

# Kinsmen Pool

**Open 6 days a week!**

**613-735-6821 x 1506**

**pool@pembroke.ca**

**Effective September 5th, 2023**

## Lane Swim

**Monday - Friday 6 - 7:30 a.m.**

**Monday - Friday 11:30 - 1 p.m.**

**Monday - Thursday 8-9 p.m.**

**Saturday 9-10 a.m.**

## Senior Swim

**Wednesday**

**9:00 - 10:00 a.m.**

## Drop-In Fee

**Adult - \$4.75**

**Senior (60+)/Student - \$4.00**

**Child (4-13 years) - \$2.50**

**3 and under - FREE**

## Public Swim

**Monday 6-7 p.m.**

**Wednesday 2-3 p.m.**

**6-7 p.m.**

**Friday 10- 11 a.m.**

**6 - 7 p.m.**

**7-8 p.m.**

**Saturday 2-3 p.m.**

**3-4 p.m.**

## Parent & Tot Swim\*

**Monday**

**Wednesday 12- 1 p.m.**

**Friday**

**\*Small Pool Only**

**Friday**

**10-11 a.m.**

**Stay up to  
date on  
everything  
going on!**



[pembroke.ca](http://pembroke.ca)



**The City of Pembroke**



**@cityofpembroke**



**@CityPembroke**



# Become a Lifeguard!

## Courses required:

- Bronze Medallion
- Bronze Cross
- Standard First Aid - CPR C
- National Lifeguard
- Swim for Life/Lifesaving Instructor

*Get on our call list to be the first to know about upcoming courses!*



## Lesson Registration Dates

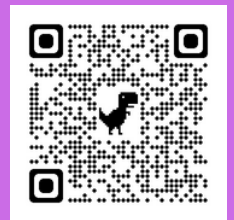
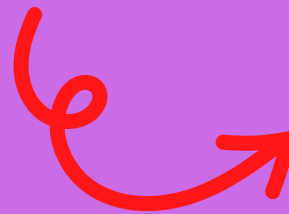
August 28- September 16

November 6 - 17



Already a certified lifeguard/swim instructor?

Apply for a job with us!



Set up your booking system profile so you are ready for our online registration launch this fall!

