



**YMCA of  
Eastern Ontario**  
Brockville YMCA

# Prescott Pool Schedule

Effective: July 4<sup>th</sup> –August 28<sup>th</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9-9:55am Lane Swim		9-9:55am Lane Swim		
10am-12:45pm Public Swim	10am-12pm Swimming Lessons	10am-12pm Swimming Lessons	10am-12pm Swimming Lessons	10am-12pm Swimming Lessons	10am-12pm Community Programming	10:00-10:55 Lane Swim
	12:15-1pm Aquafit	12:15-1pm Fitness Swim	12:15-1pm Aquafit	12:15-1pm Fitness Swim	12:15-1pm Aquafit	11:00-12:45pm Public Swim
1:00-2:00pm Rental	1:15-3:45pm Public Swim	1:15 pm-3:55pm Public Swim	1:15-3:45pm Public Swim	1:15-3:55pm Public Swim	1:15-3:45pm Public Swim	1:00-2:00pm Rental
2:15-5:00pm Public Swim	4-4:45pm Swim Team A	4-4:45pm Swim Team A	4-4:45pm Swim Team A	4-4:45pm Swim Team A	4-4:45pm Swim Team A	2:15-5:00pm Public Swim
	4:45-5:30pm Swim Team B	4:45-5:30 Swim Team B	4:45-5:30pm Swim Team B	4:45-5:30pm Swim Team B	4:45-5:30pm Swim Team B	
	5:30-7:15pm Swimming Lessons	5:45-8pm Public Swim	5:30-7:15pm Swimming Lessons	5:45-8pm Public Swim	5:45-7:00pm Public Swim	
			7:15-8:00 Aquafit			

All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.  
Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.