

Shine On LAURIER Lives Laurier Brantford YMCA - Schedule at a Glance January 6, 2025 to April 6, 2025

			MONDAY			
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM				CardioFit-Studio A	Lane Swim	
7:30 AM		Women's Varsity Captains Practice		8:15am-9:00am	6:00am-9:00am	
8:00 AM		7:30am-9:00am		KAOS (LSO)- Studio B		
8:30 AM				8:45am-9:45am		
9:00 AM				Balance + Studio B	Aquafit	
9:30 AM				10:15am-11:00am	9:15-10:00	
10:00 AM		Drop In Pickleball		Yoga- Studio A	5.15 10.00	Open Swim
10:30 AM	On an Cran	9:15am-11:45am		10:30-11:30		9:00am-11:45am
11:00 AM	Open Gym 6:00am-4:15pm			KAOS (LSO)- Studio B	-	
11:30 AM	0.00011 4.15011			11:45am-12:45pm		
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C		Splasher Bubblers 12:00pm-
12:30 PM		closed for clearning 12.00 1.00		12:15pm-1:00pm	Lane Swim	12:30pm
1:00 PM				KAOS (LSO) - Studio A	10:15am-3:30pm	
1:30 PM				12:45pm-1:45pm	Ор	
2:00 PM						Open Swim
2:30 PM		Drop In Badminton		KAOS (LSO)- Studio B		12:45pm-3:30pm
3:00 PM		1:00pm-4:45pm		2:30pm-3:30pm		
3:30 PM				Dance- 6-12yrs- Studio B		
4:00 PM				4:30pm-5:15pm		
4:30 PM	Basketball Level 1-3-5yrs			Dance 3-5yrs- Studio B	Swim Lessons	
5:00 PM	4:30-pm-5:15pm			5:30pm-6:15pm		
5:30 PM	Basketball Level 1-6-12yrs	Cricket Club (LSO)-		Strength & Conditioning		Swim Lessons
6:00 PM	5:30pm-6:30pm	5:00pm-7:00pm		Studio A- 5:45-6:30	4:00pm-7:30pm	4:00pm-7:30pm
6:30 PM	Basketball Level 2-6-12yrs			ViPR- Studio B		
7:00 PM	6:45pm-7:45pm			6:45pm-7:30pm		
7:30 PM		Women's Flag Football (LSO) -		Yoga- Studio A	Lane Swim/ Open Swim	
8:00 PM		Double Gym - 7:30pm-9:00pm		6:45-7:45		Open Swim
8:30 PM		Drop In Basketball Men's Extramural Basketball				7:45pm-9:00pm
9:00 PM					7:45pm-9:30pm	
9:30 PM	8:00pm-10:45	(LSO)				
10:00 PM		Double Gym- B- 9:15pm- 10:45pm				
10:30 PM		10.45pm				
11:00 PM						

			TUESDAY				
	SINGLE GYM	DOUBLE GYM	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL	
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM					Lane Swim		
7:30 AM	Open Gym		Drop In Basketball			6:00am-9:00am	
8:00 AM	5:30pm - 10:45am	5:30pm - 10:45am 7:00am - 8:45am		Musclefit-Studio B			
8:30 AM				8:15am-9:00am			
9:00 AM					Hydrotherapy		
9:30 AM					9:15am-10:00am		
10:00 AM		Drop InPickleball				Open Swim	
10:30 AM		9:00am-11:45am				9:00-11:45	
11:00 AM	-						
11:30 AM	Drop in Volleyball				Lane Swim		
12:00 PM	11:00am-1:00pm	Closed for Cleaning 12:00-1:00				Splasher Bubblers	
12:30 PM	· · · · · · · · · · · · · · · · · · ·	closed for cleaning 12.00 1.00		Healthy Hearts- Studio B		12:00-12:30	
1:00 PM				12:30-2:00	10:15am-3:30pm Open Swim 12:45-3:30		
1:30 PM		Rental					
2:00 PM	Open Gym	1:00pm-3:00pm					
2:30 PM	1:15pm-3:45pm					12:45-3:30	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Yes+ Program 4:00-5:00			Z subs Crouts A			
5:00 PM	4:00-5:00	Drop In Pickleball 4:00-7:00pm		Zumba-Studio A 5:15-6:00		Swim Lessons	
5:30 PM	Karate Fundamentals 6-12yrs	4.00-7.00pm	Durin Dutidana - 2 France			4:00-7:30	
6:00 PM 6:30 PM	6:00pm-6:45pm		Brain Builders- 3-5yrs 6:00-6:45	Yoga- Studio A 6:15-7:00			
7:00 PM			0.00 0.45	Back to Living Well- Studio B &			
7:00 PIVI	Karate Fundamentals 6-12yrs			Fitness Floor / Mtg Room	Lane Swim/ Open Swim 7:45-9:30		
7:30 PM	7:00pm-7:45pm	Volleyball Extramurals-LSO		6:00pm-7:30pm			
8:00 PM		Double Gym A- 7:15pm-8:45pm				Open Swim	
8:30 PM						7:45-9:00	
9:00 PM				KAOS (LSO)- Studio B			
9:30 PM		Open Gym Intramurals LSO 8:00pm-10:45pm Double Gym- 9:00pm-10:45pm		6:45pm-10:45pm			
10:00 PM	0.00pm=10.45pm						
10:30 PM							
11:00 PM							



