

Kinsmen Pool Schedule

Effective May 26/25

*Shared use of pool

|  Pembroke the heart of the ottawa valley | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|------------------------------|------------------|
| Lane Swim | 6-7:30 am 11:30 am - 1 pm 8-9 pm | 6-7:30 am 9-10 am* 11:30 am - 1 pm 8-9 pm | 6-7:30 am 11:30 am - 1 pm 8-9 pm | 6-7:30 am 9-10 am* 11:30 am - 1 pm 8-9 pm | 6-7:30 am 11:30 am - 1 pm | 9-10 am |
| Open Swim | 6-7 pm | | 6-7 pm | | 10-11 am 6-7 pm 7-8 pm | 2-3 pm 3-4 pm |
| Ladies Red Cross \$6.97+ HST | 9-10 am | | | | 9-10 am | |
| Seniors Swim | | | 9-10 am | | | |
| Aquabics \$9.29 + HST | | 1-2 p.m. | | 1-2 p.m. | | |
| Parent & Preschool Swim | 12-1 pm* | 9-10 am* | 12-1 pm* | 9-10 am* | 12-1 pm* | |

Drop-In Fee

Adult - \$5.00

Child (4-13 years) - \$2.65

Senior (60+)/Student - \$4.20

3 and under - FREE