

2016/2017
Grade 5 and 9

ACTIVPASS

Grade 5 and 9 Swim and Open Gym Times

Artillery Park Aquatic Centre

(613-546-4291, ext. 1700)
382 Bagot Street
www.cityofkingston.ca/facilities

Leisure Swim

Saturday and Sunday
2:00 to 3:55 p.m.
Monday to Wednesday, Friday 3:30 to 4:55 p.m.
Thursday 3:30 to 6:55 p.m. and 7:00 to 8:25 p.m.

Family Swim

Monday, Tuesday, Wednesday 7:30 to 9:25 p.m.
Saturday and Sunday 11:30 a.m. to 1:25 p.m.

Open Gym Time

Monday to Friday 3:00 to 5:00 p.m.
Sunday 4:00 to 6:00 p.m.

Friday Youth Night. Grade 9 only

Gym & Swim: 8:00 to 9:30 p.m.
(Gym final Friday of every month only)

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W.J. Henderson Recreation Centre Pool

(613-389-3648)
322 Amherst Drive
www.loyalist.ca

Public Swimming

(Schedule valid until June 30, 2017)
Monday to Friday
12:00 to 1:00 p.m.
Tuesday to Friday
7:00 to 8:00 p.m.
Saturday & Sunday
2:00 to 4:00 p.m.

YMCA of Kingston

Main Branch (613-546-2647)
100 Wright Cres.
Y West (613-634-7008)
745 Progress Ave.
www.kingston.ymca.ca

Open Gym Time: Wright Cres. Only

(Schedule available on the website)

Swimming

Edward Ratcliffe Aquatic Centre
(100 Wright Cres.)
YMCA West Swimming Pool
(745 Progress Ave.)
(Schedule available on the website)

The Fitness Centre: Grade 9 only

Orientation is required on how to use the equipment safely. Please book a session with a personal trainer, in person or by phone at either location.

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INVISTA Fitness & Wellness Centre

(613-546-4291, ext. 1891)
1350 Gardiners Road
www.cityofkingston.ca/facilities

Gym Time: Grade 9 only

Tuesday to Friday
3:00 p.m. to close
Saturday 7:00 a.m. to close
Sunday 8:00 a.m. to close
PA Days and School Breaks
9:00 a.m. to 4:00 p.m.
(Orientation required)

Boys and Girls Club

613-507-3306, ext. 109
West End Location 1300 Bath Road
www.bgckingston.ca

Free youth programs and sports leagues,
ages 13 to 18 years.

All ages access to Fall free swims.
(Details available on the website)

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PLAYTRIUM

(613-389-5553)
541 Days Rd. Kingston
www.playtrium.ca

Grade 5 only

Applies to General Admission Only

Hours of operation

Monday to Thursday 10:00 a.m. to 6:00 p.m.
Friday to Saturday 10:00 a.m. to 8:00 p.m.
Sunday 10:00 a.m. to 5:00 p.m.
(Complete schedule available on the website)

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Queens Athletics & Recreation Centre (ARC)

(613-533-2500)
284 Earl St.
www.gogaelsgo.com

Recreational Swim

Monday to Sunday 11:30 a.m. to 1:30 p.m.
Monday to Friday 4:00 p.m. to 7:00 p.m.
Saturday and Sunday 4:00 p.m. to 6:00 p.m.

Open Gym Time

Schedule available
www.gogaelsgo.com/casualrec

Pass valid until August 31, 2017

Grade 5 and 9 Skate Times

Centre 70 Arena

(613-546-4291, ext. 1800)
www.cityofkingston.ca/facilities

Tuesday and Thursday
4:00 to 4:50 p.m.
Friday 7:00 to 8:45 p.m.
(Schedule in effect September to March)

INVISTA Centre

(613-546-4291, ext. 1800)
www.cityofkingston.ca/facilities

Saturday 2:00 to 3:45 p.m.
Monday 6:30 to 7:20 p.m.

Memorial Centre

(613-546-4291, ext. 1800)
www.cityofkingston.ca/facilities

Sunday 12:00 to 1:45 p.m.
Wednesday 5:00 to 5:50 p.m.

Constantine Arena

(613-541-5010, ext. 8752)

Saturday and Sunday
11:45 a.m. to 12:45 p.m.
(Call to confirm, subject to change.)

Lost your pass?

Request forms for a replacement pass are available in your school office or ask for a replacement card at one of the Recreation Centres. For more information call Supporting Healthy Schools at 613-549-1232 or 1-800-267-7875, ext. 1102

W.J. Henderson Recreation Centre

(613-389-3648) (Schedule valid until March 31, 2017)
www.loyalist.ca

Wednesday 4:00 to 4:50 p.m.
Sunday 1:00 to 2:50 p.m.

Frontenac Community Arena

(4299, Arena Bounday Road, Godfrey, 613-374-2177)
Frontenac.arena@bellnet.ca
www.frontenacarena.com

Sunday 1:00 to 2:20 p.m.
*Free bottle of water for those that show ActivPass

Stone Mills Recreation Centre

(Tamworth, 613-379-2349)
www.stonemills.com

Sunday 12:00 to 1:00 p.m.

Strathcona Paper Centre Home Hardware Rink

(613-354-4423)
www.greaternapanee.com

Skate and Helmet Rental available for \$2.50
Saturday 2:30 to 3:30 p.m.
Sundays 12:00 to 1:00 p.m.
(Please check the website for exclusion dates)

Additional P.A. Day Skates

Contact facility for posted schedule. Watch for Holiday Skate times!
Please note: schedules are subject to change.

Supported by:

