

Summer Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	7-9am Lane Swim Open Lanes: 6	7-8am Lane Swim Open Lanes: 6
9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9:20-11am Swim Lessons	8:15-9am AquaFit
10-12:30pm Public Swim Open Lanes: 4	10am-10:45am Public Swim Open Lanes: 4	10am-12:30pm Public Swim Open Lanes: 4	10am-10:45am Public Swim Open Lanes: 4	10-12:30pm Public Swim Open Lanes: 4	11-1pm Swim Lessons Open Lanes: 1	9:15-10am Public Swim Open Lanes: 3
12:30-3:30pm Camp Swims	10:45-11am Open Lanes: 2	12:30-3:30pm Camp Swims	10:45-11am Open Lanes: 2	12:30-3:30pm Camp Swims	1-3pm Public Swim Open Lanes: 3	10-1pm Swim Lessons Open Lanes: 3
3:45-4:55pm Public Swim Open Lanes: 2	11-11:45am AquaFit Open Lanes: 1	3:45-4:55pm Public Swim Open Lanes: 2	11-11:45am AquaFit Open Lanes: 1	3:45-6:30pm Public Swim Open Lanes: 2		1-3pm Public Swim Open Lanes: 3
5-6:00pm Swim Lessons	12-12:30pm Deep Water Running Open Lanes: 4	5-6pm Swim Lessons	12-12:30pm Deep Water Running Open Lanes: 4			
6:30-7:30pm Swim Lessons Open Lanes: 2	12:30-3:30pm Camp Swims	6-7:30pm Swim Lessons Open Lanes: 2	12:30-3:30pm Camp Swims			
7:30-8pm Swim Lessons	3:45-4:55pm Public Swim Open Lanes: 2	7:30-8pm Swim Lessons	3:45-6pm Public Swim Open Lanes: 2			
	5-7:30pm Loyalist Township Swim Lessons		6-7:30pm Public Swim Open Lanes: 4			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- 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
- Last Updated: July 5, 2024



SCHEDULES

Kingston YMCA // Effective: July 2, 2024

Summer 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
12:30-3:30pm Camp Swim	12:30-3:30pm Camp Swim	10-11am Daycare Swim	12:30-3:30pm Camp Swim	12:30-3:30pm Camp Swim	1-3pm Public Swim	1-3pm Public Swim
3:45-4:45pm Public Swim	3:45-4:55pm Public Swim	11-12:30pm Public Swim	3:45-7:30pm Public Swim	3:45-6:30pm Public Swim		
5-8pm Swim Lessons	5-6pm Loyalist Township Swim Lessons	12:30-3pm Camp Swim				
	6-7:30pm Public Swim	3-3:45pm Healing Waters				
		4-4:45pm Public Swim				
		5-8pm Swim Lessons				

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- 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
- Last Updated: July 5, 2024



SCHEDULES