



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

# Lap Pool Schedule

March 12th - 18th, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am	Masters ‡ 5:30 - 7:15 (1 lane Open)	UCSC ‡ 5:30 - 7:15 (1 lane Open)	Masters ‡ 5:30 - 7:15 (1 lane Open)	UCSC ‡ 5:30 - 7:15 (1 lane Open)	Masters ‡ 5:30 - 7:15 (1 lane Open)			
6:00								
6:30								
7:00	Lap Swim 7:15 - 8:40 (6 lanes Open)	Lap Swim 7:15 - 8:40 (6 lanes Open)	Lap Swim 7:15 - 8:40 (6 lanes Open)	Lap Swim 7:15 - 8:40 (6 lanes Open)	Lap Swim 7:15 - 8:40 (6 lanes Open)	UCSC ‡ 7:00 - 9:00 (2 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 (2 lanes Open)	
9:00								
9:30								
10:00	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)			
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 - 2:45 (1 lane open)	Camp Swim / Open Swim 1:00 - 2:10 (1 lane open)	Camp Swim / Open Swim 1:00 - 2:45 (1 lane open)	Camp Swim / Open Swim 1:00 - 2:10 (1 lane open)	Camp Swim / Open Swim 1:00 - 3:15 (1 lane open)			Birthday Party 2:00 - 2:45
1:30								
2:00		Deep Water Aquafit 2:15 - 3:00 (2 Lanes Open)				Deep Water Aquafit 2:15 - 3:00 (2 Lanes Open)		
2:30								
3:00								
3:30	UCSC ‡ 2:50-5:50 (2 lanes Open)	UCSC ‡ 3:20 - 5:20 (2 lanes Open)	UCSC ‡ 2:50-5:50 (2 lanes Open)	UCSC ‡ 3:20 - 5:20 (2 lanes Open)	UCSC ‡ 3:20 - 6:30 (2 lanes Open)			
4:00								
4:30								
5:00								
5:30	Open Swim 5:55 - 8:10 (2 lanes Open)	Open Swim 5:250 - 8:10 (2 lanes Open)	Open Swim 5:55 - 9:00 (2 lanes Open)	Open Swim 5:25 - 8:10 (2 lanes Open)	Open Swim 6:30 - 8:00 (2 lanes Open)	Facility Hours: Monday-Thursday: 5:30am-10:30pm Friday: 5:30am-8:30pm Saturday & Sunday: 7:00am-5:30pm		
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 12th - 18th, 2017

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

(see reverse for Lap Pool Schedule)

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