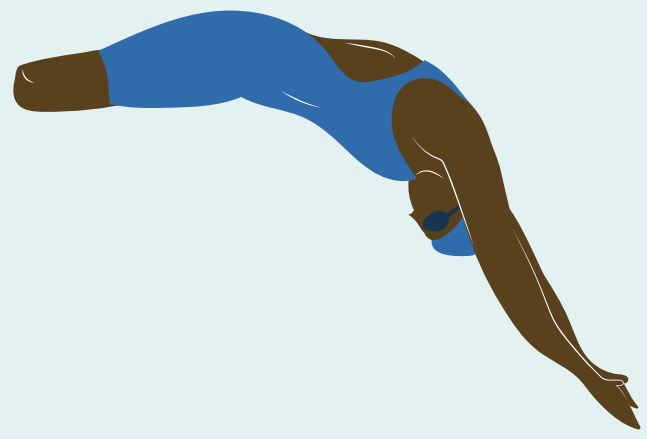


Kinsmen Pool Programs & Hours

Phone: 613-735-6821 ext. 1506

Hours of Operation:

Monday - Thursday 9:30-2:30, 5:30-9:00



Lane Swim (40 mins.)

Monday - Thursday 6:00 - 7:30 a.m.
Monday - Thursday 11:00 - 1:00 p.m.
Monday - Thursday 6:00 - 6:40 p.m., 7:00 - 7:40 p.m.
Monday - Thursday 8:00-9:00 p.m.



Family Swim (40 mins)

Tuesdays Only 10:00 - 10:40 a.m.
Monday - Thursday 6:00 - 6:40 p.m.
Monday - Thursday 7:00 - 7:40 p.m.

Senior Swim

Wednesday Only 1:30 - 2:30 p.m.



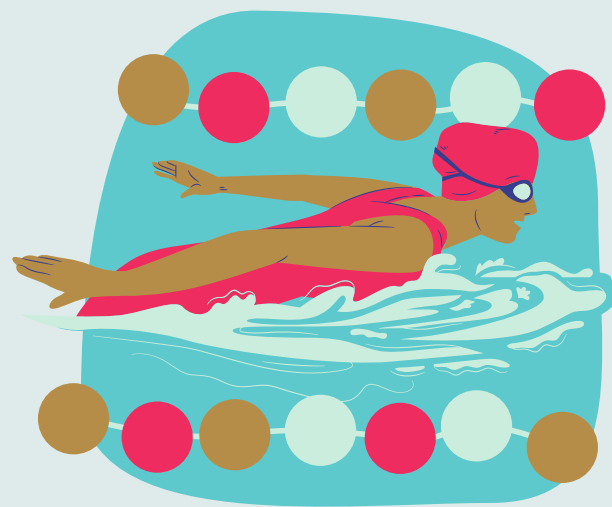
Parent & Me Fitness

Thursday Only 9:30-10:10



Ladies Red Cross

Monday & Wednesday
9:30-10:30 a.m.



Aquabics

Tuesday & Thursday
1:30-2:30



Fees for Public Swims

Adults \$4.50/per swim
Youth (15-17) & Seniors (60+) \$3.75/per swim
Family \$13.50/per swim

Program Fees

	Per swim	Membership	Non-Res Fee
Aquabics	\$9	\$70	\$125
Ladies Red Cross	\$7	\$55	\$98
Parent & Me Fitness (6 classes)	-	\$40	\$71

YOU MUST REGISTER FOR ALL PROGRAMS AND SWIM TIMES.

Reservations for lane swims and family swims can be made on Wednesday & Thursday from 9:30-2:30 for slots for the following week (max 3 slots per week).