

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters Swim Club 0600 - 0715	RMC Swim Club 0600 - 0730	Masters Swim Club 0600 - 0715	RMC Swim Club 0600 - 0730	Masters Swim Club 0600 - 0715		
	Reconditioning 0730 - 0830	Military Lane Swim 0730-0830	Reconditioning 0730 - 0830	Military Lane Swim 0730-0830		
RMC PT 1000 - 1140	RMC PT 1000 - 1140	RMC PT 1000 - 1140	RMC PT 1000 - 1140	RMC PT 1000 - 1140	Swim Lessons 0900 - 1145	
Noon Hour Lane Swim 1200-1300	Noon Hour Lane Swim 1200-1300	Noon Hour Lane Swim 1200-1300	Noon Hour Lane Swim 1200-1300	Noon Hour Lane Swim 1200-1300		
<b>Military Members/MVP+ Members/ Defense Team</b> <b>Noon Hour Swim is open to Military Members, MVP+ Members &amp; DND Team Members. DND Team access requires a valid base gym ID.</b>						
CFB / RMC Dept PD 1300 - 1400	Reconditioning 1300 - 1400	CFB / RMC Dept PD 1300 - 1400	Reconditioning 1300 - 1400	CFB / RMC Dept PD 1300 - 1400	Pool Party 1300 - 1400	Pool Party 1300 - 1400
RMC PT 1430 - 1620	RMC PT 1430 - 1620	RMC PT 1430 - 1620	MVP Swim 1500 - 1630	RMC PT 1430 - 1620	Open Swim 1400 - 1630	Open Swim 1400 - 1630
RMC Swim Club 1700 - 1830	Swim Lessons and Courses 1630 - 1900	RMC Swim Club 1700 - 1830	Swim Lessons and Courses 1630 - 1900	RMC IMS 1700 - 1900	Swim Lessons 1700 - 1900	RMC Swim Club 1700 - 1900
Stroke Development 1830 - 2045	Scuba Club 1900 - 2200	Stroke Development 1830 - 2045	Scuba Club 1900 - 2200	Teen Fitness 1900 - 2030	Lane Swim 1900 - 2030	Stroke Development 1900 - 2000

September 3 - December 6 2024

For more information visit: [CMFWS.Com/Kingston](http://CMFWS.Com/Kingston)