swim<br>Open Lanes: 2<br>UCRO Lanes: 2 | <b>3:00 pm-4:25 pm</b><br>Public Swim<br>Open Lanes: 2                  | <b>3:00 pm-4:45 pm</b><br>Public Swim<br>Open Lanes: 2<br>UCRO Lanes: 2 | <b>3:00 pm-4:25 pm</b><br>Public Swim<br>Open Lanes: 2                  |  |
|  | <b>4:30 pm-5:30 pm</b><br>UCRO Swim Club                                |   | <b>4:30 pm-5:30 pm</b><br>UCRO Swim Club                                |   | <b>4:30 pm-5:30 pm</b><br>UCRO Swim Club                                |  |
|  | <b>5:35 pm-7:45pm</b><br>Public Swim<br>Open Lanes: 3                   | <b>5:00 pm-7:30pm</b><br>Swim Lessons                                   | <b>5:35 pm-7:45pm</b><br>Public Swim<br>Open Lanes: 3                   | <b>5:00 pm-7:30pm</b><br>Swim Lessons                                   |   |  |

- 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.
- \*Camp Swim 10:30 am-11:30 am every day, except Wednesday. Note: Both Pools are Closed. The Sauna and Hot Tub will be open.

# Wading Pool Schedule

Effective: July 2, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**9:00 am-12:45 pm**  
Public Swim

**8:00 am-9:00 am**  
Public Swim

**8:30 am-10:30am**  
Public Swim

**8:00 am-9:00 am**  
Public Swim

**8:30-10:30am**  
Public Swim

**8:00 am-9:00 am**  
Public Swim

**9:00 am-12:45pm**  
Public Swim

**10:30 am-11:30 am**  
**\*Camp Swim**

**10:30 am-11:30 am**  
**\*Camp Swim**

**10:00 am-11:15 am**  
Swim Lessons

**10:30 am-11:30 am**  
**\*Camp Swim**

**10:30 am-11:30 am**  
**\*Camp Swim**

**11:45 am-12:45 pm**  
Public Swim

**11:45 am-12:45 pm**  
Public Swim

**11:30 am-12:45 pm**  
Public Swim

**11:45 am-12:45 pm**  
Public Swim

**11:45 am-12:45 pm**  
Public Swim

**3:30 pm-7:30 pm**  
Public Swim

**3:00 pm-4:45 pm**  
Public Swim

**3:30-7:30pm**  
Public Swim

**3:00 pm-4:45pm**  
Public Swim

**3:30 pm-6:00pm**  
Public Swim

**5:00 pm-7:30 pm**  
Swim Lessons

**5:00 pm-7:30 pm**  
Swim Lessons

- Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.
- \*Camp Swim 10:30 am-11:30 am every day, except Wednesday. Note: Both Pools are Closed. The Sauna and Hot Tub will be open.