

# Lap Pool Schedule

Effective: February 14, 2022



YMCA of  
Eastern Ontario  
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7-8am</b> Adult Swim Club Open Lanes: 2</p> <p><b>8:15-9am</b> Aquafit</p> <p><b>9:15-9:45am</b> Lane Swim Open Lanes: 4</p> <p><b>10am-12pm</b> Swim Lessons</p> <p><b>12:30-2pm</b> Public Swim Open Lanes: 2</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10am-12:30pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-5pm</b> KBM Swim Club</p> <p><b>5pm – 7:30pm</b> Swim Lessons</p>	<p><b>5:45-7:15am</b> Adult Swim Club Open Lanes: 2</p> <p><b>7:15-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>11am-12pm</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 2</p> <p><b>3:30-5:00pm</b> Lane Swim Open Lanes: 2 Penguins Lanes: 4</p> <p><b>5-6pm</b> Lane Swim Open Lanes: 2 Penguin Lanes: 4</p> <p><b>6-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>11am-12pm</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-5pm</b> KBM Swim Club</p> <p><b>5-7:30pm</b> Swim Lessons</p>	<p><b>5:45-8:45am</b> Adult Swim Club Open Lanes: 2</p> <p><b>7:15-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>11am-12pm</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 2</p> <p><b>3:30-5:00pm</b> Lane Swim Open Lanes: 2 Penguins Lanes: 4</p> <p><b>5-6pm</b> Lane Swim Open Lanes: 2 Penguin Lanes: 4</p> <p><b>6-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10am-12:30pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-5pm</b> KBM Swim Club</p> <p><b>5:30-6:30pm</b> Public Swim Open Lanes: 1 Penguins Lanes: 3</p>	<p><b>7-9am</b> KBM Swim Club</p> <p><b>9-11:30am</b> Lane Swim Open Lanes: 6</p> <p><b>11:30am-2pm</b> Public Swim Open Lanes: 2</p>

- 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.
- The Pool is closed for deep cleaning Monday to Friday from 1-3pm

# Leisure Pool Schedule

Effective: February 14, 2022



YMCA of  
Eastern Ontario  
Kingston YMCA

## Sunday

**10am-12pm**  
Swim Lessons

**12:30-2pm**  
Public Swim

## Monday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**5-7:30pm**  
Swim Lessons

## Tuesday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-5pm**  
Public Swim

**5pm-6pm**  
Penguins

**6-7:30pm**  
Public Swim

## Wednesday

**8-9am**  
Public Swim

**10-11am**  
Daycare Swim

**11am-12:15pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**5-7:30pm**  
Swim Lessons

## Thursday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-5pm**  
Public Swim

**5pm-6pm**  
Penguins

**6-7:30pm**  
Public Swim

## Friday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-6:30pm**  
Public Swim

## Saturday

**10am-2pm**  
Public Swim

- The Pool is closed for deep cleaning Monday to Friday from 1-3pm