



MONDAY								
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM								
6:30 AM	Day Camp 6:45-10:30	Open Gym 5:30-8:45	Day Camp 6:00-9:00	HIIT (Harmony Square) 7:15-8:00 (begins July 12)	Lane Swim 6:00-9:00			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM		Day Camp 9:30-1:00			AquaFit 9:15-10:00	Open Swim 9:00-11:45		
10:00 AM				Balance + Studio B 10:15-11:00				
10:30 AM	Open Gym 10:45-12:45			Yoga- Studio A 10:30-11:30	Lane Swim 10:15-12:45			
11:30 AM					Splasher Bubblers 12:00-12:30			
12:00 PM								
12:30 PM								
1:00 PM	Day Camp 1:00-6:15	Open Gym (A) Drop in Basketball (B) 1:15-3:45			Day Camp Swim 1:00-3:00	Day Camp Swim 1:00-3:00		
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM					Open Swim 3:00-3:45	Open Swim 3:00-3:45		
4:00 PM								
4:30 PM		Sports Adventure 3-5yrs 4:30-5:15	YMCA Architeers- 6-12yrs 4:30-5:30		Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:00 PM		Sports Adventure 6-12yrs 5:30-6:30	YMCA Architeers 3-5yrs 5:45-6:30	Strength & Conditioning-Studio B 5:45-6:30				
5:30 PM				VIPR- Studio B 6:45-7:30 (begins July 8th)				
6:00 PM	Open Gym 6:30-9:45							
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

TUESDAY												
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL						
5:30 AM												
6:00 AM												
6:30 AM	Day Camp 6:45-9:00	Open Gym 5:30-8:45			Open Swim 6:00-9:00							
7:00 AM												
7:30 AM												
8:00 AM									MuscleFit- Studio B 8:15-9:00			
8:30 AM												
9:00 AM	Summer Fun 101 3-5yrs/ 6-12yrs 9:00-11:00	Pickleball 9:00-11:00	Summer Fun 101 3-5yrs/ 6-12yrs 9:00-12:00		Hydrotherapy 9:15-10:00	Open Swim 9:00-10:00						
9:30 AM								Day Camp Swim 10:15-11:15	Day Camp Swim 10:15-11:15			
10:00 AM										Open Swim 11:30-12:00		
10:30 AM	Open Gym 11:15-1:45	Day Camp 11:15-4:00		Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:30-1:45	Splasher Bubblers 12:00-12:30						
11:00 AM										Open Swim 12:45-2:00		
11:30 AM												
12:00 PM												
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM	Yes+ Single Gym & Meeting Room 2:00-4:00				Day Camp Swim 2:00-3:00	Day Camp Swim 2:00-3:00						
2:30 PM												Open/ Lane Swim 3:00-3:45
3:00 PM												
3:30 PM												
4:00 PM	Day Camp 4:00-6:00	Open Badminton 4:00-7:30		Zumba-Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30						
4:30 PM												
5:00 PM				Yoga- Harmony Square 6:00-6:45 (begins July 10)								
5:30 PM												
6:00 PM	Karate Fundamentals 6-12yrs 6:00-6:45pm											
6:30 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm											
7:00 PM												
7:30 PM												
8:00 PM	Open Gym 8:00-9:45	Drop In Basketball 8:00-10:00			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00						
8:30 PM												
8:30 PM												
9:00 PM												
9:30 PM												
10:00 PM												

Registered Programs
  Open Gym/ Open Swim
  Drop In Group Fitness
  Registered Day Camp
  Drop In Recreational Sports



**WEDNESDAY**

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
5:30 AM									
6:00 AM									
6:30 AM									
7:00 AM	Day Camp 6:45-10:30	Open Gym 5:30-8:45		Bodyfit- Harmony Square 7:15-8:00 (begins July 12)	Lane Swim 6:00-9:00				
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM		Day Camp 9:00-12:45		Beginner Cyclefit- Studio C 9:15-9:45	AquaFit 9:15-10:00	Open Swim 9:00-11:45			
10:00 AM									
10:30 AM	Open Gym 10:45-12:45						Lane Swim 10:15-12:45		
11:00 AM									
11:30 AM									
12:00 PM					VIPR- Studio B 12:15-1:00			Splasher Bubblers 12:00-12:30	
12:30 PM								Open Swim 12:30-1:00	
1:00 PM	Day Camp 1:00-6:15	Open Basketball 1:00-4:15							
1:30 PM									
2:00 PM							Day Camp Swim 1:00-3:00	Day Camp Swim 1:00-3:00	
2:30 PM									
3:00 PM									
3:30 PM							Open Swim 3:00-3:45	Open Swim 3:00-3:45	
4:00 PM									
4:30 PM				Soccer- Level 1 3-5yrs 4:30-5:15			Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM				Soccer- Level 1-6-12yrs 5:30-6:30					
5:30 PM									
6:00 PM				Yoga- Studio A 6:15-7:15					
6:30 PM	Soccer Level 2-6-12yrs 6:45-7:45	Laurier International Gyms A & B 6:00-8:00pm							
7:00 PM									
7:30 PM									
8:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
8:30 PM	Open Gym 8:15-9:45								
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									
6:30 AM		Open Gym 5:30-8:45			Lane Swim 6:00-9:00				
7:00 AM	Day Camp 6:45-9:00								
7:30 AM									
8:00 AM							Core & Conditioning- Studio B 8:15-9:00		
8:30 AM									
9:00 AM			Open Pickleball 9:00-11:00	Summer Fun 101 9:00-12:00		Hydrotherapy 9:15-10:00	Open Swim 9:00-10:00		
9:30 AM	Summer Fun 101 9:00-11:00								
10:00 AM							Day Camp Swim 10:15-11:15	Day Camp Swim 10:15-11:15	
10:30 AM									
11:00 AM	Open Gym 11:15-1:45	Day Camp 11:15-4:00					Lane Swim 11:30-1:45	Open Swim 11:30-1:45	
11:30 AM									
12:00 PM						Healthy Hearts- Studio B 12:30-2:00			
12:30 PM									
1:00 PM									
1:30 PM	Day Camp 2:00-6:15	Basketball 3-5yrs- Gym B 4:30-5:15			Day Camp Swim 2:00-3:00	Day Camp Swim 2:00-3:00			
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM				Basketball Level 1-6-12yrs- Gym B 5:30-6:30		Step & Sculpt- Studio B 5:15-6:00	Lane Swim/ Open Swim/ Private Swim Lessons 3:15-7:30	Open Swim/ Private Swim Lessons 3:15-7:30	
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM	Basketball Level 2-6-12yrs 6:45-7:45pm	Pickleball- Gym A 4:30-7:00		Yoga- Studio A 6:15-7:15					
7:00 PM									
7:30 PM	Open Gym 8:00-9:45	Rental 7:30-9:30			Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00			
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

