



## 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				Lane Swim 6:00am-9:00am			
6:30 AM								
7:00 AM					Strength & Conditioning- Studio B 7:15am-8:00am			
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Open Pickleball 9:00am-11:45am			Aquafit 9:15-10:00	Open Swim 9:00am-11:45am	
9:30 AM					Balance + Studio B 10:15am-11:00am			
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 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		
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM						Open Swim 12:45pm-3:30pm		
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Basketball Level 1- 3-5yrs 4:30pm-5:15pm	Open Pickleball 4:30pm-7:00	YMCA S.T.E.A.M. 6-12yrs 4:30pm-5:30pm		Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
5:00 PM	Basketball Level 1- 6-12yrs 5:30pm-6:30pm			YMCA S.T.E.A.M. 3-5yrs 5:45pm-6:30pm			Step- Studio B 5:45-6:30	
5:30 PM	Basketball Level 2- 6-12yrs 6:45pm-7:45pm						VIPR- Studio B 6:45pm-7:30pm	
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	Drop In Basketball 8:00pm-9:45	Laurier Programming 7:15-10:45pm			Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm		
9:30 PM								
10:00 PM								
10:30 PM								
11:00 PM								

## TUESDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM	Open Gym 5:30pm-4:45pm				Lane Swim 6:00am-9:00am			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM					Musclefit- Studio B 8:15am-9:00am			
8:30 AM								
9:00 AM			Open Pickleball 9:00am-11:45am			Hydrotherapy 9:15am-10:00am	Open Swim 9:00-11:45	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Closed for Cleaning 12:00-1:00			Lane Swim 10:15am-3:30pm	Splasher Bubblers 12:00-12:30		
12:30 PM				Healthy Hearts- Studio B 12:30-2:00				
1:00 PM								
1:30 PM		Rental 1:00pm-3:30pm					Open Swim 12:45-3:30	
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM				Musclefit- Studio B 5:15pm-6:00pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
4:30 PM		Open Badminton 4:30-7:00pm		Zumba- Studio A 5:15-6:00				
5:00 PM	Move It 3-5yrs 5:00pm-5:45pm						Yoga- Studio A 6:15pm-7:15pm	
5:30 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm							
6:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm			Back to Living Well (Oct 2024) 6:00pm-7:30pm				
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Open Gym 8:00pm-11:45pm	Laurier Programming 7:15pm-10:45pm			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
9:00 PM								
9:30 PM								
10:00 PM								
10:30 PM								
11:00 PM								

Registered Programs
Open Gym/ Open Swim
Drop In Group Fitness
Registered Aquatic Leadership Programs
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	Open Gym 6:00am-4:15pm			Core & Conditioning- Studio B 6:15am-7:00am	Lane Swim 6:00-9:00		
6:30 AM							
7:00 AM				Beginner Cycle- Studio C 7:15am-7:45am			
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						AquaFit 9:15-10:00	Open Swim 9:00-3:30
9:30 AM			Open Pickleball 9:00am-11:45pm				
10:00 AM							
10:30 AM					Healthy Living Series- Studio B 10:00am-12:00pm <small>September 13 to November 13</small>		
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00pm-1:00pm		VIPR- Studio B 12:15pm-1:00pm	Lane Swim 10:15-3:30		
12:30 PM				Cyclefit - Studio C 12:15pm-1:00pm			
1:00 PM							
1:30 PM		Drop In Basketball 1:15-3:45					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm	Laurier International 4:00pm-6:00pm					
5:00 PM	Soccer Level 1- 6-12yrs 5:30pm- 6:30pm				Cardio Kickbox- Studio B 5:15pm-6:00pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:30 PM			Art Spark 6-12yrs Youth Zone 4:30pm-5:30pm				
6:00 PM							
6:30 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm		Art Spark- 3-5yrs- Youth Zone 5:45pm-6:30pm				
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Volleyball 8:00-10:30				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
9:00 PM		Laurier Programming 7:15pm-10:45pm					
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