			WEDNESDA			
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	_					
7:00 AM					Lane Swim	
7:30 AM	-	Drop In Basketball			6:00-9:00	
8:00 AM		7:00am-8:45am		HIIT- Studio B 8:15am-9:00am		
8:30 AM					A	
9:00 AM		-		Pilates-Studio B 9:30-10:15	Aquafit 9:15-10:00	
9:30 AM		Drop In Pickleball		5.0010.15	9:15-10:00	Open Swim 9:00-3:30
10:00 AM 10:30 AM	_	9:00am-11:45pm				
11:00 AM	Open Gym	-				
11:30 AM	6:00am-4:15pm	-				
12:00 PM	-	Closed for Cleaning				
12:30 PM		12:00pm-1:00pm			Lane Swim	
1:00 PM	-			Cyclefit - Studio C	10:15-3:30	
1:30 PM	-			12:15pm-1:00pm		
2:00 PM	-	Drop In Basketball		HIIT - Studio A		
2:30 PM		1:15-3:45		12:15-12:45		
3:00 PM		-				
3:30 PM		Laurier International - Gym A				
4:00 PM		4:00pm-6:00pm				
	Soccarl aval 1 2 5 m	P P		Cardio Kickbox- Studio B		
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm			5:15pm-6:00pm	Swim Lessons	Suring Language
5:00 PM					Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:30 PM	Soccer Level 1-6-12yrs	Drop In Badminton-Gym B		Core Express- Studio B	-1.00-7.50	4:00-7:30
6:00 PM	5:30pm-6:30pm	4:00-7:00		6:00pm-6:30pm		
6:30 PM	Soccer Level 2-6-12yrs			KAOS (LSO)- Studio A		
7:00 PM	6:45pm-7:45pm			5:45pm-6:45pm		
7:30 PM	· · ·	Varsity Indoor Soccer (LSO)				
8:00 PM		Double Gym- 7:00pm-9:00pm		KAOS (LSO)- Studio B	Lane Swim/Open Swim	Open Swim
8:30 PM				6:45pm-10:45pm	7:45-9:30	7:45-9:00
9:00 PM	Open Volleyball 8:00-10:30	Women's Flag Football Club		Cheer (LSO)- Studio A		
9:30 PM	8:00-10:30	(LSO)		9:15pm-10:45pm		
10:00 PM		Double Gym-9:15pm-10:45pm		5.1501110.15011		
10:30 PM						
10:30 PM 11:00 PM			THURSDAY			
			THURSDAY			
11:00 PM	SINGLE GYM	DOUBLE GYM	THURSDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
11:00 PM 5:30 AM	SINGLE GYM	DOUBLE GYM			LAP POOL	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM	SINGLE GYM	DOUBLE GYM			LAP POOL	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM	SINGLE GYM	DOUBLE GYM				LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM	SINGLE GYM				Lane Swim	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM	SINGLE GYM	DOUBLE GYM				LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM		Drop In Basketball		STUDIO (A, B, C)	Lane Swim	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym	Drop In Basketball			Lane Swim 6:00-9:00	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		Drop In Basketball		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym	Drop In Basketball 7:00am-8:45am		STUDIO (A, B, C)	Lane Swim 6:00-9:00	
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym	Drop In Basketball		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy	
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In Pickleball		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy	
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In Pickleball		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy	
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 11:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In Pickleball		STUDIO (A, B, C) Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:00 AM 11:30 AM	Open Gym 6:00-12:15pm	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30		STUDIO (A, B, C)	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 11:30 AM	Open Gym 6:00-12:15pm	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		STUDIO (A, B, C) STUDIO (A, B, C) Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 11:30 AM 11:30 PM 12:30 PM	Open Gym 6:00-12:15pm	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental		STUDIO (A, B, C) Core & Conditioning- Studio B 8:15am-9:00am Yoga- Studio A 11:30am-12:30pm Healthy Hearts- Studio B 12:30-2:00 Core Express- Studio A	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 PM 12:30 PM 1:30 PM	Open Gym 6:00-12:15pm	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		STUDIO (A, B, C) STUDIO (A, B, C) Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 PM 12:30 PM 2:00 PM 2:30 PM 2:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental		STUDIO (A, B, C) Core & Conditioning- Studio B 8:15am-9:00am Yoga- Studio A 11:30am-12:30pm Healthy Hearts- Studio B 12:30-2:00 Core Express- Studio A	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM	Open Gym 6:00-12:15pm Homeschool Program- 6-12yrs 12:30pm-2:00pm 2:15-3:45 Youth Fusion-	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental		STUDIO (A, B, C) Core & Conditioning- Studio B 8:15am-9:00am Yoga- Studio A 11:30am-12:30pm Healthy Hearts- Studio B 12:30-2:00 Core Express- Studio A	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 11:30 AM 11:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Youth Fusion- 4:00-5:00	Drop In Basketball 7:00am-8:45am Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental		STUDIO (A, B, C) Core & Conditioning- Studio B 8:15am-9:00am Yoga- Studio A 11:30am-12:30pm Healthy Hearts- Studio B 12:30-2:00 Core Express- Studio A	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 11:00 AM 11:00 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B, C) Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Core Express-Studio A 12:15-1:00	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:30 AM 11:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:00 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:00 PM 5:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B, C) Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Core Express-Studio A 12:15-1:00	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:30 AM 11:00 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:00 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm	Open Swim 9:00am- 3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:30 AM 11:00	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm	Open Swim 9:00am- 3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm	Open Swim 9:00am- 3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 2:30 PM 3:30 PM 3:30 PM 3:30 PM 5:30 PM 6:30 PM 7:30 PM 7:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: sector of the sector		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm	Open Swim 9:00am- 3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 PM 11:00 P	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: set of the set of th		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm	Open Swim 9:00am- 3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs	Image: sector of the sector		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00am-3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 11:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:30 PM 5	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs 5:30-6:30	Image: set of the set of th		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00am-3:30pm
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs 5:30-6:30	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00am-3:30pm Swim Lessons 4:00-7:30
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 5:30 PM 6:30 PM 6:30 PM 7:30 PM 8:30 PM 8:30 PM 9:30 PM 9:30 PM	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs 5:30-6:30	Image: search of the search		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00am-3:30pm Swim Lessons 4:00-7:30
11:00 PM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00	Open Gym 6:00-12:15pm Homeschool Program-6-12yrs 12:30pm-2:00pm 2:15-3:45 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Move It 3-5yrs 4:30-5:15 Basketball Level 3-6-12yrs 5:30-6:30	Image: Constraint of the sector of the se		STUDIO (A, B, C) STUDIO (A, B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00am-3:30pm Swim Lessons 4:00-7:30



