

YMCA of Eastern Ontario // Effective: June 29th

# Prescott Pool Schedule



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