KMCSC - Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters 0600-0700		Masters 0600-0700	RMC Swim Club 0600-0700			
	Reconditioning 0730-0830		Reconditioning 0730-0830			
RMC PE 1010-1130	RMC PE 1010-1130	RMC PE 1010-1130	RMC PE 1010-1130	RMC PE 1010-1130	Swim Lessons 0900-1145	
Noon Hour Swim 1130-1300 Military Members/MVP+/Defense Team	Noon Hour Swim 1130-1300 Military Members/MVP+/Defense Team	Noon Hour Swim 1130-1300 Military Members/MVP+/Defense Team	Noon Hour Swim 1130-1300 Military Members/MVP+/Defense Team	Noon Hour Swim 1130-1300 Military Members/MVP+/Defense Team		
Staff Training 1315-1415	Reconditioning 1300-1400	Staff Training 1315-1415	Reconditioning 1300-1400	Staff Training 1315-1415	Birthday Party 1300-1400	Birthday Party 1300-1400
RMC PE 1445-1620	RMC PE 1445-1620			RMC PE 1445-1620	Open and Lane Swim 1400-1600	Open and Lane Swim 1400-1600
RMC Swim Club 1700-1830	RMC IMs 1700-1900	RMC Swim Club 1700-1830	RMC IMs 1700-1900	Wibit Swim 1645-1845		
Swim Lessons 1700-1930		Swim Lessons 1700-1930				
Stroke Development 1830-1930		Stroke Development 1830-1930		Stroke Development 1900-2000 / Lane Swim 1900-2000		
Lane Swim 1930-2030 / JLC 1930-2030	Lane Swim 1930-2030 / Teen Fitness 1900-2030	Lane Swim 1930-2030	Lane Swim 1930-2030 / Teen Fitness 1900-2030			

14 September-6 December 2026

For more information visit: CMFWS.ca/Kingston