

Lap Pool Schedule

Effective: January 3, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

7-8am
Lane Swim
Open Lanes: 6

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

5:45-8:45am
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
Self-Directed
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

5:45-8:45am
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 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

Leisure Pool Schedule

Effective: January 3, 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

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