

Kinsmen Pool

Programs and Hours

613-735-6821 ext. 1506

Lane Swim

Monday - Friday 6 - 7:30 a.m.
Monday - Friday 11 - 1 p.m.
Monday - Thursday 8-9 p.m.
Saturday 9-10 a.m.

Senior Swim

Wednesday
1:00 - 2:00 p.m.

Ladies Red Cross

Monday & Friday
9-10 a.m.

Aquabics

Tuesday & Thursday
1:00-2:00

Public Swim

Monday 6-7 p.m.
Tuesday 10 - 11 a.m.
Wednesday 6-7 p.m.
Friday 6 - 7 p.m.
7-8 p.m.
Saturday 2-3 p.m.
3-4 p.m.

Parent & Tot Swim*

Monday
Wednesday 11 a.m.- 12 p.m.
Friday

*Small Pool Only

Tuesday 10-11 a.m.

