

Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>3:30-4:50pm Public Swim Open Lanes: 4</p> <p>5-6:30pm Swim Lessons Open Lanes: 2</p> <p>6:30-7:30pm Swim Lessons Open Lanes: 1</p> <p>7:30-8pm Swim Lessons</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>10:45-11am Open Lanes: 2</p> <p>11-11:45am AquaFit Open Lanes: 1</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 5</p> <p>6-7:30pm Lane Swim Open Lanes: 3</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>10am-1pm Public Swim Open Lanes: 4</p> <p>3:30-4:50pm Public Swim Open Lanes: 4</p> <p>5-7:30pm Swim Lessons Open Lanes: 2</p> <p>7:30-8:30pm Swim Lessons</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>10am-10:45am Public Swim Open Lanes: 4</p> <p>10:45-11am Open Lanes: 2</p> <p>11-11:45am AquaFit Open Lanes: 1</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 5</p> <p>6-6:30pm Public Swim Open Lanes: 3</p> <p>6:45-7:30pm AquaFit Open Lanes: 2</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>10-1pm Public Swim Open Lanes: 4</p> <p>3:30-6:30pm Public Swim Open Lanes: 4</p>	<p>7:30-9am Lane Swim Open Lanes: 6</p> <p>9:20-11am Swim Lessons</p> <p>11-1pm Swim Lessons Open Lanes: 1</p> <p>1-3pm Public Swim Open Lanes: 3</p>	<p>7-8am Lane Swim Open Lanes: 6</p> <p>8:15-9am AquaFit</p> <p>9:15-10am Public Swim Open Lanes: 3</p> <p>10-1pm Swim Lessons Open Lanes: 3</p> <p>1-3pm Public Swim Open Lanes: 3</p>

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: June 7, 2024 - Please see our **NEW** changes that are highlighted
- 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: June 10th

Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-8pm Swim Lessons	9:30-12:30pm Public Swim 3:30-7:30pm Public Swim	9:30-10am Public Swim 10-11am Daycare Swim 11-12:30pm Public Swim 3-3:45pm Healing Waters 4-4:45pm Public Swim 5-8pm Swim Lessons	9:30-12:30pm Public Swim 3:30-6:30pm Public Swim	9:30-12:30pm Public Swim 3:30-6:30pm Public Swim	9:20-1pm Swim Lessons 1-3pm Public Swim	10-1pm Swim Lessons 1-3pm Public Swim

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