



KMCSC - Pool Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Military Testing 0730-0830						
Swim Lessons 0900-1200	Swim Lessons 0900-1200	Swim Lessons 0900-1200	Swim Lessons 0900-1200	Swim Lessons 0900-1200	Lane Swim 1000-1100	
	Noon Hour Swim 1200-1300 <small>Military Members/MVP+/Defense Team</small>		Noon Hour Swim 1200-1300 <small>Military Members/MVP+/Defense Team</small>		Open Swim 1100-1400	
	Reconditioning 1300-1400	CFB/RMC Dept PD 1300-1400	Reconditioning 1300-1400			
Camp Swim 1400-1530	Camp Swim 1400-1530	Camp Swim 1400-1530	Camp Swim 1400-1530	Camp Swim 1400-1530		
	Lane Swim 1600-1800	Lane Swim 1600-1800	Lane Swim 1600-1800	Wibit Open Swim 1600-1800		

15 June - 26 Aug 2026

For more information visit: CMFWS.ca/Kingston

Swim Lessons and Camp Swims begin on Mon 29 June