



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) | LAP POOL | LEISURE POOL | | |
| 5:30 AM | | | | | | | | |
| 6:00 AM | | | | | | | | |
| 6:30 AM | Open Gym 6:00am-4:15pm | | | | Lane Swim 6:00am-9:00am | | | |
| 7:00 AM | | | | | | | | |
| 7:30 AM | | | Women's Varsity Captains Practice 7:30am-9:00am | | CardioFit- Studio A 8:15am-9:00am | | | |
| 8:00 AM | | | | | KAOS (LSO)- Studio B 8:45am-9:45am | | | |
| 8:30 AM | | | | | | | | |
| 9:00 AM | | | Drop In Pickleball 9:15am-11:45am | | Balance + Studio B 10:15am-11:00am | Aquafit 9:15-10:00 | Open Swim 9:00am-11:45am | |
| 9:30 AM | | | | | Yoga- Studio A 10:30-11:30 | | | |
| 10:00 AM | | | | | KAOS (LSO)- Studio B 11:45am-12:45pm | | | |
| 10:30 AM | | | | | | Lane Swim 10:15am-3:30pm | | |
| 11:00 AM | | | | | | | | |
| 11:30 AM | | | | | | | | |
| 12:00 PM | | Closed for Cleaning 12:00-1:00 | | Cyclefit- Studio C 12:15pm-1:00pm | | | Splasher Bubblers 12:00pm- 12:30pm | |
| 12:30 PM | | | | KAOS (LSO)- Studio A 12:45pm-1:45pm | | Open Swim 12:45pm-3:30pm | | |
| 1:00 PM | | Drop In Badminton 1:00pm-4:45pm | | | | | | |
| 1:30 PM | | | | | | | | |
| 2:00 PM | | | | | KAOS (LSO)- Studio B 2:30pm-3:30pm | | | |
| 2:30 PM | | | | | Dance- 6-12yrs- Studio B 4:30pm-5:15pm | | | |
| 3:00 PM | | | | | Swim Lessons 4:00pm-7:30pm | Swim Lessons 4:00pm-7:30pm | | |
| 3:30 PM | | | | Dance 3-5yrs- Studio B 5:30pm-6:15pm | | | | |
| 4:00 PM | Basketball Level 1- 3-5yrs 4:30-pm-5:15pm | | | Strength & Conditioning Studio A- 5:45-6:30 | | | | |
| 4:30 PM | | Cricket Club (LSO)- 5:00pm-7:00pm | | ViPR- Studio B 6:45pm-7:30pm | | | | |
| 5:00 PM | Basketball Level 1- 6-12yrs 5:30pm-6:30pm | | | | Yoga- Studio A 6:45-7:45 | | | |
| 5:30 PM | Basketball Level 2- 6-12yrs 6:45pm-7:45pm | | | | Lane Swim/ Open Swim 7:45pm-9:30pm | Open Swim 7:45pm-9:00pm | | |
| 6:00 PM | | Women's Flag Football (LSO) - Double Gym - 7:30pm-9:00pm | | | | | | |
| 6:30 PM | | | | | | | | |
| 6:30 PM | | Men's Extramural Basketball (LSO) Double Gym- B- 9:15pm- 10:45pm | | | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | | | | | | | |
| 8:00 PM | Drop In Basketball 8:00pm-10:45 | | | | | | | |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |
| 9:30 PM | | | | | | | | |
| 10:00 PM | | | | | | | | |
| 10:30 PM | | | | | | | | |
| 11:00 PM | | | | | | | | |

