



Lap Pool Schedule
Edward Ratcliffe Aquatic Centre
YMCA of Eastern Ontario - Kingston Location

Dates Effective:

**March 15th - 21st
2020**

Lanes	Sunday March 15th	Lanes	Monday March 16th	Lanes	Tuesday March 17th	Lanes	Wednesday March 18th	Lanes	Thursday March 19th	Lanes	Friday March 20th	Lanes	Saturday March 21st		
		6	Lane Swim 5:45-7:55	1	Lane Swim 5:45-7:00 Adult Swim Club 6:00 - 7:00	6	Lane Swim 5:45-7:55	1	Lane Swim 5:45-7:00 Adult Swim Club 6:00 - 7:00	6	Lane Swim 5:45-7:55				
6	Lane Swim 7:30-8:10			3	AquaFit 7:05-7:50			3	AquaFit 7:05-7:50			1	Adult Swim Club 7:15 - 8:15		
2	AquaFit 8:15-9:00	2	AquaFit 8:00-8:45	6	Lane Swim 8:00-8:45	2	AquaFit 8:00-8:45	6	Lane Swim 8:00-8:45	2	AquaFit 8:00-8:45				
3	Public Swim 9:05-9:55	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	1	AquaFit 9:00-9:45	6	Lane Swim 8:15-9:55		
1	Lessons 10:00-12:15	6	Lane Swim 10:00-10:55	6	Lane Swim 10:00-10:55	0	Lane Swim 10:00-10:55	6	Lane Swim 10:00-10:55	6	Lane Swim 10:00-10:55	1	Lessons 10:00-12:15		
6	Lane Swim 12:20-1:25	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	1	AquaFit 11:00 - 11:45	6	Lane Swim 12:20-1:25		
2	Public Swim 1:30-4:55	6	Lane Swim 12:00-12:55	4	Lane Swim 12:00-12:55 Deep Water Running 12:00-12:45	6	Lane Swim 12:00-12:55	4	Lane Swim 12:00-12:55 Deep Water Running 12:00-12:45	6	Lane Swim 12:00-12:55	2	Public Swim 1:30-4:55		
		0	Camp Swim 1:00-2:00	0	Camp Swim 1:00-2:00	0	Camp Swim 1:00-2:00	0	Camp Swim 1:00-2:00	0	Camp Swim 1:00-2:00				
		3	Public Swim 2:05-3:30	3	Public Swim 2:05-3:30	3	Public Swim 2:05-3:30	3	Public Swim 2:05-3:30	3	Public Swim 2:05-3:30				
		3	Penguins 3:35 - 4:55	3	Penguins 3:35 - 4:55	3	Penguins 3:35 - 4:55	3	Penguins 3:35 - 4:55	3	Penguins 3:35 - 4:55	3	Penguins 3:35 - 4:55	0	Available for Rental 5:00-6:00
		1	Lessons 5:00 - 7:30	1	Lessons 5:00 - 7:30	0	Lessons 5:00 - 7:30	1	Lessons 5:00 - 7:30	1	Lessons 5:00 - 7:30				
		3	AquaFit 7:30-8:15	3	AquaFit 7:30-8:15			3	AquaFit 7:30-8:15						
		3	Public Swim 8:20-9:00	3	Public Swim 8:20-9:00	3	Public Swim 7:30-9:00	3	Public Swim 8:20-9:00	1	Public Swim 7:30-9:00				

Showering is required to rinse away dirt, oils, and personal care products from the skin's surface prior to entering the pool.

Please note that during times marked with zero (0) lanes available the Lap pool is unavailable.

If you have any questions regarding the pool schedule please contact our aquatics department at aquatics@kingston.ymca.ca

Please note that during the camp swims the Lap Pool is unavailable to YMCA members and guests