

Kingston YMCA // Effective: January 4, 2026

# Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:45-8:45am</b> Lane Swim Open Lanes: 6	<b>5:45-8:45am</b> Lane Swim Open Lanes: 6	<b>5:45-8:45am</b> Lane Swim Open Lanes: 6	<b>5:45-8:45am</b> Lane Swim Open Lanes: 6	<b>5:45-8:45am</b> Lane Swim Open Lanes: 6	<b>7:30-9:00am</b> Reserved	<b>7-8:30am</b> Lane Swim Open Lanes: 6
<b>9-9:45am</b> Aquafit	<b>9-9:45am</b> Aquafit	<b>9-9:45am</b> Aquafit	<b>9-9:45am</b> Aquafit	<b>9-9:45am</b> Aquafit	<b>9:20-1pm</b> Swim Lessons Open Lanes: 1	<b>8:45-9:30am</b> Aquafit
<b>10am-1pm</b> Public Swim Open Lanes: 4	<b>10-10:45am</b> Public Swim Open Lanes: 4	<b>10am-1pm</b> Public Swim Open Lanes: 4	<b>10-10:45am</b> Public Swim Open Lanes: 4	<b>10am-1pm</b> Public Swim Open Lanes: 4	<b>1-3pm</b> Public Swim Open Lanes: 3	<b>9:45-12:15pm</b> Lane Swim Open Lanes: 6
<b>3:30-5pm</b> Reserved	<b>10:45-10:55am</b> Open Lanes: 2	<b>3:30-5pm</b> Reserved	<b>10:45-10:55am</b> Open Lanes: 2	<b>3:30-5pm</b> Reserved		<b>12:30-3pm</b> Public Swim Open Lanes: 3
<b>5-7:50pm</b> Swim Lessons Open Lanes: 1	<b>11-11:45am</b> Aquafit	<b>5-7:50pm</b> Swim Lessons Open Lanes: 1	<b>11-11:45am</b> Aquafit	<b>5-6:30pm</b> Public Swim Open Lanes: 4		
	<b>12-12:30pm</b> Deep Water Running Open Lanes: 4		<b>12-12:30pm</b> Deep Water Running Open Lanes: 4			
	<b>12:30-1pm</b> Public Swim Open Lanes: 4		<b>12:30-1pm</b> Public Swim Open Lanes: 4			
	<b>3-6pm</b> Reserved		<b>4-6pm</b> Reserved			
	<b>6-7:30pm</b> Public Swim Open Lanes: 3		<b>6:15-7pm</b> Aquafit Open Lanes: 2			
			<b>7-7:30pm</b> Public Swim Open Lanes: 4			

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# Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>9:30-12:30pm</b> Public Swim	<b>9:30 – 12:30pm</b> Public Swim	<b>9:30-10am</b> Public Swim  <b>10-11am</b> Daycare Swim  <b>11-12pm</b> Public Swim	<b>10-11am</b> Swim Lessons  <b>11:15-12:30pm</b> Public Swim	<b>9:30-12:30pm</b> Public Swim	<b>9:20-1pm</b> Swim Lessons  <b>1-3pm</b> Public Swim	<b>9:45 - 12pm</b> Swim Lessons  <b>12:15 – 3pm</b> Public Swim
<b>3:30-4:45pm</b> Public Swim	<b>3:30-5pm</b> Public Swim	<b>12-12:45pm</b> Healing Waters	<b>3:30-5pm</b> Public Swim	<b>3:30-6:30pm</b> Public Swim		
<b>5-7:50pm</b> Swim Lessons	<b>5-6pm</b> Reserved  <b>6-7:30pm</b> Loyalist Township Swim Lessons		<b>5-6pm</b> Reserved  <b>3:30-4:45pm</b> Public Swim  <b>5-7:50pm</b> Swim Lessons			