



YMCA of Brockville and Area
 345 Park St
 Brockville ON
 K6V 5Y7
 613 342 7961
<https://www.brockville.com>

Lap Pool Schedule

March 11th - 17th, 2019

Time	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16	Sunday March 17		
5:30am	Masters ‡ 5:30 - 7:15 (1 lane Open, 2 lanes open at 7))	Lap Swim 5:30 - 8:40 (6 lanes Open) (5 lanes at 8:15)	Masters ‡ 5:30 - 7:15 (1 lane Open, 2 lanes open at 7))	Lap Swim 5:30 - 8:40 (6 lanes Open) (5 lanes at 8:15)	Masters ‡ 5:30 - 7:15 (1 lane Open, 2 lanes open at 7))				
6:00									
6:30									
7:00	Lap Swim 7:15 - 8:40 (6 lanes Open) (5 lanes at 8:15)		Lap Swim 7:15 - 8:40 (6 lanes Open) (5 lanes at 8:15)		Lap Swim 7:15 - 8:40 (6 lanes Open) (5 lanes at 8:15)			Lap Swim 7:00 - 9:10 (6 lanes Open)	Lap Swim 7:00 - 9:10 (6 lanes Open)
7:30									
8:00									
8:30	AquaFit 8:45 - 9:30 (1 lane Open)	AquaFit 8:45 - 9:30 (1 lane Open)	Latin AquaFit 8:45 - 9:30 (1 lane Open)	AquaFit 8:45 - 9:30 (1 lane Open)	AquaFit 8:45 - 9:30 (1 lane Open)	Open Swim 9:00 - 5:00 (2 lanes Open)	AquaFit 9:15 - 10:00		
9:00									
9:30	Open Swim 9:35 - 12:10 (3 lanes Open)	Open Swim 9:35 - 1:00 (3 lanes Open)	Open Swim 9:35 - 12:10 (3 lanes Open)	Open Swim 9:35 - 1:00 (3 lanes Open)	Open Swim 9:35 - 12:10 (3 lanes Open)		Open Swim 9:00 - 5:00 (2 lanes Open)	Open Swim / Scuba ‡ 10:00 - 1:00 (1 lane Open)	
10:00									
10:30									
11:00									
11:30									
12:00pm	Latin AquaFit 12:15 - 1:00 (1 lane Open)		AquaFit 12:15 - 1:00 (1 lane Open)		AquaFit 12:15 - 1:00 (1 lane Open)				
12:30									
1:00	Camp Swim / Open Swim 1:00 - 3:00 (1 lane open)	Camp Swim / Open Swim 1:00 - 2:10 (1 lane open)	Rental 1:00-2:00	Camp Swim / Open Swim 1:00 - 2:10 (1 lane open)	Camp Swim / Open Swim 1:00 - 3:00 (1 lane open)		Birthday Party 2:00 - 2:45	Open Swim 1:00 - 2:55 (2 lanes Open) Birthday Party 2:00 - 2:45	
1:30									
2:00			Deep Water AquaFit 2:15 - 3:00 (2 Lanes Open)	Camp Swim / Open Swim 2:00 - 4:15 (2 lane open)		Deep Water AquaFit 2:15 - 3:00 (2 Lanes Open)			
2:30									
3:00	Open Swim 3:00 - 4:15 (3 lane open)	Open Swim 3:00 - 4:15 (3 lane open)	Open Swim 3:00 - 4:15 (3 lane open)	Open Swim 3:00 - 4:15 (3 lane open)	Open Swim 3:00 - 4:15 (3 lane open)	Open Swim 3:00 - 5:00 (1 lane Open)			
3:30									
4:00									
4:30	UCSC ‡ 4:20-5:20 (2 lanes open)	UCSC ‡ 4:20-5:20 (2 lanes Open)	UCSC ‡ 4:20-5:20 (2 lanes Open)	UCSC ‡ 4:20-5:20 (2 lanes Open)	UCSC ‡ 4:20-5:20 (2 lanes Open)	Facility Hours: Monday-Thursday: 5:30am-10:30pm Friday: 5:30am-8:30pm Saturday & Sunday: 7:00am-5:30pm			
5:00									
5:30	Open Swim 5:25 - 8:10 (2 lanes Open)	Open Swim 5:25 - 8:10 (2 lanes Open)	AquaFit 6:00-6:45 Open Swim 5:25 - 9:15 (2 lanes Open)	Open Swim 5:25 - 8:10 (2 lanes Open)	Open Swim 5:25 - 8:00 (2 lanes Open)				
6:00									
6:30									
7:00									
7:30									
8:00	Masters 8:15 - 9:15 (2 lanes Open)	Masters 8:15 - 9:15 (2 lanes Open)	Masters 8:15 - 9:15 (2 lanes Open)						
8:30pm									

(see reverse for Wading Pool Schedule)

Building healthy communities



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Wading Pool Schedule

March 11th - 17th, 2019

Time	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16	Sunday March 17			
7:00am	Open Swim 7:15-8:40	Open Swim 7:15-8:40	Open Swim 7:15-8:40	Open Swim 7:15-8:40	Open Swim 7:15-8:40					
7:30										
8:00										
8:30										
9:00										
9:30	Open Swim 9:45 - 12:10		Open Swim 10:50 - 12:10		Open Swim 10:50 - 12:10			Open Swim 7:00 - 5:00	Open Swim 7:00 - 5:00	
10:00										
10:30										
11:00	Camp Swim 1:00-2:00/ Open Swim 1:00 - 8:15		Open Swim 9:45-8:15 / Camp Swim 1:00-2:00		Open Swim 9:45-8:15 / Camp Swim 1:00-2:00			Camp Swim 1:00-2:00/ Open Swim 1:00 - 8:00	Birthday Party 2:00 - 2:45	Birthday Party 2:00 - 2:45
11:30										
12:00pm										
12:30										
1:00										
1:30										
2:00										
2:30										
3:00										
3:30										
4:00										
4:30										
5:00										
5:30										
6:00	Facility Hours: Monday-Thursday: 5:30am-10:30pm Friday: 5:30am-8:30pm Saturday & Sunday: 7:00am-5:30pm									
6:30										
7:00										
7:30										
8:00pm										

Play Care

Time	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16	Sunday March 17
AM	8:45-12:00	8:45-12:00	8:45-12:00	8:45-12:00	8:45-12:00	9:15-12:00	9:15-12:00
PM	5:00-7:30	5:00-7:30	5:00-7:30	5:00-7:30			

(see reverse for Lap Pool Schedule)

Building healthy communities