

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

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 Swimming 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 Swimming 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 Swimming 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 9:00-1pm Swimming Lessons Open Lanes: 1 1-4:30pm Public Swim Open Lanes: 3 | 7-8:00am Lane Swim Open Lanes: 6 8:15-9:00am Aquafit 9:00-12:00pm Swimming Lessons Open Lanes: 1 12:00-4:30pm Public Swim Open Lanes: 3 |

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|--|--|---|--|---|--|--|
| 9:30-12:30pm Public Swim 3:30-4:45pm Public Swim 5-7:50pm Swimming Lessons | 9:30 – 12:30pm Public Swim 3:30-5pm Public Swim 5-6pm Reserved 6-7:30pm Loyalist Township Swimming Lessons | 9:30-10am Public Swim 10-11am Daycare Swim 11-12:30pm Public Swim 3:30-4:45pm Public Swim 5-7:50pm Swimming Lessons | 9:30 – 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 | 9:30-1:00pm Swimming Lessons 1:15-4pm Public Swim | 9:30-12:00pm Swimming Lessons 12:15– 4:30pm Public Swim |