

**Grade 10
Community Physical
Activity Pass**

Artillery Park Pool (613-546-4291 x 1700)
76 Ordnance Street
Leisure Swim
Saturday, Sunday 2:00 – 4:00 p.m.
Family Swim
Tuesday, Thursday 7:35 – 9:00 p.m.
Wednesday 6:00 – 7:30 p.m.
Friday 8:05 – 9:00 p.m.

W.J. Henderson Recreation Centre Pool
(613-389-3648)
322 Amherst Drive
Public Swimming
Monday to Friday 12:00 – 1:00 p.m.
Monday & Wednesday 4:00 – 5:00 p.m.
Tuesday & Thursday 7:00 – 8:00 p.m.
Sunday 6:00 – 7:00 p.m.
Friday 7:00 – 8:00 p.m.
Saturday & Sunday 2:00 – 4:00 p.m.

Greater Napanee Indoor Pool
(613-354-7964)
113 Richmond Blvd.
Public Swimming
Monday 5:30 – 7:30 p.m.
Wednesday 5:00 – 6:00 p.m.
Friday 5:30 – 7:30 p.m.
Saturday 1:00 – 2:00 p.m.
FREE Teen Aquafit Classes,
Wednesday 4:00 p.m. – 5:00 p.m.

**Kingston Family YMCA
Beechgrove Pool** (613-546-2647)
Rec Swim
Saturday 1:30 – 3:00 p.m.
Sunday 1:30 – 3:00 p.m.

**Open Gym Time
Kingston Family YMCA**
Schedule available at
www.kingston.ymca.ca



Skating schedule

Centre 70 Arena (613-389-5815)

Friday 7:00 – 8:45 p.m.

Sunday 1:00 – 2:45 p.m.

Tues./Wed./Thurs. 4:00 – 4:50 p.m.

Constantine Arena (613-541-5010)

Saturday and Sunday

11:45 a.m. – 12:45 p.m.

Memorial Centre (613-546-3183)

Tuesday 7:00 – 7:50 p.m.

Wally Elmer Arena (613-542-3817)

Monday, Wednesday, Friday

4:00 – 4:50 p.m.

W.J. Henderson Recreation Centre

(613-389-3648)

Wednesday 4:00 – 4:50 p.m.

Sunday 1:00 – 3:00 p.m.

North Frontenac Community Centre

(Piccadilly – 613-374-2177)

Sunday (call to confirm - subject to change)

1:00 – 2:30 p.m.

Stone Mills Recreation Centre

(Tamworth – 613-379-2349)

Sunday 12:00 noon – 1:00 p.m.

Strathcona Paper Centre, Cintas Rink

(613-354-4423)

Skate Rental available for \$2.00

Saturdays 1:30 – 2:30 p.m.

Sundays 12:00 noon – 1:30 p.m.

ADDITIONAL PA DAY SKATES

(Sept. 21, Oct. 29, Nov. 23, Feb. 1)

Contact facility for posted schedule.

Watch for Holiday Skate times!

Lost your pass? Request forms for a replacement pass are available in your school office. For more information call:

613-549-1232 ext. 201.

Please note: schedules are subject to change.

Pass valid until August 31, 2008.