

Kingston YMCA // Effective: **September 8th – September 13th, 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 -8:45am Lane Swim Open Lanes: 6	7 – 8am 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 - 1pm Public Swim Open Lane: 4	8:15-9am 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	1:15 – 3:00 pm Public Swim Open Lanes: 3	9 - 12pm Public Swim Open Lane:4
	10:45-10:55am Open Lanes: 2		10:45-10:55am Open Lanes: 2		3 – 4:30pm Public Swim Open Lanes: 4	12:15 – 3pm Public Swim Open Lanes: 3
	11-11:45am Aquafit		11-11:45am Aquafit			
3:30-5pm Lane Swim Open Lanes: 6	12-12:30pm Deep Water Running Open Lanes: 4	3:30-5pm Lane Swim Open Lanes: 6	12-12:30pm Deep Water Running Open Lanes: 4	3:30-5pm Lane Swim Open Lanes: 6		3 – 4:30pm Public Swim Open Lanes: 4
5:15 -7:30pm Public Swim Open Lanes: 3	12:30-1:00pm Public Swim Open Lanes: 4	5:15 – 6pm Public Swim Open Lanes: 4	12:30-1pm Public Swim Open Lanes: 4	5:15-7:30pm Public Swim Open Lanes: 4		
		6:15 – 7:00pm Aquafit Open Lanes: 1				
	3:30 – 5pm Lane Swim Open Lanes: 6	7 – 7:30pm Public Swim Open Lanes: 4	3:30 – 5pm Lane Swim: Open Lanes: 6			
	5 – 7:45pm Public Swim Open Lanes: 4		5 – 7:45pm 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– 4:00pm Public Swim	9:30-4:00pm Public Swim
		10-11am Daycare Swim				
		11-12:00pm Public Swim				
		12 – 12:45pm Healing Waters				
3:30-7:30pm Public Swim	3:30-7:30 pm Public Swim	3:30-7:30pm Public Swim	3:30-7:30 pm Public Swim	3:30-7:30pm Public Swim		