

Kingston YMCA // Effective: April 6<sup>th</sup> – June 13<sup>th</sup>, 2026

# Lap Pool Schedule



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

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# Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>9:30-12:30pm</b> Public Swim  <b>3:30-4:45pm</b> Public Swim  <b>5-7:50pm</b> Swimming Lessons	<b>9:30 – 12:30pm</b> Public Swim  <b>3:30-5pm</b> Public Swim  <b>5-6pm</b> Reserved  <b>6-7:30pm</b> Loyalist Township Swimming Lessons	<b>9:30-10am</b> Public Swim  <b>10-11am</b> Daycare Swim  <b>11-12:30pm</b> Public Swim  <b>3:30-4:45pm</b> Public Swim  <b>5-7:50pm</b> Swimming Lessons	<b>9:30 – 12:30pm</b> Public Swim  <b>3:30-5pm</b> Public Swim  <b>5-6pm</b> Reserved  <b>6-7:30pm</b> Public Swim	<b>9:30-12:30pm</b> Public Swim  <b>3:30-7:30pm</b> Public Swim	<b>9:30-1:00pm</b> Swimming Lessons  <b>1:15-4pm</b> Public Swim	<b>9:30-12:00pm</b> Swimming Lessons  <b>12:15– 4:30pm</b> Public Swim