| TUESDAY | | | | | | | |
|----------|--|--|---|--|--|---------------------------|----------------------------------|
| | SINGLE GYM | DOUBLE GYM | CHILD & YOUTH | STUDIO (A, B, C) | LAP POOL | LEISURE POOL | |
| 5:30 AM | | | | | | | |
| 6:00 AM | | | | | | | |
| 6:30 AM | Open Gym 5:30pm -10:45am | | | | Lane Swim 6:00am-9:00am | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | Drop In Basketball 7:00am-8:45am | | | | |
| 8:00 AM | | | | | Musclefit- Studio B 8:15am-9:00am | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | Drop In Pickleball 9:00am-11:45am | | | Hydrotherapy 9:15am-10:00am | Open Swim 9:00-11:45 | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | Lane Swim 10:15am-3:30pm | | |
| 10:30 AM | Drop in Volleyball 11:00am-1:00pm | Closed for Cleaning 12:00-1:00 | | | | | Splasher Bubblers 12:00-12:30 |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | Healthy Hearts- Studio B 12:30-2:00 | | Open Swim 12:45-3:30 | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | Rental 1:00pm-3:00pm | | | | | |
| 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 4:00-7:00pm | | 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 | | | | Yoga- Studio A 6:15-7:00 | | | |
| 6:00 PM | Karate Fundamentals 6-12yrs 6:00pm-6:45pm | | Brain Builders- 3-5yrs 6:00-6:45 | | | | |
| 6:30 PM | | | | | Lane Swim/ Open Swim 7:45-9:30 | Open Swim 7:45-9:00 | |
| 7:00 PM | Karate Fundamentals 6-12yrs 7:00pm-7:45pm | Volleyball Extramurals- LSO Double Gym A- 7:15pm-8:45pm | | Back to Living Well- Studio B & Fitness Floor / Mtg Room 6:00pm-7:30pm | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | Open Gym 8:00pm-10:45pm | | | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | Intramurals LSO Double Gym- 9:00pm-10:45pm | | KAOS (LSO)- Studio B 6:45pm-10:45pm | | |
| 9:30 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 10:30 PM | | | | | | | |
| 11:00 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 | | Closed for Cleaning 12:00pm-1:00pm | | | Lane Swim 10:15-3:30 | | | |
| 12:30 PM | | | | | | | | |
| 1:00 PM | | Drop In Basketball 1:15-3:45 | | Cyclefit - Studio C 12:15pm-1:00pm | | | | |
| 1:30 PM | | | | | HIIT - Studio A 12:15-12:45 | | | |
| 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 | 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 | | | | |
| 5:00 PM | | Drop In Badminton- Gym B 4:00-7:00 | | | | | | |
| 5:30 PM | Soccer Level 1- 6-12yrs 5:30pm- 6:30pm | | | | Core Express- Studio B 6:00pm-6:30pm | | | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | Soccer Level 2- 6-12yrs 6:45pm-7:45pm | | | KAOS (LSO)- Studio A 5:45pm-6:45pm | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | Varsity Indoor Soccer (LSO) Double Gym- 7:00pm-9:00pm | | | | | | |
| 8:00 PM | Open Volleyball 8:00-10:30 | | | KAOS (LSO)- Studio B 6:45pm-10:45pm | Lane Swim/ Open Swim 7:45-9:30 | Open Swim 7:45-9:00 | | |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | | | | |
| 9:30 PM | | | Women's Flag Football Club (LSO) Double Gym- 9:15pm-10:45pm | | Cheer (LSO)- Studio A 9:15pm-10:45pm | | | |
| 10:00 PM | | | | | | | | |
| 10:30 PM | | | | | | | | |
| 11:00 PM | | | | | | | | |

