

Kingston YMCA // Effective: July 16th – Aug 25th, 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 Swimming Lessons Open Lanes: 1	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 Swimming Lessons Open Lanes: 1
3:30-4:45pm Lane Swim Open Lanes: 6	10:45-10:55am Open Lanes: 2		10:45-10:55am Open Lanes: 2			
	11-11:45am AquaFit	3:30-4:45pm Lane Swim Open Lanes: 6	11-11:45am AquaFit	3:30-5pm Public Swim Open Lanes: 2		12:00-4:30pm Public Swim Open Lanes: 3
5-7:50pm Swimming Lessons Open Lanes: 1	12-12:30pm Deep Water Running Open Lanes: 4	5-7:50pm Swimming Lessons Open Lanes: 1	12-12:30pm Deep Water Running Open Lanes: 4	5-7:30pm Public Swim 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			

Kingston YMCA // Effective: July 16th – Aug 25th, 2026

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 Swimming Lessons	9:30-1pm Swimming Lessons
		10-11am Daycare Swim			1pm-4pm Public Swim	1pm-4pm Public Swim
		11-12:00pm Public Swim				
		12 – 12:45pm Healing Waters				
3:30-4:45pm Public Swim	3:30-7:30pm Public Swim	3:30-4:45pm Public Swim	3:30-7:30pm Public Swim	3:30-7:30pm Public Swim		
5-7:50pm Swimming Lessons		5-7:30pm Swimming Lessons				