

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters Swim Club 0600 - 0715		Masters Swim Club 0600 - 0715		Masters Swim Club 0600 - 0715		
	Reconditioning 0730 - 0830	Military Lane Swim 0730-0830		Military Lane Swim 0730-0830		
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		
Military Members/MVP+ Members/ Defense Team Noon Hour Swim is open to Military Members, MVP+ Members & DND Team Members. DND Team access requires a valid base gym ID.						
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
					Open Swim 1400 - 1630	Open Swim 1400 - 1630
Lane Swim 1630 - 1830	Lane Swim 1630 - 1830	Lane Swim 1630 - 1830	Lane Swim 1630 - 1830			

Dec 7 2024 - Jan 5 2025

For more information visit: CMFWS.Com/Kingston

NO LANE SWIM/NOON HOUR LANE SWIM/OPEN SWIM DEC 25 - JAN 2