

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Facility Hours Temporarily Adjusted</b> <b>Mon - Fri: 0700 - 2200</b> <b>Sat - Sun: 1000 - 1600</b>						
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 Swim 1200-1300	Noon Hour Swim 1200-1300	Noon Hour Swim 1200-1300			
Military Members/MVP+ Members/ Defense Team						
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 - 1530	Open Swim 1400 - 1530
RMC Swim Club 1700 - 1830	Swim Lessons 1630 - 1900	RMC Swim Club 1700 - 1830	Swim Lessons 1630 - 1900	Swim Lessons 1700 - 1900	RMC Swim Club 1700 - 1900	
Stroke Development 1830 - 2030	Scuba Club 1900 - 2200	Stroke Development 1830 - 2030	Scuba Club 1900 - 2200	Stroke Development 1900 - 2000		
	Teen Fitness 1900 - 2030	Lane Swim 1700 - 2030	Teen Fitness 1900 - 2030	Lane Swim 1700 - 2030		

April 8 - June 30

\*Programs Pending. Please contact program point of contact for more information

More information at: [CFMWS.ca/Kingston](http://CFMWS.ca/Kingston)