



Effective 4/05/2022

# YMCA of Kingston and Ulster County **POOL SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00-7:00	Lap Swim ( 5am-10:20am)	Lap Swim ( 5am-9:20am)	Lap Swim ( 5am-10:20am)	Lap Swim ( 5am-9:20am)	Lap Swim ( 5am-9:20am)	Hurricanes swim team 7am-10am	Swim lesson 8am-9am		
7:00-9:30		Water Fitness		Water Fitness	Water Fitness		Water Fitness	Swim Lessons 10am-12pm	Open/Lap Swim ( 9am-1pm)
9:30-10:15									
10:15-10:30									
10:30-11:30									
11:30-12:30	Lap Swim Only ( 11:30am-1pm)	Lap Swim Only ( 11:30am-2pm)	Lap Swim Only ( 11:30am-2pm)	Lap Swim Only ( 11:30am-2pm)	Lap Swim Only ( 11:30am-2pm)	Open/Lap Swim ( 12pm-2pm)	**Tri Training and Rentals ONLY 1pm-2pm		
12:30-2:00	Closed for Cleaning 1pm-3pm	Closed for Cleaning 2pm-3pm	Closed for Cleaning 2pm-3pm	Closed for Cleaning 2pm-3pm	Closed for Cleaning 1pm-3pm	**Tri Training and Rentals ONLY 2pm-3pm			
2:00-3:00pm									
3:00-4:00	Swim Lessons 3pm-5:00pm	Open/ Lap Swim	Swim Lessons 3:30pm-5:00pm	Open/ Lap Swim	Open/ Lap Swim (& Tri Training 6pm-7pm in 2 lanes)				
4:00-5:00pm			Water Fitness 4:45pm-5:30pm						
5:00-7:30	Hurricanes swim team 5:30pm-7:30pm	Hurricanes swim team 5:00pm-7:30pm	Hurricanes swim team 5:30pm-8:00pm	Hurricanes swim team 5:00pm-7:30pm					
7:30-9:00	Open/ Lap	Open/ Lap	Open/ Lap	Open/ Lap					

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

\*\* Possible private swim lesson scheduled during open/ lap times.