Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Masters Swim Club* 0600 - 0715		Masters Swim Club* 0600 - 0715		
Reconditioning* 0730 - 0830	Miltary Training 0730-0830	Reconditioning* 0730 - 0830	Miltary Training 0730-0830		
Noon Hour Lane Swim	Noon Hour Lane Swim	Noon Hour Lane Swim	Noon Hour Lane Swim		
1200-1300	1200-1300	1200-1300	1200-1300		
Reconditioning 1300 - 1400	Fitness Dept / RMC Dept PD 1300 - 1400	Reconditioning 1300 - 1400	Fitness Dept / RMC Dept PD 1300 - 1400	Pool Party 1300 - 1400	Pool Party 1300 - 1400
		MVP Swim* 1500 - 1630		Open Swim 1400 - 1630	Open Swim 1400 - 1630
Lane Swim 1700 - 2030	Lane Swim 1700 - 2030	Lane Swim 1700 - 2030			
	Reconditioning* 0730 - 0830 Noon Hour Lane Swim 1200-1300 ilitary Members, MVP+ Member Reconditioning 1300 - 1400	Reconditioning* Masters Swim Club* 0730 - 0830 Miltary Training 0730 - 0830 0730-0830 Noon Hour Lane Swim 0730-0830 1200-1300 1200-1300 Ilitary Members, MVP+ Members & DND Defence Team. DND D Reconditioning Fitness Dept / RMC Dept PD 1300 - 1400 1300 - 1400	Masters Swim Club* 0600 - 0715 Miltary Training 0730 - 0830 Reconditioning* 0730 - 0830 Noon Hour Lane Swim 1200-1300 Miltary Training 0730 - 0830 Reconditioning* 0730 - 0830 Noon Hour Lane Swim 1200-1300 Noon Hour Lane Swim 1200-1300 Noon Hour Lane Swim 1200-1300 Litary Members, MVP+ Members & DND Defence Team. DND Defence Team access requires a Reconditioning 1300 - 1400 Fitness Dept / RMC Dept PD 1300 - 1400 Reconditioning 1300 - 1400 MVP Swim* 1500 - 1630 MVP Swim* 1500 - 1630	Masters Swim Club* 0600 - 0715 Masters Swim Club* 0600 - 0715 Reconditioning* 0730 - 0830 Miltary Training 0730 - 0830 Miltary Training 0730 - 0830 Noon Hour Lane Swim 1200-1300 Noon Hour Lane Swim 1200-1300 Noon Hour Lane Swim 1200-1300 Itary Members, MVP+ Members & DND Defence Team No Defence Team access requires a valid base gym membership. Reconditioning Fitness Dept / RMC Dept PD 1300 - 1400 Fitness Dept / RMC Dept PD 1300 - 1400 MVP Swim* 1500 - 1630 MVP Swim* 1500 - 1630	Masters Swim Club* 0600 - 0715 Masters Swim Club* 0600 - 0715 Reconditioning* 0730 - 0830 Miltary Training 0730 - 0830 Miltary Training 0730 - 0830 Noon Hour Lane Swim 1200-1300 Noon Hour Lane Swim 1200-1300 Moon Hour Lane Swim 1200-1300 Itary Members, MVP+ Members & DND Defence Team. DND Defence Team access requires a valid base gym membership. Reconditioning Fitness Dept / RMC Dept PD 1300 - 1400 Fitness Dept / RMC Dept PD 1300 - 1400 Pool Party 1300 - 1400 MVP Swim* 1500 - 1630 MVP Swim* 1400 - 1630 Open Swim 1400 - 1630

June 11 - June 30

*Please contact program point of contact for confirmation of program

For more information visit: CFMWS.ca/Kingston