



# Pool Schedule

## YMCA of Kingston - YMCA West Branch

Date Effective: **November 16th**  
 Next expected Update: **December 16th**

Lanes	Sunday	Lanes	Monday	Lanes	Tuesday	Lanes	Wednesday	Lanes	Thursday	Lanes	Friday	Lanes	Saturday
5	Adult Lengths 8:00-9:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 5:00-8:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 5:00-8:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 8:00-8:55
		2	Aquafit Advanced 8:00-8:45			2	Aquafit Advanced 8:00-8:45			2	Aquafit Advanced 8:00-8:45	2	Aquafit(Intermediate) 9:00-9:45
		4	Public Swim 9:00-11:00			4	Public Swim 9:00-11:10			4	Public Swim 9:00-11:00	4	Public Swim 9:00-11:00
4	Public Swim 10:00-4:30	0	Aquafit (Beginner/Intermediate) 11:00-11:45	1	Aquafit 11:15-12:00	0	Aquafit (Beginner/Intermediate) 11:00-11:45	1	Aquafit 11:00-11:45	1	Aquafit (Beginner/Intermediate) 11:00-11:45	4	Public Swim 9:50-4:30
		2	Aquafit - Belt Up (Suspended) 12:00-12:45	2	Aqua Noodle 12:15-1:00	2	Aquafit - Belt Up (Suspended) 12:00-12:45	4	Public Swim 11:50-2:25	2	Aquafit (Beginner/Intermediate) 12:00-12:45		
		3	Public Swim 12:50-2:25	4	Public Swim 1:05-2:25	4	Public Swim 12:50-2:25			4	Public Swim 12:50-2:25		
		<b>CLOSED 2:30 -2:50</b>											
<b>Be Advised:</b>  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!	0	Frontenac Swim Team 2:50-3:50	<b>CLOSED 2:30-3:30</b>		1	Lessons 3:30-7:20	1	Lessons 3:30-7:20	1	Lessons 3:30-7:20	2	Bayridge Swim Team 3:30-4:30	<b>Please note:</b>  1.)The sauna is open while the pool is open for your convenience. 2.) You must be 16 years of age or older in order to use the sauna. 3.) When there are zero lanes available, only participants of the program listed are allowed in the pool
	1	Lessons 3:50-7:20	2	Bayridge Swim Team 3:30-4:30	4	Public Swim 4:30-7:25	2	Aquafit(Intermediate) 7:30-8:15	2	Aquafit(Intermediate) 7:30-8:15	4	Public Swim 4:30-8:30	
	2	Aquafit(Intermediate) 7:30-8:15	2	Aquafit(Intermediate) 7:30-8:15	4	Public Swim 7:20-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	
	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	
	<b>CLOSED 2:30-3:30</b>												

**Pool Admissions Policy:**  
 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.

**Group Admissions:**  
 Guardians and/or group leaders must directly supervise the children at all times. Guardians and/or group leaders must be at least 16 years of age. The ratio of non-swimmers may be increased to a maximum of eight bathers to one parent or guardian (4:1) if lifejackets are worn by all non-swimmers in their charge.

**Serious Medical Conditions:**  
 Members and guests with serious medical conditions should only use the pool or attend aquatic fitness classes accompanied by someone who has knowledge of their condition.

**Please note that our next swim lesson break will begin on December 15th at both locations**