

Lap Pool Schedule

Effective: June 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	5:45-7:15am Lane Swim Open Lanes:6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-7:15am Lane Swim Open Lanes:6	5:45-8:45am Lane Swim Open Lanes: 6	7-9am KSSC Swim Club
8:15-9am Aquafit	9-9:45am Aquafit	7:15-8:45am Lane Swim Open Lanes: 6	9-9:45am Aquafit	7:15-8:45am Lane Swim Open Lanes: 6	9-9:45am Aquafit	9-11:30am Lane Swim Open Lanes: 6
9:15-9:45am Lane Swim Open Lanes: 4	10am-12:30pm Public Swim Open Lanes: 4	9-9:45am Aquafit	10-10:45am Public Swim Open Lanes: 4	9-9:45am Aquafit	10am-12:30pm Public Swim Open Lanes: 4	11:30am-2pm Public Swim Open Lanes: 2
10am-12pm Swim Lessons	3:30-5pm KSSC Swim Club Open Lanes: 2	10-10:45am Public Swim Open Lanes: 4	11am-12pm Aquafit Open Lanes: 2	10-10:45am Public Swim Open Lanes: 4	3:30-5pm KSSC Swim Club Open Lanes: 1 Penguin Lanes: 1	
12:30-2pm Public Swim Open Lanes: 2	5pm – 7:30pm Swim Lessons	11am-12pm Aquafit Open Lanes: 2	12-12:30pm Public Swim Open Lanes: 4	11am-12pm Aquafit Open Lanes: 2	5:30-6:30pm Public Swim Open Lanes: 4	
		12-12:30pm Deep Water Running Open Lanes: 2	3:30-5pm KSSC Swim Club Open Lanes: 2	12-12:30pm Deep Water Running Open Lanes: 2		
		3:30-5:00pm KSSC Swim Club Open Lanes: 1 Penguin Lanes: 1	5-7:30pm Swim Lessons	3:30-5:00pm KSSC Swim Club Open Lanes: 1 Penguin Lanes: 1		
		5-6pm Lane Swim Open Lanes: 6		5-6pm Lane Swim Open Lanes: 5 Penguin Lanes: 1		
		6-7:30pm Public Swim Open Lanes: 4		6-7:30pm Public Swim Open Lanes: 4		

- 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

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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
Public Swim

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
Public Swim

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