



Lap Pool Schedule

Effective: November 15, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	7-9am KBM Swim Club
8:15-9am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	
9:15-11:30am Lane Swim Open Lanes: 6	10am-12:30pm Lane Swim Open Lanes: 6	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10am-12:30pm Lane Swim Open Lanes: 6	9-11:30am Lane Swim Open Lanes: 6
11:30am-2pm Public Swim Open Lanes: 2		11-11:45am AquaFit	11-11:45am AquaFit	11-11:45am AquaFit		11:30am-2pm Public Swim Open Lanes: 2
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3:30-5pm KBM Swim Club	3-5:30pm Public Swim Open Lanes: 1 Penguins Lanes: 3	3:30-5pm KBM Swim Club	3-5:30pm Public Swim Open Lanes: 1 Penguins Lanes: 3	3:30-5pm KBM Swim Club	
	5-7pm Public Swim Open Lanes: 2 Penguins Lanes: 2	6-7:30pm KBM Swim Club	5-7pm Public Swim Open Lanes: 2	6-7:30pm KBM Swim Club	5-6:30pm Public Swim Open Lanes: 2 Penguins Lanes: 2	

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.



**YMCA of
Eastern Ontario**
Kingston YMCA

Leisure Pool Schedule
Effective: November 15, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	
11am-2pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11am-2pm Public Swim
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	3:30-5pm Public Swim	3:30-7pm Public Swim	3:30-7pm Public Swim	3:30-7pm Public Swim	3:30-6:30pm Public Swim	
	5-5:30pm Penguins					
	5:30pm-7pm Public Swim					