			FRIDAY			
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM				Synergy-Fitness Floor - Level 2		
6:30 AM				6:15am-6:45am		
7:00 AM		Men's Soccer Varsity Captains			Lane Swim	
7:30 AM	Open Gym	Practice (LSO)			6:00-9:00	
8:00 AM	6:00-10:00	7:00am-8:30am				
8:30 AM	0.00 10.00					
9:00 AM				Pilates- Studio B	Aquafit	
9:30 AM				9:30-10:15	9:15-10:00	
10:00 AM		Drop In Pickleball		Yoga- Studio A		
10:30 AM	Walkfit	9:00-11:30		10:30am-11:30am	Lane Swim	
11:00 AM	10:15-11:15				Lane Swim 10:15am-12:30pm	
11:30 AM						
12:00 PM		Closed for Cleaning		ViPR-Studio B		
12:30 PM		12:00pm-1:00pm		12:15pm-1:00pm		
1:00 PM						
1:30 PM					Lane Swim/Open Swim	
2:00 PM	Open Gym	Drop In Volleyball			12:30pm-8:00pm	Open Swim
2:30 PM	11:30-5:45	1:15pm-4:15pm				9:00am-8:30pm
3:00 PM						
3:30 PM						
4:00 PM					Adult-Learn to Swim 4:00-4:45	
4:30 PM		Drop In Badminton - Gym A				
5:00 PM		4:30-8:45			H2O Beginner- 4:45-5:30 H2O Intermediate- 5:30-6:15	
5:30 PM						
6:00 PM					Adult-Learn to Swim 6:30-7:15	
6:30 PM	Youth Leadership Development	Youth Night-Gym B-6-12yrs	Youth Leadership Development		Adult Intermediate/Advanced 7:15-8:00	
7:00 PM	- 10-18yrs 6:00-8:00	6:00-8:00pm	6:00-8:00		7.13-0.00	
7:30 PM 8:00 PM	-				Open Swim/ Lane Swim	
8:00 PM 8:30 PM	Open Gym				8:00pm-8:30pm	
9:00 PM	8:15-8:45					
9:00 PIVI	0.15 0.45					

