

**Grade 5  
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.

**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](http://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.