THURSDAY

| | SINGLE GYM | DOUBLE GYM | CHILD & YOUTH | STUDIO (A, B, C) | LAP POOL | LEISURE POOL | | | |
|----------|---|---|---|--|--|-----------------------------------|--------------------------------------|--|--|
| 5:30 AM | | | | | | | | | |
| 6:00 AM | Open Gym 6:00-12:15pm | | | | 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 | | | | | | | | | |
| 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 11:15am-3:30pm | | | | |
| 12:30 PM | | | | Healthy Hearts- Studio B 12:30-2:00 | | | | | |
| 1:00 PM | Homeschool Program- 6-12yrs 12:30pm-2:00pm | Rental 1:00pm-3:00pm | | | | | | | |
| 1:30 PM | | | | | Core Express- Studio A 12:15-1:00 | | | | |
| 2:00 PM | Open Gym 2:15-3:45 | | | | | | | | |
| 2:30 PM | | Drop in Pickleball 4:00-7:00 | | | Swim Lessons 4:00-7:30 | Swim Lessons 4:00-7:30 | | | |
| 3:00 PM | Youth Fusion- 4:00-5:00 | | | | | | | | |
| 4:00 PM | | | | | | | | | |
| 4:30 PM | Move It 3-5yrs 4:30-5:15 | | | | | | Step & Sculpt- Studio B 5:15-6:00 | | |
| 5:00 PM | | | | | | | | | |
| 5:30 PM | Basketball Level 3- 6-12yrs 5:30-6:30 | | | | | | | | |
| 6:00 PM | | | | | | | | | |
| 6:30 PM | | | | | | | | | |
| 7:00 PM | | | | | | | | | |
| 7:30 PM | Open Gym 7:00pm-10:45pm | Volleyball Extramurals (LSO) Double Gym- 7:15pm-8:45pm | | Back to Living Well- Fitness Floor/ Studio B/ Mtg Room 6:00-7:00 | | | | | |
| 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 | | | Men's Basketball Extram.- (LSO) Double Gym B- 9:15pm- 10:45pm | | | | | | |
| 10:00 PM | | | Cheer Club (LSO) Double Gym A- 9:15pm-10:45pm | | | | | | |
| 10:30 PM | | | | | | | | | |
| 11:00 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 | | | Synergy- Fitness Floor - Level 2 6:15am-6:45am | Lane Swim 6:00-9:00 | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | Men's Soccer Varsity Captains Practice (LSO) 7:00am-8:30am | | | | |
| 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 | | | | | | | |
| 10:00 AM | | Drop In Pickleball 9:00-11:30 | | Yoga- Studio A 10:30am-11:30am | Lane Swim 10:15am-12:30pm | | |
| 10:30 AM | Walkfit 10:15-11:15 | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | Closed for Cleaning 12:00pm-1:00pm | | ViPR- Studio B 12:15pm-1:00pm | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | Open Gym 11:30-5:45 | Drop In Volleyball 1:15pm-4:15pm | | | Lane Swim/ Open Swim 12:30pm-8:00pm | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 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 4:30-8:45 | | | 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 9:00-1:00 | 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 | Birthday Parties 1:15-3:00 | Drop In Badminton- Gym A 1:00-3:30pm | Birthday Parties 1:00-3:00 | | Lane Swim./ Open Swim 1:15-7:30 | Open Swim 1:15-7:00 | | | |
| 1:30 PM | | | | | | | | | |
| 2:00 PM | | | Drop In Basketball- Gym B 1:00-3:30pm | | | | | | |
| 2:30 PM | | | | | | | | | |
| 3:00 PM | Open Gym 3:15-7:45 | | | | | | | | |
| 3:30 PM | | | | | | | | | |
| 4:00 PM | | | Open Soccer 3:45pm-5:45pm | | | | | | |
| 4:30 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | |
| 5:30 PM | | | | | | | | | |
| 6:00 PM | | | | | | | | | |
| 6:30 PM | | Drop In Basketball 6:00-7:45pm | | | | | | | |
| 7:00 PM | | | | | | | | | |
| 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

- 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 | | | | | | |
| 10:30 AM | Family Open Gym 10:00-12:00 | | | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | | Family Pickleball 11:30-12:30 | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | Open Gym 12:00-1:00 | | | | | |
| 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 | | Drop In Volleyball 1:00-5:30 | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | Open Gym 3:15-5:45 | | | | | |
| 3:30 PM | | | | | | |
| 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 - 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.