



Effective 12/26/2023

YMCA of Kingston and Ulster County POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00	Lap Swim (5am-9:20m)	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 Programs (8am-10am)
9:00-9:30							
9:30-10:00	Water Fitness Classes 9:30-11:30am	Water Fitness Classes 9:30-11:30am		Water Fitness Classes 10:30-11:30am	Water Fitness Classes 9:30-11:30am	Water Fitness Classes 9:30-11:30am	Closed for Y Programs (10am-12pm)
10:30-11:30							
11:30-12:30	Lap Swim Only (11:30am - 2:00pm)	Lap Swim Only (11:30am - 2:00pm)	Lap Swim Only (11:30am - 2:00pm)	Lap Swim Only (11:30am - 2:00pm)	Lap Swim Only (11:30am - 1:30pm)	Open/Lap Swim (12-2pm)	
12:30-1:00							
1:00-2:00pm							Tri- Training 1pm-2pm
2:00-3:45	Pool closed for cleaning	Pool Closed	Pool Closed	Pool Closed	Pool closed for cleaning	Tri- Training 2pm-3pm	
	Closed for Y Programs (3:30pm-5:30pm)	Open/Lap Swim (3:00pm-5pm)	Closed for Y Programs (3:30pm-5:30pm)	Open/Lap Swim (3:00pm-5pm)	Open/Lap Swim (3:00pm-7:30pm)		
4:00-6:30	Hurricanes Swim Team Practice 5:30-7:30pm	Hurricanes Swim Team Practice 5:00-7:30pm	Hurricanes Swim Team Practice 5:30-8:00pm	Hurricanes Swim Team Practice 5:00-7:30pm	Tri- Training in lanes 2&3 6pm-7pm		
6:00-7:00	Open/Lap Swim (7:30pm-9pm)	Open/Lap Swim (7:30pm-9pm)		Open/Lap Swim (7:30pm-9pm)		Open/Lap Swim (7:30pm-9pm)	
7:00-9:00			Open/Lap Swim (8:00pm-9pm)				

** 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.*