

# Lap Pool Schedule

Effective: Thursday January 12<sup>th</sup>, 2023



**YMCA of  
Eastern Ontario**  
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7-8am</b> Lane Swim Open Lanes:6</p> <p><b>8:15-9am</b> Aquafit</p> <p><b>9:15-9:45am</b> Public Swim Open Lanes: 4</p> <p><b>10-12:15pm</b> Swim Lessons</p> <p><b>12:30-3pm</b> Public Swim Open Lanes: 3</p>	<p><b>5:45-7am</b> Lane Swim Open Lanes: 6</p> <p><b>7-8am</b> Lane Swim &amp; Penguins Open Lanes: 5</p> <p><b>8-8:45am</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>5-6pm</b> Swim Lessons Open Lanes: 1</p> <p><b>6-7:30pm</b> Swim Lessons &amp; Swim Precision</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>11-11:45am</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 2</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-4pm</b> Penguins</p> <p><b>4-5pm</b> Penguins Open Lanes: 1</p> <p><b>5-6pm</b> Penguins Open Lanes: 1</p> <p><b>6-7:30pm</b> Loyalist Township Lessons Open Lanes: 2</p>	<p><b>5:45-7am</b> Lane Swim Open Lanes: 6</p> <p><b>7-8am</b> Lane Swim &amp; Penguins Open Lanes: 5</p> <p><b>8-8:45am</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>11-11:45am</b> Aquafit Open Lanes: 2</p> <p><b>12-1pm</b> Lane Swim Open Lanes: 4</p> <p><b>5-6pm</b> Swim Lessons Open Lanes: 1</p> <p><b>6-7:30pm</b> Swim Lessons</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>11-11:45am</b> Aquafit Open Lanes: 2</p> <p><b>12-12:30pm</b> Deep Water Running Open Lanes: 2</p> <p><b>12:30-1pm</b> Public Swim Open Lanes: 4</p> <p><b>3:30-4pm</b> Penguins</p> <p><b>4-5:45pm</b> Penguins Open Lanes: 1</p> <p><b>5:45-6:30pm</b> Public Swim Open Lanes: 2</p> <p><b>6:45-7:30pm</b> Aquafit</p>	<p><b>5:45-8:45am</b> Lane Swim Open Lanes: 6</p> <p><b>9-9:45am</b> Aquafit</p> <p><b>10-1pm</b> Public Swim Open Lanes: 4</p> <p><b>5-6:30pm</b> Public Swim &amp; Penguins Open Lanes: 2</p>	<p><b>10am-12:15pm</b> Swim Lessons</p> <p><b>11-12:30pm</b> Swim Precision</p> <p><b>12:30-3pm</b> Public Swim Open Lanes: 3</p>

# Leisure Pool Schedule

Effective: Thursday January 12<sup>th</sup>, 2023



**YMCA of  
Eastern Ontario**  
Kingston YMCA

## Sunday

**10-12:15pm**  
Swim Lessons

**12:30-3pm**  
Public Swim

## Monday

**9:30-12pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**5-7:30pm**  
Swim Lessons

## Tuesday

**9:30-1pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**5-6pm**  
Loyalist Township  
Lessons

**6-7:30pm**  
Public Swim

## Wednesday

**9-10am**  
Public Swim

**10-11am**  
Daycare Swim

**11-1pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**5-7:30pm**  
Swim Lessons

## Thursday

**9:30-1pm**  
Public Swim

**3:30-4:45pm**  
Public Swim

**6-7:30pm**  
Public Swim

## Friday

**9:30-1pm**  
Public Swim

**3:30-6:30pm**  
Public Swim

## Saturday

**10-12:15pm**  
Swim Lessons

**12:30-3pm**  
Public Swim