

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>3:30-5pm Reserved</p> <p>5-7:30pm Public Swim Open Lanes: 4</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>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>4-6pm Reserved</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>3:30-5pm Reserved</p> <p>5-7:30pm Public Swim Open Lanes: 4</p>	<p>5:45-8:45am Lane Swim Open Lanes: 6</p> <p>9-9:45am AquaFit</p> <p>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>4-6pm Reserved</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>3:30-5pm Reserved</p> <p>5-6:30pm Public Swim Open Lanes: 4</p>	<p>7:30-9:00am Reserved</p> <p>9-11am Lane Swim Open Lanes: 6</p> <p>11-3pm Public Swim Open Lanes: 4</p>	<p>7-8am Lane Swim Open Lanes: 6</p> <p>8:15-9am AquaFit</p> <p>9:15-11am Lane Swim Open Lanes: 6</p> <p>11-3pm Public Swim Open Lanes: 4</p>

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: March 4, 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: March 17-30, 2025

Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>9:30-12:30pm Public Swim</p> <p>3:30-7:30pm Public Swim</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>3:30-7:30pm Public Swim</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>10-3pm Public Swim</p>	<p>10-3pm Public Swim</p>

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