

YMCA of Eastern Ontario // Effective: June 30th

Prescott Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
9:00-9:55am Lane Swim	9:00-9:55am Lane Swim	9:00-9:55am Lane Swim	9:00-9:55am Lane Swim	9:00-9:55am Lane Swim	10:00-11:00am Lane Swim	10:00-11:00am Lane Swim
10:00-12:15pm Swim Lessons	10:00-12:15pm Swim Lessons	10:00-12:15pm Swim Lessons	10:00-12:15pm Swim Lessons	10:00-12:00pm Community Programming	11:15-5:00pm Public Swim	11:15-5:00pm Public Swim
12:30-1:15pm Aquafit	12:30-1:15pm Fitness Swim	12:30-1:15pm Aquafit	12:30-1:15pm Fitness Swim	12:30-1:15pm Aquafit		
1:30-3:45pm Public Swim	1:30-3:45pm Public Swim	1:30-3:45pm Public Swim	1:30-3:45pm Public Swim	1:15-2:15pm Community Programming		
4:00-5:00pm Prescott Piranhas	4:00-5:00pm Prescott Piranhas	4:00-5:00pm Prescott Piranhas	4:00-5:00pm Prescott Piranhas	2:30-3:45pm Public Swim		
5:00-7:15pm Swim Lessons	5:15-7:15pm Public Swim	5:00-7:15pm Swim Lessons	5:15-7:15pm Lane Swim	4:00-5:00pm Prescott Piranhas		
				5:15-7:15pm Public Swim		

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- 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.
- Last Updated: June 5, 2025



SCHEDULES