



# Pool Schedule

## YMCA of Kingston - YMCA West Branch

**Dates Effective:**

**January 6th - February 9th**

Lanes	Sundays	Lanes	Mondays	Lanes	Tuesdays	Lanes	Wednesdays	Lanes	Thursdays	Lanes	Fridays	Lanes	Saturdays	
5	Adult Lengths 8:00-9:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 7:00-9:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 7:00-9:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 8:00-8:55	
		1	Aquafit 8:00-8:45			1	Aquafit 8:00-8:45			1	Aquafit 8:00-8:45		1	Aquafit 8:00-8:45
4	Public Swim 10:00-4:30	4	Public Swim 9:00-10:55	4	Public Swim 10:00-11:10	4	Public Swim 9:00-10:55	4	Public Swim 10:00-11:10	4	Public Swim 9:00-10:55	4	Public Swim 9:50-4:30	
		0	Aquafit 11:00-11:45	0	Aquafit 11:15-12:00	0	Aquafit 11:00-11:45	0	Aquafit 11:15-12:00	0	Aquafit 11:00-11:45			
		2	Aquafit - Belt Up 12:00-12:45	2	Aqua Noodle 12:15-1:00	2	Aquafit - Belt Up 12:00-12:45	4	Public Swim 12:05-2:25	2	Aquafit 12:00-12:45			
		4	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</b> 2:30 - 2:50			<b>CLOSED</b> 2:30-3:30			<b>CLOSED</b> 2:30-3:30			<b>CLOSED</b> 2:30-3:30			<b>CLOSED</b> 2:30-3:30		
Showering is required to rinse away dirt, oils and personal care products from the skin's surface prior to entering the pool.		0	Frontenac Swim Team 2:50-3:50	2	Bayridge Swim Team 3:30-4:30	4	Public Swim 3:30-3:50	4	Public Swim 3:30-3:50	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 3:50-7:30	4	Public Swim 4:30-7:25	1	Lessons 3:50-7:30	1	Lessons 3:50-7:30	4	Public Swim 4:30-8:30			
		2	Aquafit 7:30-8:15	2	Aquafit 7:30-8:15			2	Aquafit 7:30-8:15					
		4	Public Swim 8:15-9:00	4	Public Swim 8:15-9:00	4	Public Swim 7:30-9:00	4	Public Swim 8:15-9:00					
<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><b>Please note that swim lessons resume on January 7th</b></p>														