

Kingston YMCA // Effective: September 3 - 8, 2024

Lap Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
CLOSED FOR END OF SUMMER MAINTENANCE	CLOSED FOR END OF SUMMER MAINTENANCE	CLOSED FOR END OF SUMMER MAINTENANCE	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: 5 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 5-6:30pm Public Swim Open Lanes: 4	9-11am Lane Swim Open Lanes: 6 11am-3pm Public Swim Open Lanes: 3	7-8am Lane Swim Open Lanes: 6 8:15-9am AquaFit 9:15-11am Lane Swim Open Lanes: 6 11am-3pm Public Swim Open Lanes: 3

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 23, 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: September 3 - 8, 2024

Leisure Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
CLOSED FOR END OF SUMMER MAINTENANCE	CLOSED FOR END OF SUMMER MAINTENANCE	CLOSED FOR END OF SUMMER MAINTENANCE	9:30am-12:30pm Public Swim 3:30-7:30pm Public Swim	9:30am-12:30pm Public Swim 3:30-6:30pm Public Swim	10am-3pm Public Swim	10am-3pm Public Swim

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 23, 2024
- Please note that weekend pool space may be adjusted due to additional swim lessons, aquatics courses, etc.

