



# Ron Edwards Family YMCA - Schedule at a Glance

## July 2nd to September 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				
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/Lane Swim 1:15-2:15
1:00 PM	Open Basketball 1:00-3:45				Open/Lane Swim 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	
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.

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	Muscle Fit 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					
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each		Balance + 12:15-1:15		
12:30 PM					
1:00 PM	Pickleball 1:00-3:00				Open / Lane Swim 1:00-2:15
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					Community Rental 2:30-3:45
3:30 PM	Open Basketball 3:15-4:30				
4:00 PM					
4:30 PM					
5:00 PM	Soccer LVL 1 6-12 YRS 5:00-6:00	Back to Living Well 5:30-6:30			Swim Lessons 4:00-7:30
5:30 PM					
6:00 PM	Soccer LVL 2 6-12 YRS 6:00-7:00		VIPR PRO 6:00-6:45		
6:30 PM		Cycle Fit 7:00-7:45			
7:00 PM					
7:30 PM					
8:00 PM	Open Basketball 7:15-9:15				Open/Lane Swim 7:30-8:15
8:30 PM					
9:00 PM					Lane Swim 8:30-9:15
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	BodyFit 9:15-10:00	CycleFit 9:15-10:00			Lane Swim 7:30-1:00
9:30 AM	Low Impact 10:15-11:00		GentleFit 10:15-11:00		
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Healthy Hearts 11:30-12:00		GERAS Dance 11:15-12:15		
12:00 PM			Healthy Hearts 12:30-1:00		
12:30 PM					
1:00 PM					Hydrotherapy 1:15-2:00
1:30 PM					
2:00 PM	Open Basketball 12:30-4:15				Lane Swim 2:30-3:45
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Basketball LVL 1 6-12 YRS 4:45-5:30				
5:00 PM					
5:30 PM	Floor Hockey 6-12 YRS 5:45-6:45		Zumba Kids JR 4-7 YRS 5:45-6:30		Swim Lessons 4:00-7:30
6:00 PM		TRX 6:00-7:00			
6:30 PM					
7:00 PM	Zumba 7:00-8:00		Yoga 7:00-8:30		
7:30 PM					
8:00 PM					
8:30 PM	Open Basketball 8:15-9:15				Lane Swim 7:45-9:15
9:00 PM					
9:30 PM					

<span style="background-color: #f08080; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Registered Programs	<span style="background-color: #90ee90; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Open Gym/Open Swim	<span style="background-color: #add8e6; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Drop in Recreational Programs
<span style="background-color: #6495ed; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Drop In Group Fitness	<span style="background-color: #ffcc99; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Community Rental or Aquatics 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	HIIT 9:15-10:00				AquaFit 9:15-10:00
9:30 AM					
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 1:00-2:15
2:00 PM					
2:30 PM					
3:00 PM	Open Basketball 3:15-4:00				Community Rental 2:30-3:45
3:30 PM					
4:00 PM					
4:30 PM	Sports Adventure 3-5 YRS 4:45-5:30				
5:00 PM					
5:30 PM	Sports Adventure 6-12 YRS 5:45-6:45		Back to Living Well 5:30-6:45		Swim Lessons 4:00-7:30
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					Open/Lane Swim 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					
8:00 AM					Lane Swim 7:30-9:00
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			Yoga 10:15-11:45	
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					Lane Swim 10:30-2:15
12:30 PM					
1:00 PM	Pickleball 12:00-3:00				
1:30 PM					
2:00 PM					
2:30 PM					Community Rental 2:30-3:45
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					Lane Swim 8:00-9:15
8:30 PM					
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 2:00-4:30				Lane Swim 2:30-3:45
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Dodge Ball 6-12 YRS 5:00-5:45		Karate FUND 6-12 YRS 5:00-5:45		Swim Lesson 4:00-7:30
5:30 PM					
6:00 PM	Dodge Ball 6-12 YRS 6:00-6:45	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	Yoga 7:15-8:15	Karate ADV 6-12 YRS 7:00-7:45		
7:30 PM					
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	Basketball FUND 10-12 YRS 11:15-12:15		Zumba 10:30-11:30	Archteers 3-5 YRS 11:15-12:00	
11:00 AM					
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				Open / Lane 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
- Community Rental or Aquatics Programs
- Drop in Recreational Programs