



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-10:45 | 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 | | | | | Muscleft- 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 | | | | | | | |
| 8:30 AM | | | | HIIT- Studio B 8:15am-9:00am | | | |
| 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 | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | Soccer Level 1- 3-5yrs 4:30pm-5:15pm | Drop In Badminton- Gym B 4:00-8:00 | | Cardio Kickbox- Studio B 5:15pm-6:00pm | Swim Lessons 4:00-7:30 | Swim Lessons 4:00-7:30 | |
| 5:00 PM | Soccer Level 1- 6-12yrs 5:30pm- 6:30pm | | | Core Express- Studio B 6:00pm-6:30pm | | | |
| 5:30 PM | Soccer Level 2- 6-12yrs 6:45pm-7:45pm | | | | | | |
| 6:00 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 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 | | | | | | |
| 12:30 PM | Central School Program 12:00-2:00 | | | Healthy Hearts- Studio B 12:30-2:00 | Lane Swim 10:15am-3:30pm | | | |
| 1:00 PM | | | | | | | | |
| 1:30 PM | | Rental 1:00pm-3:00pm | | Core Express- Studio A 12:15-1:00 | | | | |
| 2:00 PM | Open Gym 2:15-3:45 | | | | | | | |
| 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 | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | | | | | Circuit- Studio B 5:15-6:00 | Swim Lessons 4:00-7:30 | Swim Lessons 4:00-7:30 | |
| 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 | | | | | | | | |
| 8:00 PM | Open Gym 6:45pm-9:45pm | | | | | | | |
| 8:30 PM | | | | | | | | |
| 9:00 PM | | | | | Lane Swim/ Open Swim 7:45-9:30 | Lane Swim/ Open Swim 7:45-9:00 | | |
| 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 | | | | | | | |
| 11:00 AM | | | | | Lane Swim 10:15am-12:30pm | | | |
| 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 | | | | | | | | |
| 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 | | | | | |
| 7:00 PM | | | | | | | | |
| 7:30 PM | | | | | | | | |
| 8:00 PM | | | | | Open Swim/ Lane Swim 8:00pm-8:30pm | | | |
| 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 | 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 | | | | | | |
| 1:30 PM | | | | | | | | | |
| 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 | | | | | | |
| 3:00 PM | Open Gym 3:15-5:45 | Drop In Volleyball 1:00-5:30 | | | | |
| 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 Group Fitness
 Registered Aquatic Leadership Programs
 Drop In Recreational Sports

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.