



YMCA of Kingston and Ulster County

Effective 4/1/2023-6/23/2023

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	Hurricanes Swim Team Practice (7:30-10am)	Closed for Y swim lessons (8am-10am)
	Water Fitness Classes 9:30-11:30am		Water Fitness Classes 9:30-11:30am	Water Fitness Classes 9:30-11:30am	Water Fitness Classes 9:30-11:30am	Closed for Y swim lessons (10am-12pm)
Water Fitness Classes 10:30-11:30am	Lap Swim Only (11:30am-2:00pm)	Water Fitness Classes 10:30-11:30am	Lap Swim Only (11:30am-2:00pm)	Lap Swim Only (11:30am-1:30pm)	Open/Lap Swim (12-2pm)	Tri-Training and Party rentals (2:00pm-3:00pm)
Lap Swim Only (11:30am-2:00pm)		Lap Swim Only (11:30am-2:00pm)		Lap Swim Only (11:30am-2:00pm)	Pool closed for Cleaning	
Pool closed for Cleaning	Open/Lap Swim (3:30pm-5pm)	Pool Closed For Y Programs (3:30pm-5:30pm)	Open/Lap Swim (3:30pm-5pm)	Open/Lap Swim (3:30pm-5pm)		
Pool Closed For Y swim lessons (3:30pm-5pm)						
Hurricanes Swim Team Practice (5:30pm-7:30pm)	Hurricanes Swim Team Practice (5pm-7:30pm)	Hurricanes Swim Team Practice (5:30pm-8:00pm)	Hurricanes Swim Team Practice (5pm-7:30pm)	Tri- Training (6:00pm-7pm lanes 3&4)		
Open/Lap Swim (7:30pm-9pm)	Tri- Training (7:30pm-8:30pm lanes 3&4)	Open/Lap Swim (8:00pm-9pm)	Open/Lap Swim (7:30pm-9pm)	Open/Lap Swim (5:00pm-9pm)		
	Open/Lap Swim (7:30pm-9pm)					

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

* The Y reserves the right to adjust schedule as needed.*