

Lap Pool Schedule

Effective: September 7, 2021



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	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	5:45-8:45am Lane Swim Open Lanes: 6	7-9am KBM Swim Club
8:15-9am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit	9-11:30am Lane Swim Open Lanes: 6
9:15-9:45am Lane Swim Open Lanes: 6	10am-12:30pm Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10am-12:30pm Public Swim Open Lanes: 4	11:30am-2pm Public Swim Open Lanes: 2
10am-12pm Swim Lessons	3:30-5pm KBM Swim Club	11am-12pm Aquafit Open Lanes: 2	11am-12pm Aquafit Open Lanes: 2	11am-12pm Aquafit Open Lanes: 2	3:30-5pm KBM Swim Club	
12:30-2pm Public Swim Open Lanes: 2	5pm – 7:30pm Swim Lessons	12-12:30pm Public Swim Open Lanes: 4	12-12:30pm Public Swim Open Lanes: 4	12-12:30pm Deep Water Running Open Lanes: 4	5:30-6:30pm Public Swim Open Lanes: 1 Penguins Lanes: 3	
		3:30-5:00pm Lane Swim Open Lanes: 2 Penguins Lanes: 4	3:30-5pm KBM Swim Club	3:30-5:00pm Lane Swim Open Lanes: 2 Penguins Lanes: 4		
		5-6pm Lane Swim Open Lanes: 2 Penguin Lanes: 4	5-7:30pm Swim Lessons	5-6pm Lane Swim Open Lanes: 2 Penguin Lanes: 4		
		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 and physical distancing.
- “Open lanes” indicate lanes available for lane swims throughout the day.
- The Pool is closed for deep cleaning Monday to Friday from 1-3pm
- **Starting Wednesday, November 3**, the 9am Aquafit class at Wright Crescent will be self-directed due to instructor shortage. While we work to fill this spot, we will continue to offer space, music and a routine that you can use. We hope you continue to enjoy your time in the pool during this time slot. Other scheduled aquafit classes are not impacted.

Leisure Pool Schedule

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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

- The Pool is closed for deep cleaning Monday to Friday from 1-3pm