



Ron Edwards Family YMCA - Schedule at a Glance

May 20 to July 1, 2024

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

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.

MONDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30-9:00
8:30 AM					
9:00 AM	HIIT 9:15-10:00				AquaFit 9:15-10:00
9:30 AM	Strength and Conditioning 10:15-11:00		Yoga 10:15-11:45		
10:00 AM					
10:30 AM	Walk Fit 11:15-12:00				Lane Swim 10:30-1:00
11:00 AM					
11:30 AM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each		Balance + 12:15-1:15		
12:00 PM					
12:30 PM	Pickleball 1:00-3:00				Open / Lane Swim 1:00-2:30
1:00 PM					
1:30 PM	Open Basketball 3:15-4:30				Lane Swim 2:30-3:45
2:00 PM					
2:30 PM	Soccer LVL 1 6-12 YRS 5:00-6:00		Back to Living Well 5:30-6:30		Swim Lessons 4:00-7:30
3:00 PM					
3:30 PM	Soccer LVL 2 6-12 YRS 6:00-7:00		Cycle Fit 7:00-7:45		
4:00 PM					
4:30 PM	HIIT 7:15-8:00				
5:00 PM					
5:30 PM	Open Basketball 8:15-9:15				Community Rental 7:30-8:15
6:00 PM					
6:30 PM					Lane Swim 8:45-9:15
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

TUESDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
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	Low Impact 10:15-11:00		Gentle Fit 10:15-11:00		
10:00 AM					
10:30 AM	Healthy Hearts 11:30-12:00		GERAS Dance 11:15-12:15		
11:00 AM				Healthy Hearts 12:30-1:00	
11:30 AM	Home School Program 1:30-3:00				Hydrotherapy 1:15-2:00
12:00 PM					
12:30 PM	Open Basketball 3:15-4:15				Lane Swim 2:30-3:45
1:00 PM					
1:30 PM	Basketball LVL 1 6-12 YRS 4:45-5:30				Swim Lessons 4:00-7:30
2:00 PM					
2:30 PM	Floor Hockey 6-12 YRS 5:45-6:45			Art Sparks 3-5 YRS 5:00-5:45	
3:00 PM					
3:30 PM	Zumba Kids JR 4-7 YRS 5:45-6:30				
4:00 PM					
4:30 PM	TRX 6:00-7:00		Yoga 7:00-8:30		
5:00 PM					
5:30 PM	Open Basketball 8:15-9:15				Lane Swim 7:45-9:15
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

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



WEDNESDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30-9:00
8:30 AM					
9:00 AM	HIT 9:15-10:00				AquaFit 9:15-10:00
9:30 AM					
10:00 AM	Zumba 10:15-11:00		Core and Stretch 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	Pickleball 1:00-3:00				Open / Lane Swim 1:00-2:30
1:30 PM					
2:00 PM					
2:30 PM					Lane Swim 2:30-3:45
3:00 PM	Open Basketball 3:15-4:00				
3:30 PM					
4:00 PM					
4:30 PM	Sports Adventure 3-5 YRS 4:45-5:30			Art Sparks 6-9:10 YRS 4:45-5:45	Swim Lessons 4:00-7:30
5:00 PM					
5:30 PM	Sports Adventure 6-12 YRS 5:45-6:45		Back to Living Well 5:30-6:45	Artventures 8-12 YRS 6:00-7:00	
6:00 PM					
6:30 PM					
7:00 PM	Muscle Fit 7:00-7:45	Cycle Fit 7:00-7:45			
7:30 PM					
8:00 PM					Community Rental 7:30-8:15
8:30 PM	Open Basketball 8:15-9:15				
9:00 PM					Lane Swim 8:30-9:15 pm
9:30 PM					

FRIDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					Lane Swim 7:30-9:00
8:00 AM					
8:30 AM					
9:00 AM	Muscle Fit 9:15-10:00	Cycle Fit 9:15-10:00			AquaFit 9:15-10:00
9:30 AM					
10:00 AM	Low Impact 10:15-11:00				
10:30 AM			Yoga 10:15-11:45		
11:00 AM					
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					
5:00 PM					Private Lessons / 2 Lane Swim 4:00-8:00
5:30 PM					
6:00 PM					
6:30 PM	Open Basketball 5:00-9:15				
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					Lane Swim 8:00-9:15
9:00 PM					
9:30 pm					

THURSDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
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			Gentle Fit 10:15-11:00		
10:30 AM					
11:00 AM					
11:30 AM	Healthy Hearts 11:30-12:00		GERAS Dance 11:15-12:15		
12:00 PM					
12:30 PM			Healthy Hearts 12:30-1:00		
1:00 PM					Hydrotherapy 1:15-2:00
1:30 PM					
2:00 PM	Open Basketball 2:00-6:30				Lane Swim 2:30-3:45
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM			Karate FUND 6-12 YRS 5:00-5:45		Swim Lesson 4:00-7:30
5:30 PM					
6:00 PM		TRX 6:00-7:00	Karate FUND 6-12 YRS 6:00-6:45		
6:30 PM					
7:00 PM	Zumba 7:00-8:00		Karate ADV 6-12 YRS 7:00-7:45		
7:30 PM		Yoga 7:15-8:15			
8:00 PM					Adult Lessons and H2O Leaders 7:45-8:45
8:30 PM	Open Basketball 8:15-9:15				
9:00 PM					Lane Swim 8:45-9:15
9:30 pm					

SATURDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM					Lane Swim 8:00-9:00
8:30 AM					
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle and Strength 9:15-10:15			Swim Lessons 9:00-1:00
9:30 AM					
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00			Archteers 3-5 YRS 10:15-11:00	
10:30 AM			Zumba 10:30-11:30	Archteers 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					Lane Swim 1:15-2:15
1:30 PM					
2:00 PM	Open Basketball 1:00-5:15				Community Rental/Open Swim 2:45-3:45
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 pm					Open Swim 4:00-5:15
5:00 pm					
5:30 pm					

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