

Lap Pool Schedule

MON	TUES	WED	THU	FRI	SAT	SUN
5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10-1pm Public Swim Open Lanes: 4 5-6:30pm Swim Lessons Open Lanes: 1 6:30-8:30pm Swim Lessons	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-10:45am Public Swim Open Lanes: 4 11-11:45am Aquafit Open Lanes: 2 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 4-6pm Penguins 6-7:30pm Loyalist Township Lessons + Lanes Open Lanes: 2	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-1pm Public Swim Open Lanes: 4 5-5:30pm Swim Lessons 5-7:30pm Swim Lessons Open Lanes: 1	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10am-10:45am Public Swim Open Lanes: 4 11-11:45am Aquafit Open Lanes: 2 12-12:30pm Deep Water Running Open Lanes: 4 12:30-1pm Public Swim Open Lanes: 4 4-6pm Penguins 6-6:30pm Public Swim Open Lanes: 3 6:45-7:30pm Aquafit Open Lanes: 2	5:45-8:45am Lane Swim Open Lanes: 6 9-9:45am Aquafit 10-1pm Public Swim Open Lanes: 4 5-6:30pm Public Swim Open Lanes: 3	9:20-11am Swim Lessons 11-1pm Swim Lessons Open Lanes: 1 1-3pm Public Swim Open Lanes: 3	7-8am Lane Swim Open Lanes: 6 8:15-9am Aquafit 9:15-10am Public Swim Open Lanes: 3 10-1pm Swim Lessons Open Lanes: 3 1-3pm 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: January 10, 2024



SCHEDULES

KINGSTON YMCA // EFFECTIVE JANUARY 8, 2024

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	9:20-1pm Swim Lessons	10-1pm Swim Lessons
3:30-4:45pm Public Swim	3:30-4:45pm Public Swim	10-11am Daycare Swim	3:30-4:45pm Public Swim	3:30-6:30pm Public Swim	1-3pm Public Swim	1-3pm Public Swim
5-8:30pm Swim Lessons	5-6pm Penguins & Loyalist Township	11-12:30pm Public Swim	5-5:45pm Penguins			
	6-7:30pm Public Swim	3-3:45pm Healing Waters	5:45-6:30pm Public Swim			
		4-4:45pm Public Swim				
		5-8:30pm Swim Lessons				

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SCHEDULES