



## Lap Pool Schedule

Edward Ratcliffe Aquatic Centre

### YMCA of Kingston - Wright Crescent Branch

**Dates Effective:**

**January 6th -  
February 9th**

Lanes	Sundays	Lanes	Mondays	Lanes	Tuesdays	Lanes	Wednesdays	Lanes	Thursdays	Lanes	Fridays	Lanes	Saturdays
		6	Adult Lengths 5:45-7:00	1	Adult Lengths 5:45-7:00   Swim Club 6:00-7:00	6	Adult Lengths 5:45-7:00	1	Adult Lengths 5:45-7:00   Swim Club 6:00-7:00	6	Adult Lengths 5:45-7:00		
6	Adult Lengths 7:30-8:10	3	Aquafit 7:05-7:50	3	Aquafit 7:05-7:50	3	Aquafit 7:05-7:50	2	DIY Aquafit 7:05-7:50	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 8:00-8:55	6	Adult Lengths 8:15-9:55
3	Public Swim 9:05-10:00	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	6	Adult Lengths 11:00-1:00	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 5:00-7:30	1	Penguins 3:30-5:00	1	Penguins 3:30-5:45   Lessons 5:00-7:30	1	Penguins 3:30-5:00	1	Penguins 3:30-5:00		
		1	Lil Dippers lessons 5:00-7:30   Aquafit Express 6:00-6:30	1	Lil Dippers lessons 5:00-7:30   Aquafit Express 6:00-6:30	1	Lil Dippers lessons 5:00-7:30   Aquafit Express 6:00-6:30	1	Lessons 5:00-7:30	1	Lessons 5:00-7:30	0	Available for rental 5:00-6:00
		3	Public Swim 7:30-9:00	3	Public Swim 6:35-9:00	3	Public Swim 7:30-9:00	3	Public Swim 7:30-9:00	3	Public Swim 7:30-9:00	3	Public Swim 7:30-9:00
<p>Showering is required to rinse away dirt, oils and personal care products from the skin's surface prior to entering the pool.</p> <p>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 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 – 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 deck – water must be in plastic or metal container.</p>												<p>Please be advised that during PA Days, there will be camp swims from 10-11am, and 2:30-3:30pm (Jan 25th, Feb 1st, March 11th - 15th, Apr 5th, Apr 8th)</p>	

Please note that the Lil Dippers lessons on Tuesday nights are only available to those affected by the Leisure pool renovations. Swim lessons resume for all other levels on January 6th



Leisure Pool Schedule  
Edward Ratcliffe Aquatic Centre

Dates Effective:

January 6th - February 9th

YMCA of Kingston - Wright Crescent Branch

Sundays

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Saturdays

**Closed for renovations**

Did you know?

The leisure pool is being closed for renovations from January 7th - February 10th. During this time the pool liner will be replaced.

Where can I find more information?

You can find a brochure at our front desk which will give you details about the pool renovation as well as alternative programs available.

Who can I contact if I have questions?

For any questions you may have regarding the pool renovations, we urge you to contact our aquatics department directly.

Ben Proulx	Supervisor, Aquatics	<a href="mailto:ben_proulx@kingston.ymca.ca">ben_proulx@kingston.ymca.ca</a>
Rose Worrall	Team Lead, Aquatics	<a href="mailto:rose_worrall@kingston.ymca.ca">rose_worrall@kingston.ymca.ca</a>
Angela Kimmett	General manager	<a href="mailto:angela_kimmett@kingston.ymca.ca">angela_kimmett@kingston.ymca.ca</a>

Aquatic mailbox (613) 546-2647 ext 502

Please note that some lessons are affected by the pool renovation, if your family is affected please see the information brochure or contact the aquatics department for information on alternative programs during the renovations.