

# Lap Pool Schedule

Effective: February 24, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

## Sunday

**7-9am**  
Lane Swim  
Open Lanes: 6

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

**10:30am-12:45pm**  
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

**9:45am-12:45pm**  
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

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

**11:45am-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

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

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

**8:45-9:30am**  
Aquafit

**9:45am-12:45pm**  
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

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

**11:45am-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

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

**8:45-9:30am**  
Aquafit

**9:45am-12:45pm**  
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

**10am-12pm**  
Swim Lessons

**12:15-12:45pm**  
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.
- Swim Lessons will begin on January 9<sup>th</sup>, until then all Swim Lessons blocks will be available for Public Swim

# Wading Pool Schedule

Effective: February 24, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

## Sunday

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

## Monday

**8-9 am**  
Public Swim

**10am-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

**8-9 am**  
Public Swim

**10am-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

**8-9 am**  
Public Swim

**10am-12:45am**  
Public Swim

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

## Saturday

**9-9:45am**  
Public Swim

**12:15-12:45pm**  
Public Swim

- Swim Lessons will begin on January 9<sup>th</sup>, until then all Swim Lessons blocks will be available for Public Swim