

Lap Pool Schedule

Effective: May 7, 2022



YMCA of
Eastern Ontario
Brockville YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7-9am Lane Swim Open Lanes: 6</p> <p>9-10:30am Public Swim UCRO Lanes: 4</p> <p>10:30am-2:45pm Public Swim Open Lanes: 2</p>	<p>5:45-7:15am Lane Swim Open Lanes: 1 Masters Lanes: 5</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>9:45am-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-5:00pm UCRO Swim Club</p> <p>5:15-7:15pm Public Swim Open Lanes: 1 UCRO Lanes: 3</p> <p>7:15-7:45pm Public Swim Open Lanes: 4</p>	<p>5:45-7:15am UCRO Swim Club</p> <p>7:15-9:00am Lane Swim Open Lanes: 6</p> <p>9:00am-11:40am Public Swim Open Lanes: 3</p> <p>11:45am-12:30pm Aquafit</p> <p>3-4pm Public Swim Open Lanes: 2 UCRO Lanes: 2</p> <p>4-4:45pm Public Swim UCRO Lanes: 4</p> <p>5-7:30pm Swim Lessons</p>	<p>5:45-7:15am Lane Swim Open Lanes: 1 Masters Lanes: 5</p> <p>7:15-8:15 am Lane Swim Open Lanes: 6</p> <p>8:15-8:45 am Public Swim Open Lanes: 2</p> <p>8:45-9:30am Aquafit</p> <p>9:45am-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-5:00pm UCRO Swim Club</p> <p>5:15-7:15pm Public Swim Open Lanes: 1 UCRO Lanes: 3</p> <p>7:15-7:45pm Public Swim Open Lanes: 4</p>	<p>5:45-7:15am UCRO Swim Club</p> <p>7:15-9:00am Lane Swim Open Lanes: 6</p> <p>9:00am-11:40am Public Swim Open Lanes: 3</p> <p>11:45am-12:30pm Aquafit</p> <p>3-4pm Public Swim Open Lanes: 2 UCRO Lanes: 2</p> <p>4-4:45pm Public Swim UCRO Lanes: 4</p> <p>5-7:30pm Swim Lessons</p>	<p>5:45-7:15am Lane Swim Open Lanes: 1 Masters Lanes: 5</p> <p>7:15-8:15am Lane Swim Open Lanes: 6</p> <p>8:15-8:45 am Public Swim Open Lanes: 2</p> <p>8:45-9:30am Aquafit</p> <p>9:45am-12:45pm Public Swim Open Lanes: 4</p> <p>2:45-4:30pm UCRO Swim Club</p> <p>4:45-6pm Public Swim Open Lanes: 2 UCRO Lanes: 2</p>	<p>7-9am UCRO Swim Club</p> <p>9-9:45am Public Swim Open Lanes: 4</p> <p>10am-12pm Swim Lessons</p> <p>12:15-2:45pm 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.
- Swim Lessons will begin on January 9th, until then all Swim Lessons blocks will be available for Public Swim

Wading Pool Schedule

Effective: May 7, 2022



YMCA of
Eastern Ontario
Brockville YMCA

Sunday

9am-2:45pm
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

12:15-2:45pm
Public Swim

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