



Pool Schedule

YMCA of Kingston - YMCA West Branch

Dates Effective:

December 16th - December 22nd

Lanes	Sunday Dec 16th	Lanes	Monday Dec 17th	Lanes	Tuesday Dec 18th	Lanes	Wednesday Dec 19th	Lanes	Thursday Dec 20th	Lanes	Friday Dec 21st	Lanes	Saturday Dec 22nd	
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			2
4	Public Swim 10:00-4:30	4	Public Swim 9:00-11:00	4	Public Swim 10:00-11:10	4	Public Swim 9:00-11:00	4	Public Swim 10:00-11:10	4	Public Swim 9:00-11:00	4	Public Swim 9:50-11:30	
		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 12:00-2:25	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			
CLOSED 2:30 - 2:50			CLOSED 2:30-3:30			CLOSED 2:30-3:30			CLOSED 2:30-3:30			CLOSED 2:30-3:30		

<p>Be Advised:</p> <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>Rinsing and/or covering the hair assists in reducing chemical levels - which means less skin and eye irritations!</p>	0	Frontenac Swim Team 2:50-3:50									<p>Please note:</p> <p>1.) The sauna is open while the pool is open for your convenience.</p> <p>2.) You must be 16 years of age or older in order to use the sauna.</p> <p>3.) When there are zero lanes available, only participants of the program listed are allowed in the pool</p>
	1	Public Swim 3:50-7:20	2	Bayridge Swim Team 3:30-4:30	4	Public Swim 3:30-7:20	2	Bayridge Swim Team 3:30-4:30			
	2	Aquafit 7:30-8:15	4	Public Swim 4:30-7:25	2	Aquafit 7:30-8:15	4	Public Swim 4:30-8:30			
	4	Public Swim 8:15-9:00	2	Aquafit 7:30-8:15	4	Public Swim 3:30-9:00	2	Aquafit 7:30-8:15	4	Public Swim 8:15-9:00	

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 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.

Please note that our swim lessons will resume on January 7th, 2019



Pool Schedule

YMCA of Kingston - YMCA West Branch

Dates Effective:

December 23rd - December 29th

Lanes	Sunday Dec 23rd	Lanes	Monday Dec 24th	Lanes	Tuesday Dec 25th	Lanes	Wednesday Dec 26th	Lanes	Thursday Dec 27th	Lanes	Friday Dec 28th	Lanes	Saturday Dec 29th	
4	Public Swim 8:00-11:30	4	Public Swim 5:00-11:30					5	Adult Lengths 7:00-9:55	5	Adult Lengths 5:00-7:55	5	Adult Lengths 8:00-8:55	
								4	Public Swim 10:00-11:00	1	Aquafit 8:00-8:45	2	Aquafit 9:00-9:45	
								0	Aquafit 11:15-12:00	4	Public Swim 9:00-11:00	4	Public Swim 10:00-11:30	
								4	Public Swim 12:05-2:25	0	Aquafit 11:00-11:45			
										2	Aquafit 12:00-12:45			
										4	Public Swim 12:50-2:25			
									CLOSED 2:30-3:30		CLOSED 2:30-3:30			
								4	Public Swim 3:30-7:20					
								2	Aquafit 7:30-8:15	4	Public Swim 3:30-8:30			
								4	Public Swim 8:15-9:00					
<p>Be Advised:</p> <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>Rinsing and/or covering the hair assists in reducing chemical levels - which means less skin and eye irritations!</p>													<p>Please note:</p> <p>1.) The sauna is open while the pool is open for your convenience.</p> <p>2.) You must be 16 years of age or older in order to use the sauna.</p> <p>3.) When there are zero lanes available, only participants of the program listed are allowed in the pool</p>	
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