

Lap Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|--|---|--|---|---|---|--|
| 5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am AquaFit 10am-1pm Public Swim Open Lanes: 4 3:30-5pm Reserved 5-7:50pm Swim Lessons Open Lanes: 1 | 5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am AquaFit 10-10:45am Public Swim Open Lanes: 4 10:45-10:55am Open Lanes: 2 11-11:45am AquaFit 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 3-6pm Reserved 6-7:30pm Loyalist Township Swim Lessons | 5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am AquaFit 10am-1pm Public Swim Open Lanes: 4 3:30-5pm Reserved 5-7:50pm Swim Lessons Open Lanes: 1 | 5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am AquaFit 10-10:45am Public Swim Open Lanes: 4 10:45-10:55am Open Lanes: 2 11-11:45am AquaFit 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 4-6pm Reserved 6:15-7pm AquaFit Open Lanes: 2 7-7:30pm Public Swim Open Lanes: 4 | 5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am AquaFit 10am-1pm Public Swim Open Lanes: 4 3:30-5pm Reserved 5-7:30pm Public Swim Open Lanes: 4 | 7:30-9:00am Reserved 9:20-1pm Swim Lessons Open Lanes: 1 1-4:30pm Public Swim Open Lanes: 3 | 7-8:30am Lane Swim Open Lanes: 6 8:45-9:30am AquaFit 9:45-12:15pm Lane Swim Open Lanes: 6 12:30-4:30pm Public Swim Open Lanes: 3 |

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 21, 2025
- Please note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.
- Please note that lane changes occur 15 minutes prior to the start of AquaFit. Aqua weights will be brought out by staff during this time



SCHEDULES

Kingston YMCA // Effective: February 18, 2026

Leisure Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|--|--|--|--|---|--|--|
| 9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-7:50pm Swim Lessons | 9:30-12:30pm Public Swim 3:30-5pm Public Swim 5-6pm Reserved 6-7:30pm Loyalist Township Swim Lessons | 10-11am Daycare Swim 11-12pm Public Swim 12-12:45pm Healing Waters 3:30-4:45pm Public Swim 5-7:50pm Swim Lessons | 9:30-10am Public Swim 10-11am Swim Lessons 11:15-12:30pm Public Swim 3:30-5pm Public Swim 5-6pm Reserved 6-7:30pm Public Swim | 9:30-12:30pm Public Swim 3:30-7:30pm Public Swim | 9:20-1pm Swim Lessons 1-4pm Public Swim | 9:45 - 12pm Swim Lessons 12:15 – 4:30pm Public Swim |

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SCHEDULES