

Kingston YMCA // Effective: August 24th – August 29th, 2026

Lap Pool Schedule



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

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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	9:30 – 12:30pm Public Swim	9:30-12:30pm Public Swim	9:30-1pm Public Swim	9:30-1pm Public Swim
		10-11am Daycare Swim			1pm-4pm Public Swim	1pm-4pm Public Swim
		11-12:00pm Public Swim				
		12 – 12:45pm Healing Waters				
3:30-7:30pm Public Swim	3:30-7:30pm Public Swim	3:30-7:30pm Public Swim	3:30-7:30pm Public Swim	3:30-7:30pm Public Swim		