



Laurier Brantford YMCA - Schedule at a Glance

April 7, 2025 to June 29, 2025

MONDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00am-4:15pm							
6:30 AM								
7:00 AM					CardioFit- Studio B 8:15am-9:00am	Lane Swim 6:00am-9:00am		
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM					Balance + Studio B 10:15am-11:00am	Aquafit 9:15-10:00	Open Swim 9:00am-11:45am	
9:30 AM			Drop In Pickleball 9:15am-11:45am		Yoga- Studio A 10:30-11:30			
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C 12:15pm-1:00pm	Lane Swim 10:15am-3:30pm	Splasher Bubblers 12:00pm- 12:30pm		
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM		Drop In Badminton 1:00pm- 4:45pm				Open Swim 12:45pm-3:30pm		
3:00 PM								
3:30 PM								
4:00 PM				Dance- 6-12yrs- Studio B 4:30pm-5:15pm				
4:30 PM	Basketball Level 1- 3-5yrs 4:30pm-5:15pm			Dance 3-5yrs- Studio B 5:30pm-6:15pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
5:00 PM								
5:30 PM	Basketball Level 1- 6-12yrs 5:30pm-6:30pm	Drop In Volleyball 5:00-7:30		Strength & Conditioning Studio A- 5:45-6:30				
6:00 PM								
6:30 PM	Basketball Level 2- 6-12yrs 6:45pm-7:45pm			VIPR- Studio B 6:45pm-7:30pm				
7:00 PM								
7:30 PM				Yoga- Studio A 6:45-7:45				
8:00 PM								
8:30 PM	Drop In Basketball 8:00pm-9:45	Rental 7:45-9:00						
9:00 PM						Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm	
9:30 PM								
10:00 PM								

Monday April 21, 2025- Building Closed for Staff Recharge your Spark Day

TUESDAY									
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
5:30 AM									
6:00 AM	Open Gym 5:30pm -10:45am								
6:30 AM									
7:00 AM			Drop In Basketball 7:00am-8:45am			Lane Swim 6:00am-9:00am			
7:30 AM									
8:00 AM					Musclefit- Studio B 8:15am-9:00am				
8:30 AM									
9:00 AM					Deep Stretch Yoga - Studio A 9:15-10:15	Hydrotherapy 9:15am-10:00am	Open Swim 9:00-11:45		
9:30 AM			Drop InPickleball 9:00am-11:45am		Yoga- Studio A 10:30-11:30				
10:00 AM									
10:30 AM									
11:00 AM	Drop in Volleyball 11:00am-1:00pm								
11:30 AM									
12:00 PM		Closed for Cleaning 12:00-1:00							
12:30 PM						Splasher Bubblers 12:00-12:30			
1:00 PM									
1:30 PM		Rental 1:00pm-3:00pm		Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:30pm	Open Swim 12:45-3:30			
2:00 PM	Open Gym 1:15pm-3:45pm								
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM	Yes+ Program 4:00-5:00	Drop In Pickleball 4:00-8:00pm		Zumba- Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30			
5:00 PM									
5:30 PM									
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm			Brain Builders- 3-5yrs 6:00-6:45			Yoga- Studio A 6:15-7:00		
6:30 PM									
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm			Back to Living Well- Studio B & Fitness Floor / Mtg Room 6:00pm-7:30pm					
7:30 PM									
8:00 PM									
8:30 PM	Open Gym 8:00pm-9:45pm	Drop In Basketball 8:15-9:45							
9:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
9:30 PM									
10:00 PM									

WEDNESDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00am-4:15pm				Lane Swim 6:00-9:00			
6:30 AM								
7:00 AM			Drop In Basketball 7:00am-8:45am					
7:30 AM								
8:00 AM					HIIT- Studio B 8:15am-9:00am			
8:30 AM								
9:00 AM			Drop In Pickleball 9:00am-11:45pm		Pilates-Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-3:30	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM		Closed for Cleaning 12:00pm-1:00pm		Cyclefit - Studio C 12:15pm-1:00pm	Lane Swim 10:15-3:30			
1:00 PM				Core Express- Studio B 12:30-1:00				
1:30 PM		Drop In Basketball 1:15-3:45						
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM		Laurier International - Gym A 4:00pm-6:00pm				Swim Lessons 4:00-7:30		
4:00 PM								
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm			Cardio Kickbox- Studio B 5:15pm-6:00pm	Swim Lessons 4:00-7:30		Swim Lessons 4:00-7:30	
5:00 PM				Core Express- Studio B 6:00pm-6:30pm				
5:30 PM	Soccer Level 1- 6-12yrs 5:30pm- 6:30pm	Drop In Badminton- Gym B 4:00-8:00						
6:00 PM								
6:30 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm							
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Open Volleyball 8:00-9:45				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
9:00 PM								
9:30 PM								
10:00 PM								

THURSDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
5:30 AM									
6:00 AM	Open Gym 6:00-11:45am				Lane Swim 6:00-9:00				
6:30 AM									
7:00 AM			Drop In Basketball 7:00am-8:45am						
7:30 AM									
8:00 AM									
8:30 AM					Core & Conditioning- Studio B 8:15am-9:00am	Hydrotherapy 9:15am- 10:00am	Open Swim 9:00am- 3:30pm		
9:00 AM			Drop In Pickleball 9:00-11:30						
9:30 AM									
10:00 AM						Yoga- Studio A 11:30am-12:30pm			
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM		Closed for Cleaning 12:00-1:00			Lane Swim 10:15am-3:30pm				
12:30 PM	Central School Program 12:00-2:00			Healthy Hearts- Studio B 12:30-2:00					
1:00 PM									
1:30 PM		Rental 1:00pm-3:00pm							
2:00 PM	Open Gym 2:15-3:45				Core Express- Studio A 12:15-1:00				
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Youth Fusion- 4:00-5:00	Drop In Pickleball 4:30pm-8:00pm				Swim Lessons 4:00-7:30			
4:30 PM								Swim Lessons 4:00-7:30	
5:00 PM					Circuit- Studio B 5:15-6:00				
5:30 PM	Basketball Level 3- 6-12yrs 5:30-6:30				Yoga Fundamentals - Studio A 6:30-7:15pm				
6:00 PM					Back to Living Well- Fitness Floor/ Studio B/ Mtg Room 6:00-7:00				
6:30 PM									
7:00 PM									
7:30 PM	Open Gym 6:45pm-9:45pm								
8:00 PM									
8:30 PM						Lane Swim/ Open Swim 7:45-9:30	Lane Swim/ Open Swim 7:45-9:00		
9:00 PM									
9:30 PM									
10:00 PM									

FRIDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM	Open Gym 6:00-10:00				Lane Swim 6:00-9:00		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM				Pilates- Studio B 9:30-10:15	Aquafit 9:15-10:00	Open Swim 9:00am-8:30pm	
9:30 AM		Drop In Pickleball 9:00-11:30					
10:00 AM							
10:30 AM	Walkfit 10:15-11:15				Lane Swim 10:15am-12:30pm		
11:00 AM							
11:30 AM	Open Gym 11:30-5:45						
12:00 PM			Closed for Cleaning 12:00pm-1:00pm				
12:30 PM							
1:00 PM			Drop In Volleyball 1:15pm-4:15pm				Lane Swim/ Open Swim 12:30pm-8:00pm
1:30 PM							
2:00 PM					Open Swim 9:00am-8:30pm		
2:30 PM		Drop In Badminton - Gym A 4:30-8:45					
3:00 PM							
3:30 PM							
4:00 PM				Adult- Learn to Swim 4:00-4:45			
4:30 PM				H2O Beginner- 4:45-5:30			
5:00 PM				H2O Intermediate- 5:30-6:15			
5:30 PM				Adult- Learn to Swim 6:30-7:15			
6:00 PM				Adult Intermediate/Advanced 7:15-8:00			
6:30 PM	Youth Leadership Development - 10-18yrs 6:00-8:00	Youth Night - Gym B- 6-12yrs 6:00-8:00pm	Youth Leadership Development 6:00-8:00		Open Swim/ Lane Swim 8:00pm-8:30pm		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:15-8:45						
9:00 PM							

SATURDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
8:00 AM					Lane Swim 8:00-8:45		
8:30 AM							
9:00 AM	Family Open Gym 9:00am-9:45am	Drop In Pickleball 9:00-11:30		Strength & Conditioning- Studio B- 9:00-9:45	Swim Lessons 8:45-1:00	Swim Lessons 8:45-1:00	
9:30 AM							
10:00 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am			Yoga- Studio A 10:00am-11:00am			
10:30 AM							
11:00 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am		Artventures- 3-5yrs 11:00-11:45				
11:30 AM	Karate- Advanced- 6-12yrs 12:00-12:45pm	Family Pickleball 11:30-12:30					
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Birthday Parties 1:00-3:00	Drop In Badminton- Gym A 1:00-3:30pm Drop In Basketball- Gym B 1:00-3:30pm	Birthday Parties 1:00-3:00				
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15-7:45				Lane Swim/ Open Swim 1:15-7:30	Open Swim 1:15-7:00	
3:30 PM							
4:00 PM			Open Soccer 3:45pm-5:45pm				
4:30 PM							
5:00 PM							
5:30 PM		Drop In Basketball 6:00-7:45pm					
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

School Visits- Spring 2025

The pool will remain open during these times but will be busier than normal.

April 25, 29, 30- 12:00pm-1:15pm

May 28, 29, 30- 12:00-1:15pm

June 17, 20, 23- 12:00-1:15pm

- Registered Programs
- Open Gym/ Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop In Recreational Sports



SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00-8:45	
8:30 AM	Open Gym 8:00-10:00					
9:00 AM						
9:30 AM		Drop In Pickleball 9:00-11:30		Cyclefit- Studio A 9:00-9:45	Aquafit 9:15am-10:00am	Open Swim 9:00am-4:00pm
10:00 AM	Family Open Gym 10:00-12:00					
10:30 AM						
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM	Open Gym 12:00-1:00					
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:15am-5:30pm	
1:30 PM						
2:00 PM						
2:30 PM		Drop In Volleyball 1:00-5:30				
3:00 PM						
3:30 PM	Open Gym 3:15-5:45					
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

Registered Programs
 Open Gym/ Open Swim
 Drop In Recreational Sports
 Drop In Group Fitness
 Registered Aquatic Leadership Programs

FACILITY HOURS

Mon-Thurs: 5:30 am - 10:00pm

Fri: 5:30 am - 9:00pm

Sat: 8:00 am - 8:00 pm

Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons Whirlpool closed second Tuesday of each month for cleaning.
Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA (effective April 7, 2025)

Children ages 5 years and under:

An adult parent or guardian (16 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children, or 1 adult to 4 children if all children are in lifejackets.

Children ages 6 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

Youth under 10 years, unable to pass the swim test:

If not able to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 yrs) in the water within arms reach at all times. Ratio 3 children: 1 adult; or 1 adult: 6 children with lifejackets

Ages 10-15yrs

must pass a swim test to access deep water. If the test is not passed, must stay within shallow water

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim one (1) length of continuous front crawl from shallow to deep end in the Lap pool, then tread water for 30 seconds

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.