

# Lap Pool Schedule

Effective: February 24, 2022



YMCA of  
Eastern Ontario  
Kingston YMCA

## Sunday

**7-8am**  
Adult Swim Club  
Open Lanes: 2

**8:15-9am**  
Aquafit

**9:15-9:45am**  
Lane Swim  
Open Lanes: 4

**10am-12pm**  
Swim Lessons

**12:30-2pm**  
Public Swim  
Open Lanes: 2

## Monday

**5:45-8:45am**  
Lane Swim  
Open Lanes: 6

**9-9:45am**  
Aquafit

**10am-12:30pm**  
Public Swim  
Open Lanes: 4

**3:30-5pm**  
KBM Swim Club

**5pm – 7:30pm**  
Swim Lessons

## Tuesday

**5:45-7:15am**  
Adult Swim Club  
Open Lanes: 2

**7:15-8:45am**  
Lane Swim  
Open Lanes: 6

**9-9:45am**  
Aquafit

**10-10:45am**  
Public Swim  
Open Lanes: 4

**11am-12pm**  
Aquafit  
Open Lanes: 2

**12-12:30pm**  
Deep Water  
Running  
Open Lanes: 2

**3:30-5:00pm**  
Lane Swim  
Open Lanes: 2  
Penguins Lanes: 4

**5-6pm**  
Lane Swim  
Open Lanes: 2  
Penguin Lanes: 4

**6-7:30pm**  
Public Swim  
Open Lanes: 4

## Wednesday

**5:45-8:45am**  
Lane Swim  
Open Lanes: 6

**9-9:45am**  
Aquafit

**10-10:45am**  
Public Swim  
Open Lanes: 4

**11am-12pm**  
Aquafit  
Open Lanes: 2

**12-12:30pm**  
Public Swim  
Open Lanes: 4

**3:30-5pm**  
KBM Swim Club

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

## Thursday

**5:45-7:15am**  
Adult Swim Club  
Open Lanes: 2

**7:15-8:45am**  
Lane Swim  
Open Lanes: 6

**9-9:45am**  
Aquafit

**10-10:45am**  
Public Swim  
Open Lanes: 4

**11am-12pm**  
Aquafit  
Open Lanes: 2

**12-12:30pm**  
Deep Water  
Running  
Open Lanes: 2

**3:30-5:00pm**  
Lane Swim  
Open Lanes: 2  
Penguins Lanes: 4

**5-6pm**  
Lane Swim  
Open Lanes: 2  
Penguin Lanes: 4

**6-7:30pm**  
Public Swim  
Open Lanes: 4

## Friday

**5:45-8:45am**  
Lane Swim  
Open Lanes: 6

**9-9:45am**  
Aquafit

**10am-12:30pm**  
Public Swim  
Open Lanes: 4

**3:30-5pm**  
KBM Swim Club

**5:30-6:30pm**  
Public Swim  
Open Lanes: 1  
Penguins Lanes: 3

## Saturday

**7-9am**  
KBM Swim Club

**9-11:30am**  
Lane Swim  
Open Lanes: 6

**11:30am-2pm**  
Public Swim  
Open Lanes: 2

- 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.
- The Pool is closed Monday to Friday from 1-3pm

# Leisure Pool Schedule

Effective: February 24, 2022



YMCA of  
Eastern Ontario  
Kingston YMCA

## Sunday

**10am-12pm**  
Swim Lessons

**12:30-2pm**  
Public Swim

## Monday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

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

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

## Tuesday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-5pm**  
Public Swim

**5pm-6pm**  
Penguins

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

## Wednesday

**8-9am**  
Public Swim

**10-11am**  
Daycare Swim

**11am-12:15pm**  
Public Swim

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

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

## Thursday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

**3:30-5pm**  
Public Swim

**5pm-6pm**  
Penguins

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

## Friday

**9-9:45am**  
Public Swim

**10:45am-12:15pm**  
Public Swim

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

## Saturday

**10am-2pm**  
Public Swim