



# Lap Pool Schedule

Edward Ratcliffe Aquatic Centre

## YMCA of Kingston - Wright Crescent Branch

**Date Effective: November 16th**

**Next expected Update: December 16th**

Lanes	Sunday	Lanes	Monday	Lanes	Tuesday	Lanes	Wednesday	Lanes	Thursday	Lanes	Friday	Lanes	Saturday
		6	Adult Lengths 5:45-7:00	1	Swim Club 6-7   Adult Lengths 5:45-7:00	6	Adult Lengths 5:45-7:00	1	Swim Club 6:00-7:00   Adult Lengths 5:45-7:00	6	Adult Lengths 5:45-7:00		
6	Adult Lengths 7:30-8:15	3	Aquafit 7:05-7:50	3	Aquafit 7:05-7:50	3	Aquafit 7:05-7:50	6	Adult Lengths 7:00-8:55	3	Aquafit 7:05-7:50	2	Swim Club 7:15-8:15
1	Aquafit 8:15-9:00	6	Adult Lengths 8:00-8:55	6	Adult Lengths 8:00-8:55	6	Adult Lengths 8:00-8:55			6	Adult Lengths 8:00-8:55	6	Adult Lengths 8:15-9:50
3	Public Swim 9:00-9:50	1	Aquafit 9:00-9:45	1	Aquafit 9:00-9:45	1	Aquafit 9:00-9:45	1	Aquafit 9:00-9:45	1	Aquafit 9:00-9:45		
1	Lessons 10:00-12:10	3	Public Swim 10:00-10:55	3	Public Swim 10:00-10:55	0	Nexus 10:00-10:55	3	Public Swim 10:00-10:55	3	Public Swim 10:00-10:55	1	Lessons 10:00-12:10
6	Adult Lengths 12:15-12:55	6	Adult Lengths 11:00-1:00	4	Adult Lengths 11:00-1:00   Deep water running 12:10-12:50	4	Adult Lengths 11:00-1:00   Adult Learn to Swim 11:30-12:15	6	Adult Lengths 11:00-1:00	6	Adult Lengths 11:00-1:00	6	Adult Lengths 12:15-12:55
2	Public Swim 1:00-5:00	1	Public Swim 1:00-3:30   LCVI Swim Team 2:30-3:30	3	Public Swim 1:00-3:30	1	Public Swim 1:00-3:30   LCVI Swim Team 2:30-3:30	3	Public Swim 1:00-3:30	3	Public Swim 1:00-3:30	2	Public Swim 1:00-5:00
		1	Penguins 3:30-5:45   Lessons 5:00-7:25	1	Penguins 3:30-5:00	1	Penguins 3:30-5:45   Lessons 5:00-7:25	1	Penguins 3:30-5:00   Lessons 4:25-7:25	1	Penguins 3:30-5:00		
0	Available for rental 5:00-6:00			2	Public Swim 5:00-5:55	1	Penguins 3:30-5:45   Lessons 5:00-7:25	1	Penguins 3:30-5:00   Lessons 4:25-7:25	1	Lessons 5:00-7:25	0	Available for rental 5:00-6:00
	Showering is required to rinse away dirt, oils and personal care products from the skin's surface prior to entering the pool. Rinsing and/or covering the hair assists in reducing chemical levels - which means less skin and eye irritations!	3	Public Swim 7:30-9:00	3	Aquafit Express 6:00-6:30	3	Public Swim 7:30-9:00	3	Aquafit 7:30-8:15	3	Public Swim 7:30-9:00	Registration or booking is required	
				3	Public Swim 6:35-9:00			3	Public Swim 8:20-9:00				

Children 10 years of age and under who have not completed the swim test (two widths of the pool), must be accompanied in the water (pool & hot tub) by an adult (16+ years) within arms reach. Adults must remain in the pool area to supervise children who are 10 years of age and under. An adult (16+ years) cannot be responsible for more than two children, who are non-swimmers, during our swims. Children who are not toilet-trained must wear waterproof swim diapers. Appropriate swimwear only - shoes, cut-off jeans, and street clothes are not to be worn in the pool. Outdoor footwear is not to be worn on the pool decks. Food and beverages (except water) are not permitted on the pool decks or in the viewing galleries - water must be in plastic or metal container.

Please be advised that during PA Days, there will be camp swims from 10-11am, and 2:30-3:30pm (Sept 21st, Sept 28th, Oct 26, Nov 23, Nov 30)

Please note that our next swim lesson break will begin on December 16th at both locations