



Effective 9/20/2021

YMCA of Kingston and Ulster County POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-9:00	Lap Swim (5am-10:20am)	Lap Swim (5am-9:20m)	Lap Swim (5am-10:20am)	Lap Swim (5am-9:20m)	Lap Swim (5am-9:20m)	Closed for Y Programs (7:30am-12pm)	Closed for Y Programs (8am-9am)	
9:00-9:30		Water Fitness Classes		Water Fitness Classes	Water Fitness Classes		Water Fitness Classes	Open/Lap Swim (9am-1pm)
9:30-10:00								
10:30-11:15	Water Fitness Classes							
11:15-12:30	Lap Swim Only (11:30am-12:30am)	Lap Swim Only (11:30am-2:00pm)	Y Programs in lanes 6,5,and4 (11:15am-12:15pm)	Lap Swim Only (11:30am-2:00pm)	Lap Swim Only (11:30am-1:00am)	Open/Lap Swim (12-2pm)		
12:30-1:00	Pool closed for Cleaning		Lap Swim Only (11:30am-1:00pm) 3 lanes					
1:00-2:00pm		Pool closed for Cleaning	Pool closed for Cleaning	Pool closed for Cleaning				
2:00-3:45								
4:00-6:30	Closed for Y Programs (3pm-7:30pm)	Open/ lap Swim (3:30-5pm)	Closed for Y Programs (4pm-7:30pm)	Open/ lap Swim (3:30-5pm)	Open/Lap Swim (3:30pm-9pm)			
6:00-7:00		Open/Lap Swim		Open/Lap Swim			Open/Lap Swim	
7:00-9:00								

** 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.*