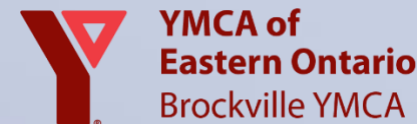


Lap Pool Schedule

Effective: May 4th ,2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:00-9:00am Lane Swim Open Lanes: 6</p> <p>9:00-10:30am Public Swim UCRO Lanes: 3</p> <p>10:30-11:40am Public Swim Open Lanes: 2</p> <p>11:45-12:30pm Aquafit</p> <p>1:00-2:30pm Public Swim Rental: 3 lanes</p>	<p>5:45-7:15am Masters Lanes: 5 Open Lanes: 1</p> <p>7:15-8:00am Lane Swim Open Lanes: 6</p> <p>8:00-8:40am Public Swim Open Lanes: 3 Adult Drop-In Swim Lessons: 1</p> <p>8:45-9:30am Aquafit</p> <p>9:45-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-5:00pm UCRO Lanes: 5 Open Lanes: 1</p> <p>5:00-6:00pm Swim Lessons UCRO Lanes: 3</p> <p>6:15-7:45pm Public Swim Open Lanes: 2 UCRO Lanes: 1</p>	<p>5:45-7:15am UCRO Swim Club</p> <p>7:15-9:00am Lane Swim Open Lanes: 6</p> <p>9:10-11:40am Public Swim Open Lanes: 3</p> <p>11:45-12:30pm Aquafit</p> <p>2:45-4:00pm Public Swim UCRO Lanes: 2 Open Lanes: 2</p> <p>4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>5:00-7:30pm Swim Lessons</p> <p>6:45-7:15pm Teen Drop-In Swim Lessons</p>	<p>5:45-7:15am Masters Lanes: 5 Open Lanes: 1</p> <p>7:15-8:15am Lane Swim Open Lanes: 6</p> <p>8:15-8:40am Public Swim Open Lanes: 2</p> <p>8:45-9:30am Aquafit</p> <p>9:45-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-5:00pm UCRO Lanes: 5 Open Lanes: 1</p> <p>5:00-6:00pm Public Swim Open Lanes: 1 UCRO Lanes: 3</p> <p>6:15-7:45pm Public Swim Open Lanes: 2 UCRO Lanes: 1</p>	<p>5:45-7:15am UCRO Swim Club</p> <p>7:15-9:00am Lane Swim Open Lanes: 6</p> <p>9:10-11:40am Public Swim Open Lanes: 3</p> <p>11:45-12:30pm Aquafit</p> <p>2:45-4:00pm Public Swim UCRO Lanes: 2 Open Lanes: 2</p> <p>4:00-4:45pm Public Swim UCRO Lanes: 3 Open Lanes: 1</p> <p>5:00-7:30pm Swim Lessons</p> <p>6:45-7:15pm Adult Drop-In Swim Lessons</p>	<p>5:45-7:15am Masters Lanes: 5 Open Lanes: 1</p> <p>7:15-8:15am Lane Swim Open Lanes: 6</p> <p>8:15-8:40am Public Swim Open Lanes: 2</p> <p>8:45-9:30am Aquafit</p> <p>9:45-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-4:30pm UCRO Lanes: 4 Open Lanes: 2</p> <p>4:45-5:45pm Public Swim Open Lanes: 2 UCRO Lanes: 1</p>	<p>7:00-8:00am Lane Swim Open Lanes: 6</p> <p>8:15-9:45am UCRO Lanes: 6</p> <p>10:00-12:30pm Swim Lessons</p> <p>12:45-2:30pm 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.
- Lane swimmers are asked to respect the speeds listed for each lane, and must engage in "circle swimming" with 3 or more people present.
- Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.

Wading Pool Schedule

Effective: April 17th , 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

3:30-4:45pm
Public Swim

5:00pm-6:00pm
Swim Lessons

6:15-7:45pm
Public Swim

Tuesday

8:00-11:40am
Public Swim

3:30-4:45pm
Public Swim

5:00-7:30pm
Swim Lessons

Wednesday

8:00-8:40am
Public Swim

9:30-12:45pm
Public Swim

3:30-7:30pm
Public Swim

Thursday

8:00-10:00am
Public Swim

10:00-11:05am
Swim Lessons

11:10-11:40am
Public Swim

3:30-4:45pm
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

8:00-9:00am
Public Swim

9:15am-12:30pm
Swim Lessons

12:45-1:30pm
Rental

1:30-2:30pm
Public Swim