YMCA of Kingston and Ulster County

Effective 8/10/2026 until 8/30/2026

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)		
9:00-9:30						Open/Lap Swim (7:30-9:30am)	
9:30-10:00		Water Fitness Classes 9:20-11:30am		Water Fitness Classes 9:20-11:30am	Water Fitness Classes 9:20-11:30am	Closed for Y Programs (10am-12pm)	Open/Lap Swim (10am-1pm)
10:30-11:15	Water Fitness Classes 10:20-11:30am		Water Fitness Classes 10:20-11:30am				
11:15-12:30	Sport Camp 11:30-12:30pm	Sport Camp 11:30-12:30pm	Sport Camp 11:30-12:30pm	Sport Camp 11:30-12:30pm	Sport Camp 11:30-12:30pm	Open/Lap Swim (12-2pm)	
12:30-1:00	Open/Lap Swim (12:30pm-3:00pm)	Open/Lap Swim (12:30pm-9pm)	Open/Lap Swim (12:30pm-4:30pm) * pool closed 8/12 from 1pm-3pm	Open/Lap Swim (12:30pm-9pm)	Open/Lap Swim (12:30pm-1:30pm)		
1:00-2:00pm					Pool Closed		
2:00-3:45							
4:00-6:30	Closed for Y Programs (3:00pm-6pm)		Water Fitness Classes (4:45pm-6pm)		Open/Lap Swim (3:30pm-9pm)		
6:00-7:00	Open/Lap Swim (6pm-9pm)		Open/Lap Swim (6:00pm-9pm)				
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.*