



SUNDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM	Open Basketball 8:00-8:45					Open Courts 8:00-4:00	Lane Swim 8:00-9:15
8:30 AM							
9:00 AM	Karate FUND 6-12 YRS 9:00-9:45						
9:30 AM			Yoga 9:15-10:15				
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						Swim Lessons 9:30-1:00pm
10:30 AM			Strong Nation 10:30-11:15				
11:00 AM	Karate ADV 6-12 YRS 11:00-11:45						
11:30 AM							
12:00 PM							
12:30 PM	Open Basketball 12:30-3:30						
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							

FACILITY HOURS

Mon-Fri: 6:00 am - 9:30 pm

Sat 8:00 am to 5:30 pm & Sun: 8:00 am - 4:00 pm

Holiday's as posted

Sauna & whirlpool closed during Swim Lessons

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.

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 2 widths of continuous front crawl in shallow water.

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.



Ron Edwards Family YMCA - Schedule at a Glance

March 31st to June 29, 2025

MONDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:30	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	HIT 9:15-10:00						
9:30 AM							
10:00 AM	Strength and Conditioning 10:15-11:00						
10:30 AM			Yoga 10:15-11:45				
11:00 AM	WalkFit 11:15-12:00						
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:30 PM							
1:00 PM							
1:30 PM	Pickleball 1:00-3:00						
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Open Basketball 3:15-4:30						
4:00 PM							
4:30 PM							
5:00 PM	Soccer LVL 1 6-12 YRS 5:00-5:50						
5:30 PM			Back to Living Well 5:30-6:00				
6:00 PM	Boxing for Kids 6-12 YRS 6:00-6:45						
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30						
9:00 PM							
9:30 PM							

TUESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:30	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	BodyFit 9:15-10:00	CycleFit 9:15-10:00					
9:30 AM							
10:00 AM	Low Impact 10:15-11:00						
10:30 AM			Gentle Fit 10:15-11:00				
11:00 AM							
11:30 AM	Healthy Hearts 11:30-12:00				Optimal Fitness B 11:15-12:15		
12:00 PM							
12:30 PM			Healthy Hearts 12:30-1:00				
1:00 PM							
1:30 PM	Home School Program 1:30-3:00						
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball 3:00-4:30						
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Soccer LVL 1 3-5 YRS 5:00-5:45						
5:30 PM			Zumba Kids JR 4-7 YRS 5:00-5:45				
6:00 PM	Floor Hockey 6-12 YRS 6:00-7:00						
6:30 PM		TRX 6:00-7:00	Zumba Kids 8-12 YRS 6:00-6:45				
7:00 PM							
7:30 PM	Zumba 7:15-8:15		Yoga 7:00-8:30		Ball, Band, Bosu 7:15-8:00		
8:00 PM		Triathlon 8:00-8:30 till April 29th					
8:30 PM					Pilates/Yoga 8:15-9:00		
9:00 PM	Open Pickup Basketball 8:30-9:30						
9:30 PM							

- Registered Programs
- Drop In Group Fitness
- Open Gym/Open Swim
- Community Rental Aquatics Programs
- Drop in Recreational Programs



WEDNESDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-9:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM							Lane Swim 7:30-9:00	
8:30 AM								
9:00 AM	20/20/20 9:15-10:15							
9:30 AM							AquaFit 9:15-10:00	
10:00 AM			Chair Yoga 10:15-11:00					
10:30 AM								
11:00 AM	Walk Fit 11:15-12:00							Lane Swim 10:30-1:00
11:30 AM								
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each							
12:30 PM			Balance+ 12:15-1:15					
1:00 PM								
1:30 PM	Pickleball 1:00-3:00						Open / Lane Swim 1:00-4:00	
2:00 PM			Optimal Fitness A 1:30-2:30					
2:30 PM								
3:00 PM	Open Basketball 3:15-4:00							
3:30 PM								
4:00 PM	Open Basketball/Community Group - 1/2 Gym 4:00-5:00						Swim Lessons 4:30-7:30	
4:30 PM								
5:00 PM	Sports Adventure 6-12 YRS 5:00-5:45			Art Sparks 6-12 YRS 5:00-6:00				
5:30 PM			Back to Living Well 5:30-6:45		Art Sparks 3-5 YRS 5:30-6:15			
6:00 PM	Sports Adventure 6-12 YRS 6:00-7:00							
6:30 PM								
7:00 PM		Cycle Fit 7:00-7:45	20/20/20 7:15-8:15	YLD 7:15-8:15				
7:30 PM							AquaFit High Intensity 7:30-8:10	
8:00 PM								
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30						Community Rental 8:15-9:15	
9:00 PM								
9:30 PM								

THURSDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-5:00		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00						Lane Swim 7:30-1:00
9:30 AM								
10:00 AM								
10:30 AM			Gentle Fit 10:15-11:00					
11:00 AM				Optimal Fitness B 11:15-12:15				
11:30 AM	Healthy Hearts 11:30-12:00							
12:00 PM								
12:30 PM			Healthy Hearts 12:30-1:00				Hydrotherapy 1:15-2:00	
1:00 PM								
1:30 PM							Lane Swim 2:30-3:30	
2:00 PM								
2:30 PM	Open Basketball 2:00-4:30						Adult Swim Lessons 3:30-4:00	
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Dodgeball 8-13 YRS 5:00-6:00		Karate FUND 6-12 YRS 5:00-5:45				Swim Lessons 4:30-7:30	
5:30 PM								
6:00 PM	Dodgeball 8-13 YRS 6:00-7:00	Boxing Fitness 6:00-6:45	Karate FUND 6-12 YRS 6:00-6:45			League All Courts		
6:30 PM				Strong30 6:30-7:00				
7:00 PM			Karate ADV 6-12 YRS 7:00-7:45					
7:30 PM	Zumba 7:15-8:15							
8:00 PM								
8:30 PM							Adult Lessons and H2O Leaders 7:45-9:15	
9:00 PM	Open Basketball 8:30-9:30					Open Courts 7:00-9:30		
9:30 pm								



FRIDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-9:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								Lane Swim 7:30-9:00
8:30 AM								
9:00 AM	Muscle Fit 9:15-10:00		Line Dancing 9:15-10:00					
9:30 AM								AquaFit 9:15-10:00
10:00 AM	Low Impact 10:15-11:00							
10:30 AM								
11:00 AM					Yoga 10:15-11:45			
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:00-3:00						Lane Swim 10:30-3:45	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM							Private Lessons / 2 Lane Swim 4:00-7:00	
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM							Lane/Open Swim 7:00-9:15	
8:30 PM								
9:00 PM								
9:30 pm								

SATURDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
8:00 AM		TRX 8:15-9:00				Open Courts 8:00-10:00	Lane Swim 8:00-9:15	
8:30 AM								
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle Fit 9:15-10:00						
9:30 AM								
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00			Brain Builders 6-12 YRS 10:15-11:00		Youth Raquetball 6-12 YRS 10:00-10:45	Swim Lessons 9:30-1:00	
10:30 AM			Zumba 10:30-11:30	Brain Builders 3-5 YRS 11:15-12:00				
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Birthday Parties 1:00-2:00					Open Courts 11:00-5:30	Lane Swim 1:15-2:15	
1:30 PM								
2:00 PM				Birthday Parties 2:00-3:00				Open / Lane Swim 2:45-3:45
2:30 PM								
3:00 PM	Open Basketball 2:30-5:00							
3:30 PM								
4:00 PM								
4:30 pm							Open Family Swim 4:00-5:15	
5:00 pm								
5:30 pm								

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Community Rental or Aquatics Programs
- Drop in Recreational Programs