YMCA of Kingston and Ulster County

YMCA Pool Schedule

Monday	Tuesday	Wednsday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00am-10:20am	Lap Swim 5:00am-9:20am	Lap Swim 5:00am-10:20am	Lap Swim 5:00am-9:20am	Lap Swim 5:00am-9:20am	Hurricanes Swim Team Practice 7:30am-10:00am	Open/ Lap Swim 8:00am-9:00am
Water Fitness 10:30am-1130am	Water Fitness 9:30am-1130am	Water Fitness 10:30am-1130am	Water Fitness 9:30am-1130am	Water Fitness 9:30am-1130am	Y Programs 10:00am-12:00pm	Y Programs 9:00am-11:00am
Lap Swim 11:30am-2:00pm	Lap Swim 11:30am-2:00pm	Lap Swim 11:30am-2:00pm	Lap Swim 11:30am-2:00pm	Lap Swim 11:30am-1:30pm	Open/ Lap Swim 12:00pm-2:00pm	Open/ Lap Swim 11:00am-1:00pm
Y Programs 3:00pm-5:30pm	Open/ Lap Swim 3:00pm-5:00pm	Y Programs 3:00pm-5:30pm	Open/ Lap Swim 3:00pm-5:00pm	Open/ Lap Swim 3:00pm-7:30pm	Tri -Training / Open Swim only 2:00pm-3:00pm	Tri -Training / Open Swim only 1:00pm-2:00pm
Hurricanes Swim Team Practice 5:30pm-7:30pm	Hurricanes Swim Team Practice 5:00pm-7:30pm	Hurricanes Swim Team Practice 5:30pm-8:00pm	Hurricanes Swim Team Practice 5:00pm-7:30pm	Tri -Training in lanes 2&3 only 6:00pm-7:00pm	Open/ Lap Swim 3:00pm-4:00pm	
Open/Lap Swim 7:30pm-9:00pm	Open/Lap Swim 7:30pm-9:00pm	Open/Lap Swim 8:00pm-9:00pm	Open/Lap Swim 7:30pm-9:00pm	Open/Lap Swim 7:30pm-9:00pm		

Possible Pool Party Saturdays 12-4pm and Sunday 10am-2pm

Possible private swim lesson scheduled during open/ lap times. (PSL WILL US THE RAMP LANE)

The Y reserves the right to adjust schedule as needed.

Swim Lessons Starts 9/14/26, Hurricanes Swim Team Starts 9/21/2026, Tri- Training Starts 10/2/2026