Registered Programs
  Open Gym/ Open Swim
  Drop In Recreational Sports
  Drop In Group Fitness
  Registered Day Camp



FRIDAY										
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL				
5:30 AM										
6:00 AM										
6:30 AM	Day Camp 6:45-10:30	Open Gym 5:30-8:45			Lane Swim 6:00-9:00					
7:00 AM						CardioFit- Harmony Square 7:15-8:00 (starts July 12)				
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM		Day Camp 9:00-1:00		Pilates- Studio A 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-12:45				
9:30 AM	Walkfit 10:15-11:00									
10:00 AM					Yoga- Studio A 10:30-11:30					
10:30 AM							Lane Swim 10:15-12:45			
11:00 AM										
11:30 AM	Open Gym 11:15-12:45									
12:00 PM				VIPR- Studio B 12:15-1:00(begins July 12)						
12:30 PM										
1:00 PM		Drop In Basketball 1:15-4:15			Day Camp Swim 1:00-3:00	Day Camp Swim 1:00-3:00				
1:30 PM	Day Camp 1:00-6:15									
2:00 PM										
2:30 PM										
3:00 PM									Open Swim 3:15-8:00	
3:30 PM						Teen Swim Lessons 4:00-4:30	Open Swim 3:15-8:00			
4:00 PM		Open Badminton 4:30-8:45			H2O- Beginners 4:30-5:15					
4:30 PM					H2O Intermediate- 5:15-6:00					
5:00 PM					Adult Lessons- 6:00-6:30					
5:30 PM					Adult Lessons- 6:30-7:00					
6:00 PM					Teen Swim Lessons- 7:00-7:30					
6:30 PM					Adult Lessons- 7:30-8:00					
7:00 PM						Open Swim 8:00-8:30				
7:30 PM	Open Gym 6:30-8:45									
8:00 PM										
8:30 PM										
9:00 PM										

SATURDAY									
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
8:00 AM									
8:30 AM	Open Gym, 8:00-9:45								
9:00 AM		Open 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	Karate- Fundamentals 6-12yrs 10:00-10:45						Yoga- Studio A 10:00-11:00		
10:00 AM									
10:30 AM	Karate Fundamentals- 6-12yrs 11:00-11:45								
11:00 AM			Family Pickleball 11:30-12:30						
11:30 AM	Open Gym 12:00-1:00								
12:00 PM									
12:30 PM									
1:00 PM	Birthday Parties 1:15-3:00	Open Badminton- Gym A 1:00-5:00 Drop In Basketball- Gym B 1:00-5:00	Birthday Parties 1:00-3:00						
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM								Lane Swim/ Open Swim 1:15-5:30	Open Swim 1:15-5:00
3:30 PM	Open Gym 3:15-5:45								
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 Day Camp



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		Open Pickleball 9:00-11:30		Cyclefit- Studio C 9:00-9:45	AquaFit 9:00-9:45	
10:00 AM						
10:30 AM	Family Open Gym 10:00-12:00				Lane Swim/ Open Swim 10:00-5:30	Open Swim 10:00-5:00
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:45				
12:00 PM	Open Gym 12:00-1:00					
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00	Open Volleyball 1:00-3:30	Birthday Parties 1:00-3:00			
1:30 PM						
2:00 PM						
2:30 PM	Open Gym 3:15-5:45	Drop In Basketball 3:45-5:45				
3:00 PM						
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 Day Camp
- Drop In Recreational Sports

Annual Pool Shutdown- Saturday August 24th at 1:00pm to Sunday September 1, 2024. Pool will reopen at 8:00am on Monday September 2, 2024. During this time the entire pool deck including sauna will be closed for cleaning and maintenance

**FACILITY HOURS (May 6, 2024 to September 2, 2024)**

Mon-Thurs: 5:30 am - 10:00 pm

Fri: 5:30 am - 9:00 pm

Sat & 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

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.