



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Pool Schedule

Effective: September 1, 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	9-11:30am Lane Swim Open Lanes: 6
9:15-11:30am Lane Swim Open Lanes: 6	10am-12:30pm Lane Swim Open Lanes: 6	10-11am Open Swim Open Lanes: 2	10-11am Open Swim Open Lanes: 2	10-11am Open Swim Open Lanes: 2	10am-12:30pm Lane Swim Open Lanes: 6	11:30am-2pm Open Swim Open Lanes: 2
11:30am-2pm Open Swim Open Lanes: 2		11am-12pm Aquafit	11am-12pm Aquafit	11am-12pm Aquafit		
<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
	3:30-5pm KBM Swim Club	3-5:30pm Open Swim Open Lanes: 2	3:30-5pm KBM Swim Club	3-5:30pm Open Swim Open Lanes: 2	3:30-5pm KBM Swim Club	
	5-7pm Open Swim Open Lanes: 2	6-7:30pm KBM Swim Club	5-7pm Open Swim Open Lanes: 2	6-7:30pm KBM Swim Club	5-6:30pm Open Swim Open 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.  
 Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.

# Leisure Pool Schedule

## Effective: September 1, 2020

Monday to Thursday	Open Swims 8:30-9:45am 11:30am-12:30pm 3:30-7pm
Friday	Open Swims 8:30-9:45am 11:30am-12:30pm 3:30-6:30pm
Saturday and Sunday	Open Swims 11am-2pm
<b>Please be advised that during PA days, there will be camp swims from 1-2pm during which time the pool will be unavailable.</b>	
Showering is required to rinse away dirt, oils and personal care products from the skin prior to entering the pool.	