			SATURDAY	,		
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim	
8:30 AM					8:00-8:45	
9:00 AM	Family Open Gym			Strength & Conditioning-		Swim Lessons 8:45-1:00
9:30 AM	9:00am-9:45am	Drop In Pickleball		Studio B- 9:00-9:45		
10:00 AM	Karate Fundamentals- 6-12yrs	9:00-11:30		Yoga-Studio A		
10:30 AM	10:00am-10:45am			10:00am-11:00am	Swim Lessons	
11:00 AM	Karate Fundamentals-6-12yrs		Artventures- 3-5yrs		9:00-1:00	
11:30 AM	11:00am-11:45am		11:00-11:45			
12:00 PM	Karate-Advanced-6-12yrs	Family Pickleball 11:30-12:30				
12:30 PM	12:00-12:45pm	11:50-12:50				
1:00 PM						
1:30 PM	Birthday Parties	Drop In Badminton-Gym A	Birthday Parties			Open Swim 1:15-7:00
2:00 PM	1:15-3:00	1:00-3:30pm	1:00-3:00			
2:30 PM		Drop In Basketball-Gym B				
3:00 PM		1:00-3:30pm				
3:30 PM						
4:00 PM		Onon Corror			Lane Swim./ Open Swim 1:15-7:30	
4:30 PM 5:00 PM	Open Gym	Open Soccer 3:45pm-5:45pm				
5:00 PM	3:15-7:45	5. ispin 5. spin				
6:00 PM						
6:30 PM		Drop In Basketball				
7:00 PM		6:00-7:45pm				
7:30 PM						
8:00 PM						

Tournament Closures

Friday January 17, 2025 to Sunday January 19. 2025- Double Gym closed starting at 5:30pm Saturday January 25 and Sunday January 26, 2025- Double Gym will be closed both days Saturday February 1, 2025 and Sunday February 2, 2025- Double Gym will be closed both days Saturday March 1, 2025 and Sunday March 2, 2025- Double Gym will be closed both days Friday March 7, 2025- Extramural Tournament- Double Gym will be closed

Open Gym/ Open Swim

Registered Aquatic Leadership Programs

Drop In Recreational Sports

Registered Programs Drop In Group Fitness



			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				Earle Swiffio.00 0.45		
9:00 AM	8:00-10:00			Cyclefit- Studio A	Aquafit 9:15am-10:00am		
9:30 AM		Drop In Pickleball		9:00-9:45	Aquality. TSull' To.oouth		
10:00 AM		9:00-11:30					
10:30 AM	Family Open Gym						
11:00 AM	10:00-12:00						
11:30 AM		Family Pickleball					
12:00 PM	Open Gym		Open Gym 11:30-12:30				
12:30 PM	12:00-1:00					Open Swim 9:00am-4:00pm	
1:00 PM							
1:30 PM	Birthday Parties	Birthday Parties		Lane Swim/ Open Swim			
2:00 PM	1:00-3:00		1:00-3:00		10:15am-5:30pm		
2:30 PM					· ·		
3:00 PM		Drop In Volleyball					
3:30 PM		1:00-5:30					
4:00 PM	Open Gym						
4:30 PM	3:15-5:45						
5:00 PM							
5:30 PM							
6:00 PM							

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

Drop In Recreational Sports

FACILITY HOURS
Mon-Thurs: 5:30 am - 11:00pm
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

Children ages 0 – 6:

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, or 1 adult to 4 children if all children are in lifejackets.

Children ages 7 – 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.

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.