

# Lap Pool Schedule

Effective: January 9<sup>th</sup>, 2023



**YMCA of  
Eastern Ontario**  
Brockville YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7:00-9:00am</b> Lane Swim Open Lanes: 6</p> <p><b>9:00-10:30am</b> Public Swim UCRO Lanes: 3</p> <p><b>10:30-11:40am</b> Public Swim Open Lanes: 2</p> <p><b>11:45-12:30pm</b> Aquafit</p> <p><b>1:00-3:00pm</b> Special Olympics</p>	<p><b>5:45-7:15am</b> Lane Swim Open Lanes: 1 Masters Lanes: 5</p> <p><b>7:15-8:00am</b> Lane Swim Open Lanes: 6</p> <p><b>8:00-8:40am</b> Public Swim Open Lanes: 2 Adult Drop-In: 2</p> <p><b>8:45-9:30am</b> Aquafit</p> <p><b>9:45-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-5:00pm</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>5:00-5:45pm</b> Public Swim Open Lanes: 1 UCRO Lanes: 3</p> <p><b>5:45-7:45pm</b> Public Swim Open Lanes: 3 UCRO Lanes: 1</p>	<p><b>5:45-7:15am</b> UCRO Swim Club</p> <p><b>7:15-9:00am</b> Lane Swim Open Lanes: 6</p> <p><b>9:00-11:40am</b> Public Swim Open Lanes: 3</p> <p><b>11:45-12:30pm</b> Aquafit</p> <p><b>2:45-4:00pm</b> Rental: 2 Public Swim UCRO Lanes: 2</p> <p><b>4:00-4:45pm</b> Public Swim UCRO Lanes: 3</p> <p><b>5:00-7:30pm</b> Swim Lessons</p> <p><b>6:45-7:15pm</b> Teen Drop-In Lessons</p>	<p><b>5:45-7:15am</b> Lane Swim Open Lanes: 1 Masters Lanes: 5</p> <p><b>7:15-8:15am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-8:40am</b> Public Swim Open Lanes: 2</p> <p><b>8:45-9:30am</b> Aquafit</p> <p><b>9:45-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-5:00pm</b> UCRO Lanes: 5 Open Lanes: 1</p> <p><b>5:00-5:45pm</b> Public Swim Open Lanes: 1 UCRO Lanes: 3</p> <p><b>5:45-7:45pm</b> Public Swim Open Lanes: 3 UCRO Lanes: 1</p>	<p><b>5:45-7:15am</b> UCRO Swim Club</p> <p><b>7:15-9:00am</b> Lane Swim Open Lanes: 6</p> <p><b>9:00-11:40am</b> Public Swim Open Lanes: 3</p> <p><b>11:45-12:30pm</b> Aquafit</p> <p><b>2:45-4:00pm</b> Rental: 2 Public Swim UCRO Lanes: 2</p> <p><b>4:00-4:45pm</b> Public Swim UCRO Lanes: 3</p> <p><b>5:00-7:30pm</b> Swim Lessons</p> <p><b>6:45-7:15pm</b> Adult Drop-In Lessons</p>	<p><b>5:45-7:15am</b> Lane Swim Open Lanes: 1 Masters Lanes: 5</p> <p><b>7:15-8:15am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-8:40am</b> Public Swim Open Lanes: 2</p> <p><b>8:45-9:30am</b> Aquafit</p> <p><b>9:45-12:45pm</b> Public Swim Open Lanes: 4</p> <p><b>2:45-4:30pm</b> UCRO Lanes: 4 Open Lanes: 2</p> <p><b>4:45-5:45pm</b> Public Swim Open Lanes: 2 UCRO Lanes: 1</p>	<p><b>7:00-8:00am</b> Lane Swim Open Lanes: 6</p> <p><b>8:00-9:45am</b> UCRO Lanes: 6</p> <p><b>10:00-12:30pm</b> Swim Lessons</p> <p><b>12:40-2:30pm</b> Public Swim Open Lanes: 2</p>

- 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.

# Wading Pool Schedule

Effective: January 9<sup>th</sup>, 2023



**YMCA of  
Eastern Ontario**  
Brockville YMCA

## Sunday

**9:00-11:40am**  
Public Swim

**12:45-2:30pm**  
Public Swim

## Monday

**8:00-8:40am**  
Public Swim

**10:00-12:45pm**  
Public Swim

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

## Tuesday

**8:00-10:00am**  
Public Swim

**10:00-10:30am**  
Swim Lessons

**10:30-11:40am**  
Public Swim

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

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

## Wednesday

**8:00-8:40am**  
Public Swim

**9:30-12:45pm**  
Swim Lessons

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

## Thursday

**8:00-10:00am**  
Public Swim

**10:00-10:30am**  
Swim Lessons

**10:30-11:40am**  
Public Swim

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

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

## Friday

**8:00-8:40am**  
Public Swim

**10:00-12:45pm**  
Public Swim

**3:30-5:45pm**  
Public Swim

## Saturday

**7:00-9:00am**  
Public Swim

**10:00-12:30pm**  
Swim Lessons

**12:45-1:30pm**  
Rental

**1:30-2:30pm**  
Public Swim