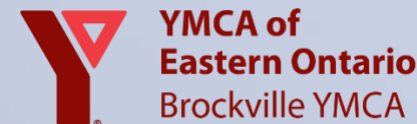


# Lap Pool Schedule

Effective: September 19, 2022



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

**10-11:05am**  
Swim Lessons

**11:05-12:45pm**  
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

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

## Saturday

**10-12:15pm**  
Swim Lessons

**12:15-2:30pm**  
Public Swim