

Kinsmen Pool Schedule

Effective August 31/26

*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 \$7.69+ HST	9-10 am				9-10 am	
Seniors Swim			9-10 am			
Aquabics \$10.24+ 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 - \$5.50

Child (4-13 years) - \$2.95

Senior (60+)/Student - \$4.60

3 and under - FREE