

Lap Pool Schedule

Effective: January 30, 2023



YMCA of
Eastern Ontario
Kingston YMCA

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

Leisure Pool Schedule

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**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

9:30-10:15am
Healing Waters

10:30-1pm
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