

Kingston YMCA // Effective: May 24<sup>th</sup> – May 30<sup>th</sup>, 2026

# Lap Pool Schedule



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

