

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>10am-1pm Public Swim Open Lanes: 4</p> <p>5-7:30pm 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>10-10:45am Public Swim Open Lanes: 4</p> <p>10:45-10:55am Open Lanes: 2</p> <p>11-11:45am AquaFit</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 Loyalist Township Lessons</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>5-7:30pm 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>10-10:45am Public Swim Open Lanes: 4</p> <p>10:45-10:55am Open Lanes: 2</p> <p>11-11:45am AquaFit</p> <p>12-12:30pm Deep Water Running Open Lanes: 4</p> <p>12:30-1pm Public Swim Open Lanes: 5</p> <p>6:15-7pm AquaFit Open Lanes: 2</p> <p>7-7:30pm Public Swim Open Lanes: 4</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>5-6:30pm Public Swim Open Lanes: 4</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 Lane Swim Open Lanes: 6</p> <p>10-11am Lane Swim Open Lanes: 4 Private Lessons: 2</p> <p>11-12:30pm Public Swim Open Lanes: 2 Private Lessons: 2</p> <p>12:30-3pm 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: December 27, 2024
- 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: January 6, 2025

Leisure Pool Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|---|---|---|---|--|---|--------------------------------------|
| <p>9:30-12:30pm Public Swim</p> <p>3:30-4:50pm Public Swim</p> <p>5-8pm Swim Lessons</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-5pm Public Swim</p> <p>5-6pm Penguins & Loyalist Township Lessons</p> <p>6-7:30pm Public Swim</p> | <p>9:30-10am Public Swim</p> <p>10-11am Daycare Swim</p> <p>11-12pm Public Swim</p> <p>12-12:45pm Healing Waters</p> <p>3:30-4:50pm Public Swim</p> <p>5-8pm Swim Lessons</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-5pm Public Swim</p> <p>5-5:45pm Penguins</p> <p>5:45-7:30pm Public Swim</p> | <p>9:30-12:30pm Public Swim</p> <p>3:30-6:30pm Public Swim</p> | <p>9:20-1pm Swim Lessons</p> <p>1-3pm Public Swim</p> | <p>10-3pm Public Swim</p> |

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