**THURSDAY**

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM	Open Gym 6:00-4:15				Lane Swim 6:00-9:00		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM					Core & Conditioning- Studio B 8:15am-9:00am		
9:00 AM			Open Pickleball 9:00-11:30			Hydrotherapy 9:15am- 10:00am	Open Swim 9:00-4:00
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		HealthyHearts- Studio B 12:30-2:00	Lane Swim 11:15-4:00		
12:30 PM							
1:00 PM							
1:30 PM		Rental 1:00pm-3:30pm					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Youth Fusion- Gym A 4:00-5:00					
4:30 PM	Sports Adventure 3-5yrs 4:30pm-5:15pm						
5:00 PM				Step & Sculpt- Studio B 5:15-6:00	Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30	Open Swim/ Private Swim Lessons 4:00-7:30	
5:30 PM	Sports Adventure 6-12yrs 5:30pm-6:30pm	Open Pickleball 4:30pm-7:00pm <small>(Gym B- 4:30pm-5:00pm)</small>		Yoga - Studio A 6:15pm-7:15pm			
6:00 PM							
6:30 PM							
7:00 PM				Back to Living Well (Oct 2024) 6:00-7:00			
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 7:00pm-10:45pm				Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00	
9:00 PM		Laurier Programming 7:15pm-10:45pm					
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							



FRIDAY								
	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 6:00-10:00			Synergy- Fitness Floor - Level 2 6:15am-6:45am	Lane Swim 6:00-9:00			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		Open Pickleball 9:00-11:30		Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00am-8:30pm		
9:30 AM				Yoga- Studio A 10:30am-11:30am				
10:00 AM								
10:30 AM	Walkfit 10:15-11:15				Lane Swim 10:15am-12:30pm			
11:00 AM								
11:30 AM	Open Gym 11:30-5:45							
12:00 PM			Closed for Cleaning 12:00-1:00		ViPR- Studio B 12:15pm-1:00pm			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM		Faculty of Education 1:30-4:00			Lane Swim/ Open Swim 12:30pm-4:00pm			
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM					Teen Swim Lessons 4:00pm-4:30pm			
4:30 PM					H2O Beginners 4:30pm-5:15pm			
5:00 PM					H2O Intermediate 5:15pm-6:00pm			
5:30 PM					Adult Lessons 6:00pm-6:30pm			
6:00 PM	Youth Leadership Development 6:00-8:00	Open Badminton 4:30-8:45	Youth Leadership Development 6:00-8:00		Adult Lessons 6:30pm-7:00pm			
6:30 PM					Teen Lessons 7:00pm-7:30pm			
7:00 PM					Adult Lessons 7:30pm-8:00pm			
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	Open Pickleball 9:00-11:30	Dance -3-5yrs- Studio B 9:00am-9:45am	Strength & Conditioning- Studio A 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00			
9:30 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am						Dance- 6-12yrs- Studio B 10:00am-10:45am		
10:00 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am						Tiny Tots- 3-5yrs- Studio B 11:00am-11:45am		
10:30 AM									
11:00 AM									
11:30 AM	Open Gym 12:00pm-1:00pm	Family Pickleball 11:30-12:30							
12:00 PM									
12:30 PM									
1:00 PM	Birthday Parties 1:15-3:00	Open Badminton 1:00-3:30	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 1:15-5:30			
3:30 PM	Open Gym 3:15-5:45								
4:00 PM									
4:30 PM			Open Soccer 3:45pm-5:45pm						
5:00 PM									
5:30 PM									
6:00 PM									



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 A 9:00-9:45	AquaFit 9:15am-10:00am	Open Swim 9:00am-4:00pm
10:00 AM						
10:30 AM	Family Open Gym 10:00-12:00					
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM						
12:30 PM	Open Gym 12:00-1:00					
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm	
1:30 PM						
2:00 PM		Open Volleyball 1:00-3:30				
2:30 PM						
3:00 PM	Open Gym 3:15-5:45					
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 Recreational Sports
  Drop In Group Fitness
  Registered Aquatic Leadership Programs

**FACILITY HOURS**

Mon-Thurs: 5:30 am - 11:00 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.