

# Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> AquaFit</p> <p><b>10am-1pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> AquaFit</p> <p><b>10-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>10:45-10:55am</b> Open Lanes: 2</p> <p><b>11-11:45am</b> AquaFit</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 5</p> <p><b>3-6pm</b> Reserved</p> <p><b>6-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> AquaFit</p> <p><b>10am-1pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-5pm</b> Reserved</p> <p><b>5-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> AquaFit</p> <p><b>10-10:45am</b> Public Swim Open Lanes: 4</p> <p><b>10:45-10:55am</b> Open Lanes: 2</p> <p><b>11-11:45am</b> AquaFit</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 4</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 5</p> <p><b>3-6pm</b> Reserved</p> <p><b>6:15-7pm</b> AquaFit Open Lanes: 2</p> <p><b>7-7:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> AquaFit</p> <p><b>10am-1pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-6:30pm</b> Public Swim Open Lanes: 4</p>	<p><b>7-11am</b> Lane Swim Open Lanes: 6</p> <p><b>11-3pm</b> Public Swim Open Lanes: 4</p>	<p><b>7-8am</b> Lane Swim Open Lanes: 6</p> <p><b>8:15-9am</b> AquaFit</p> <p><b>9:15-11am</b> Lane Swim Open Lanes: 6</p> <p><b>11-3pm</b> 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 10-16, 2025

# Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>9:30-12:30pm</b> Public Swim  <b>3:30-7:30pm</b> Public Swim	<b>9:30-12:30pm</b> Public Swim  <b>3:30-7:30pm</b> Public Swim	<b>9:30-10am</b> Public Swim  <b>10-11am</b> Daycare Swim  <b>11-12pm</b> Public Swim  <b>12-12:45pm</b> Healing Waters  <b>3:30-7:30pm</b> Public Swim	<b>9:30-12:30pm</b> Public Swim  <b>3:30-7:30pm</b> Public Swim	<b>9:30-12:30pm</b> Public Swim  <b>3:30-6:30pm</b> Public Swim	<b>10-3pm</b> Public Swim	<b>10-3pm</b> Public Swim

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SCHEDULES