

Lap Pool Schedule

Effective: September 19, 2022



**YMCA of
Eastern Ontario**
Brockville YMCA

Sunday

7-9am
Lane Swim
Open Lanes: 6

9-10:30am
Public Swim
UCRO Lanes: 4

10:30-11:30am
Public Swim
Open Lanes: 2

11:45-12:30pm
Aquafit

12:45-2:30pm
Public Swim
Open Lanes: 2

Monday

5:45-7:15am
Lane Swim
Open Lanes: 1
Masters Lanes: 5

7:15-8:15am
Lane Swim
Open Lanes: 6

8:15-8:40am
Public Swim
Open Lanes: 2

8:45-9:30am
Aquafit

9:45-1pm
Public Swim
Open Lanes: 4

2:45-5:00pm
UCRO Swim Club

5:15-7:15pm
Public Swim
Open Lanes: 1
UCRO Lanes: 3

7:15-7:45pm
Public Swim
Open Lanes: 4

Tuesday

5:45-7:15am
UCRO Swim Club

7:15-9:00am
Lane Swim
Open Lanes: 6

9:00-11:40am
Public Swim
Open Lanes: 3

11:45-12:30pm
Aquafit

3-4pm
Public Swim
Open Lanes: 2
UCRO Lanes: 2

4-4:45pm
Public Swim
UCRO Lanes: 4

5-7:30pm
Swim Lessons

Wednesday

5:45-7:15am
Lane Swim
Open Lanes: 1
Masters Lanes: 5

7:15-8:15am
Lane Swim
Open Lanes: 6

8:15-8:45am
Public Swim
Open Lanes: 2

8:45-9:30am
Aquafit

9:45-1pm
Public Swim
Open Lanes: 4

2:45-5:00pm
UCRO Swim Club

5:15-7:15pm
Public Swim
Open Lanes: 1
UCRO Lanes: 3

7:15-7:45pm
Public Swim
Open Lanes: 4

Thursday

5:45-7:15am
UCRO Swim Club

7:15-9:00am
Lane Swim
Open Lanes: 6

9:00-11:40am
Public Swim
Open Lanes: 3

11:45-12:30pm
Aquafit

3-4pm
Public Swim
Open Lanes: 2
UCRO Lanes: 2

4-4:45pm
Public Swim
UCRO Lanes: 4

5-7:30pm
Swim Lessons

Friday

5:45-7:15am
Lane Swim
Open Lanes: 1
Masters Lanes: 5

7:15-8:15am
Lane Swim
Open Lanes: 6

8:15-8:45am
Public Swim
Open Lanes: 2

8:45-9:30am
Aquafit

9:45-1pm
Public Swim
Open Lanes: 4

2:45-4:30pm
UCRO Swim Club

4:45-6pm
Public Swim
Open Lanes: 2
UCRO Lanes: 2

Saturday

7-9am
UCRO Swim Club

9-9:45am
Public Swim
Open Lanes: 4

10-12:15pm
Swim Lessons

12:15-2:30pm
Public Swim
Open Lanes: 2

- 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: September 19, 2022



**YMCA of
Eastern Ontario**
Brockville YMCA

Sunday

9-11:30am
Public Swim

12:45-2:30pm
Public Swim

Monday

8-9am
Public Swim

10-12:45am
Public Swim

3:30-7:30pm
Public Swim

Tuesday

8:30-11:30am
Public Swim

3-4:45pm
Public Swim

5-7:30pm
Swim Lessons

Wednesday

8-9am
Public Swim

10-12:45am
Public Swim

3:30-7:30pm
Public Swim

Thursday

8:30-11:30am
Public Swim

3-4:45pm
Public Swim

5-7:30pm
Swim Lessons

Friday

8-9am
Public Swim

10-12:45am
Public Swim

3:30-6:00pm
Public Swim

Saturday

10-12:15pm
Swim Lessons

12:15-2:30pm
Public Swim