

YMCA of Eastern Ontario // Effective: August 24th – August 28th

Kemptville Pool Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
11:00-11:45 Family Swim	7:30-8:15am AquaFit	11:00-11:45 Family Swim	7:30-8:15am AquaFit	11:00-11:45 Family Swim	Closed	Closed
12:00-1:00pm Adult & Lane Swim	8:30-9:30am Adult & Lane Swim	12:00-1:00pm Adult & Lane Swim	8:30-9:30am Adult & Lane Swim	12:00-1:00pm Adult & Lane Swim		
1:15-3:15pm Public Swim	12:00-1:00pm Adult & Lane Swim	1:15-3:15pm Public Swim	12:00-1:00pm Adult & Lane Swim	1:15-3:15pm Public Swim		
3:30-4:45m Family Swim	1:15-3:30pm Public Swim	3:30-4:45m Family Swim	1:15-3:30pm Public Swim	3:30-4:45m Family Swim		
5:00-6:00pm Adult & Lane Swim	3:45-5:15m Family Swim	5:00-6:00pm Adult & Lane Swim	3:45-5:15m Family Swim	5:00-6:00pm Adult & Lane Swim		
6:00-8:00pm Public Swim	5:30-6:15pm AquaFit	6:00-8:00pm Public Swim	5:30-6:15pm AquaFit	6:00-8:00pm Public Swim		
	6:30-8:00pm Public Swim		6:30-8:00pm Public Swim			

- **Public Swim:** Open to all ages. Children under 10 years must be accompanied by a supervising guardian (16+ years) or able to pass the facility swim test. Children under 6 must be accompanied by a guardian (16+ years) who is always within arm's reach in the pool.
 - **Ratios:** 1 guardian:2 children, or 1 guardian:4 children (lifejackets worn by all children)
- **Family Swim:** Open to all ages. Children and youth under 16 years must be accompanied by a supervising guardian who is 16+ years. Children under 6 years must be accompanied by a participating guardian (16+ years) who is always within arm's reach in the pool.
 - **Ratios:** 1 guardian:2, or 1 guardian:4 children (lifejackets worn by all children)
- **Adult & Lane Swim:** Open to all adult recreational swimmers (16+ years of age) and lane swimmers (12+ years of age). Note that space is limited for lane swimming and available on a first-come, first-served basis.



SCHEDULES

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Kemptville Pool Prices

Tickets

Pay at the door (please avoid bringing large bills):

Daily Rates:

Adult (17 - 54 years)	\$3.00
Senior (55+ years)	\$2.00
Infant (3 years and under)	\$1.00
Youth (16 years and under)	\$2.00

Monthly Rates:

Individual	\$30.00
Family	\$75.00

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: May 28, 2026



SCHEDULES