

Kingston YMCA // Effective: September 14th – December 19th, 2026

Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:45-8:45am Lane Swim: 6	5:45-8:45am Lane Swim: 6	5:45-8:45am Lane Swim: 6	5:45-8:45am Lane Swim: 6	5:45-8:45am Lane Swim: 6	7:00-8:45am Lane Swim: 6	7:00-8:00am Lane Swim: 6
9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-9:45am AquaFit	9:00-1:00pm Swimming Lessons Lane Swim: 1	8:15-9:00am AquaFit
10:00-1:00pm Public Swim Lane Swim: 4	10:00-10:45am Public Swim Lane Swim: 4	10:00-1:00pm Public Swim Lane Swim: 4	10:00-10:45am Public Swim Lane Swim: 4	10:00-1:00pm Public Swim Lane Swim: 4	1:15-3:00 pm Public Swim Lane Swim: 3	9:00-12:00pm Swimming Lessons Lane Swim: 1
3:30-5:00pm Reserved	10:45-10:55am Lane Swim: 2	3:30-5:00pm Reserved	10:45-10:55am Lane Swim: 2	3:30-5:00pm Reserved	3:00-4:30pm Public Swim Lane Swim: 4	12:15-3:00pm Public Swim Lane Swim: 3
5:15-7:30pm Public Swim Lane Swim: 3	11:00-11:45am AquaFit	5:15-6:00pm Public Swim Lane Swim: 4	11:00-11:45am AquaFit	5:15-7:30pm Public Swim Lane Swim: 4		3:00-4:30pm Public Swim Lane Swim: 4
	12:00-12:30pm Deep Water Running Lane Swim: 4	6:15-7:00pm AquaFit Lane Swim: 1	12:00-12:30pm Deep Water Running Lane Swim: 4			
	12:30-1:00pm Public Swim Lane Swim: 4	7:00-7:30pm Public Swim Lane Swim: 4	12:30-1:00pm Public Swim Lane Swim: 4			
	3:30-5:00pm Y Penguins: 3 Lane Swim: 3		3:30-5:00pm Y Penguins: 3 Lane Swim: 3			
	5:00-7:45pm Swimming Lessons Lane Swim: 1		5:00-7:45pm Swimming Lessons Lane Swim: 1			

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Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
9:30-12:30pm Public Swim 3:30-7:30pm Public Swim	9:30-12:30pm Public Swim 3:30-4:45 pm Public Swim 5:00-7:50pm Swimming Lessons	9:30-10:00am Public Swim 10:00-11:00am Daycare Swim 11:00-12:00pm Public Swim 12:00-12:45pm Healing Waters 3:30-7:30pm Public Swim	9:30-12:30pm Public Swim 3:30-4:45 pm Public Swim 5:00-7:50pm Swimming Lessons	9:30-12:30pm Public Swim 3:30-7:30pm Public Swim	9:00-1:00pm Swimming Lessons 1:15-4:00pm Public Swim	9:00-12:00pm Swimming Lessons 12:15-4:00pm Public Swim