

Kingston YMCA // Effective: January 4, 2026

Lap Pool Schedule



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

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Leisure Pool Schedule



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