

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters Swim Club* 0600 - 0715		Masters Swim Club* 0600 - 0715		Masters Swim Club* 0600 - 0715		
Military Training 0730-0830	Reconditioning* 0730 - 0830	Military Training 0730-0830	Reconditioning* 0730 - 0830	Military Training 0730-0830		
					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		
Noon Hour Swim is open to Military Members, MVP+ Members & DND Defence Team. DND Defence Team access requires a valid base gym membership.						
Fitness Dept / RMC Dept PD 1300 - 1400	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
Stroke Development 1830 - 2030		Stroke Development 1830 - 2030				
Swim Lessons 1700 - 1900		Swim Lessons 1700 - 1900				
Scuba Club 1900 - 2200		Scuba Club 1900 - 2200				
	Teen Fitness 1900 - 2030		Teen Fitness 1900 - 2030			
	Lane Swim 1700 - 2030		Lane Swim 1700 - 2030			
				Swim Lessons 1700 - 1900		
				Stroke Development 1830 - 2030		

May 21 - June 30

\*Please contact program point of contact for confirmation of program

For more information visit: [CFMWS.ca/Kingston](http://CFMWS.ca/Kingston)