

Lap Pool Schedule

Effective: July 17, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am 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	5:45-8:45am Lane Swim Open Lanes: 6	7-12pm Lane Swim Open Lanes: 6
8:15-9am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	9-9:45am AquaFit	12pm-3:30pm Public Swim Open Lanes: 2
9:15-12:00pm Lane Swim Open Lanes: 6	10am-12:15pm Swimming Lessons Open Lanes: 2	10am-10:45am Swimming Lessons Open Lanes: 2	10am-10:45am Swimming Lessons Open Lanes: 2	10am-10:45am Swimming Lessons Open Lanes: 2	10am-12:45pm Public Swim Open Lanes: 4	
12:00-3:30pm Public Swim Open Lanes: 2	12:15-12:45pm Public Swim Open Lanes: 4	11-12:15pm Swimming Lessons	11-12:15pm Swimming Lessons	11-12:15pm Swimming Lessons	1-2:30pm Camp Swim	
	1-2:30pm Camp Swim	11am-12pm AquaFit	11am-12pm AquaFit	11am-12pm AquaFit	3-3:30pm Public Swim Open Lanes: 4	
	3-7:30pm Public Swim Open Lanes: 4	12-12:30pm Deep Water Running Open Lanes: 2	12:15-12:45pm Public Swim Open Lanes: 4	12-12:30pm Deep Water Running Open Lanes: 2	3:30-5:00pm Public Swim Open Lanes: 3 Penguin Lanes: 1	
		12:30-12:45pm Public Swim Open Lanes: 2	1-2:30pm Camp Swim	12:30-12:45pm Public Swim Open Lanes: 2	5:30-6:30pm Public Swim Open Lanes: 4	
		1-2:30pm Camp Swim	3-7:30pm Public Swim Open Lanes: 4	1-2:00pm Camp Swim		
		3-3:30pm Public Swim Open Lanes: 4		2:30-3:30pm Public Swim Open Lanes: 4		
		3:30-5:00pm Public Swim Open Lanes: 3 Penguin Lanes: 1		3:30-5:00pm Public Swim Open Lanes: 3 Penguin Lanes: 1		
		5pm – 7:30pm Loyalist Township Swim Lessons		5pm – 7:30pm Swim Lessons		

- All AquaFit classes are held in shallow and deep water at the same time to accommodate class sizes
- "Open lanes" indicate lanes available for lane swims throughout the day.

Leisure Pool Schedule

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YMCA of
Eastern Ontario
Kingston YMCA

Sunday

10am-3:30pm
Public Swim

Monday

7-9:45am
Public Swim

10am-12:15pm
Swim Lessons

12:15-12:45pm
Public Swim

1-2:30pm
Camp Swim

3-7:30pm
Public Swim

Tuesday

7-9:45am
Public Swim

10am-12:15pm
Swim Lessons

12:15-12:45pm
Public Swim

1-2:30pm
Camp Swim

3-5pm
Public Swim

5pm-7:30pm
Loyalist Township
Swim Lessons

Wednesday

7-9:45am
Public Swim

10-11am
Daycare Swim

10am-12:15pm
Swim Lessons

12:15-12:45pm
Public Swim

1-2:30pm
Camp Swim

3-7:30pm
Public Swim

Thursday

7-9:45am
Public Swim

10am-12:15pm
Swim Lessons

12:15-12:45pm
Public Swim

1-2pm
Camp Swim

2:30-5pm
Public Swim

5pm-7:30pm
Swim Lessons

Friday

7am-12:45pm
Public Swim

1-2:30pm
Camp Swim

3-6:30pm
Public Swim

Saturday

10am-3:30pm
Public Swim