

Drop In Group Fitness

Laurier Brantford YMCA - Schedule at a Glance September 2, 2024 to December 22, 2024

			MONDAY			
,	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM					Lane Swim	
6:30 AM						
7:00 AM				Strength & Conditioning-Studio B		
7:30 AM				7:15am-8:00am	6:00am-9:00am	
8:00 AM						
8:30 AM						
9:00 AM					Aquafit	
9:30 AM				Balance + Studio B	9:15-10:00	
10:00 AM		Open Pickleball		10:15am-11:00am		Open Swim
10:30 AM	Open Gym	9:00am-11:45am				9:00am-11:45am
11:00 AM	6:00am-4:15pm					
11:30 AM	, in the second second				Splasher Lane Swim 10:15am-3:30pm	
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C		Splasher Bubblers 12:00pm-12:30pm
12:30 PM				12:15pm-1:00pm		
1:00 PM						
1:30 PM						
2:00 PM						Open Swim
2:30 PM						12:45pm-3:30pm
3:00 PM						
3:30 PM						
4:00 PM	0.1.4.111.14.05		YMCA S.T.E.A.M. 6-12yrs			
4:30 PM	Basketball Level 1-3-5yrs 4:30-pm-5:15pm		4:30pm-5:30pm			
5:00 PM		Open Pickleball	VAACA CTE A LA O E	G. G. I. D.	6 1 1	6
5:30 PM 6:00 PM	Basketball Level 1-6-12yrs 5:30pm-6:30pm	4:30pm-7:00	YMCA S.T.E.A.M. 3-5yrs 5:45pm-6:30pm	Step-Studio B 5:45-6:30	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
6:00 PM 6:30 PM	Basketball Level 2-6-12yrs		S. Spill OSSPIII	ViPR-Studio B	поори зори	iloopiii / bopiii
7:00 PM	6:45pm-7:45pm			6:45pm-7:30pm		
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim/Open Swim	Open Swim
9:00 PM	Drop In Basketball	Laurier Programming			7:45pm-9:30pm	7:45pm-9:00pm
9:30 PM	8:00pm-9:45	7:15-10:45pm				
10:00 PM						
10:30 PM						
11:00 PM						

			TUESDAY			
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM				Ì		
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim	
7:30 AM					6:00am-9:00am	
8:00 AM				Musclefit-Studio B		
8:30 AM				8:15am-9:00am		
9:00 AM					Hydrotherapy	
9:30 AM					9:15am-10:00am	
10:00 AM		Open Pickleball				Open Swim
10:30 AM	Open Gym	9:00am-11:45am				9:00-11:45
11:00 AM	5:30pm-4:45pm					
11:30 AM					Lane Swim 12 10:15am-3:30pm	Splasher Bubblers
12:00 PM		Closed for Cleaning 12:00-1:00				
12:30 PM		3		Healthy Hearts-Studio B		12:00-12:30
1:00 PM				12:30-2:00		
1:30 PM						
2:00 PM		Rental				Open Swim 12:45-3:30
2:30 PM		1:00pm-3:30pm				
3:00 PM						
3:30 PM						
4:00 PM				Musclefit- Studio B 5:15pm-6:00pm		
4:30 PM						
5:00 PM 5:30 PM	Move It 3-5yrs 5:00pm-5:45pm	Open Badminton 4:30-7:00pm		Zumba-Studio A 5:15-6:00	Swim Lessons	Swim Lessons
6:00 PM		130 7100p			4:00-7:30	4:00-7:30
6:30 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm			Yoga-Studio A 6:15pm-7:15pm	Lane Swim/Open Swim 7.45	
7:00 PM	Karate Fundamentals 6-12yrs			Back to Living Well (Oct 2024)		
7:30 PM	7:00pm-7:45pm			6:00pm-7:30pm		
8:00 PM						Open Swim
8:30 PM						7:45-9:00
9:00 PM		Laurier Programming			7:45-9:30	
9:30 PM	Open Gym	7:15pm-10:45pm				
10:00 PM	8:00pm-11:45pm					
10:30 PM						
11:00 PM				İ		
Registered	d Programs (Open Gym/ Open Swim		Drop In Recreational St		

Registered Aquatic Leadership Programs

Drop In Recreational Sports



WEDNESDAY							
	SINGLEGYM	DOUBLE GYM	CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM				Core & Conditioning-Studio B			
6:30 AM				6:15am-7:00am			
7:00 AM				Beginner Cycle- Studio C	Lane Swim		
7:30 AM				7:15am-7:45am	6:00-9:00		
8:00 AM							
8:30 AM							
9:00 AM					Aquafit		
9:30 AM					9:15-10:00		
10:00 AM		Open Pickleball 9:00am-11:45pm				Open Swim	
10:30 AM	Open Gym	9.00am-11.45pm		Healthy Living Series-Studio B 10:00am-12:00pm			
11:00 AM	6:00am-4:15pm			September 15 to November 13			
11:30 AM							
12:00 PM		Closed for Cleaning 12:00pm-1:00pm		ViPR-Studio B 12:15pm-1:00pm	Lane Swim	9:00-3:30	
12:30 PM 1:00 PM					10:15-3:30		
1:30 PM				Cyclefit - Studio C 12:15pm-1:00pm			
2:00 PM		Drop In Basketball					
2:30 PM		1:15-3:45					
3:00 PM							
3:30 PM							
4:00 PM		Laurier International					
4:30 PM	Soccer Level 1-3-5yrs	4:00pm-6:00pm					
5:00 PM	4:30pm-5:15pm			Cardio Kickbox-Studio B	Swim Lessons	Swim Lessons	
5:30 PM	Soccer Level 1-6-12yrs		Art Spark 6-12yrs Youth Zone	5:15pm-6:00pm	4:00-7:30	4:00-7:30	
6:00 PM	5:30pm-6:30pm		4:30pm-5:30pm				
6:30 PM			Art Spark- 3-5yrs- Youth Zone				
7:00 PM	Soccer Level 2-6-12yrs 6:45pm-7:45pm		5:45pm-6:30pm				
7:30 PM	олэршилэрш]					
8:00 PM						Open Swim	
8:30 PM	Open Volleyball 8:00-10:30				Lane Swim/ Open Swim 7:45-9:30	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							
6:30 AM							
6:30 AM 7:00 AM					Lane Swim 600-900		
6:30 AM 7:00 AM 7:30 AM					Lane Swim 6:00-9:00		
6:30 AM 7:00 AM 7:30 AM 8:00 AM				Cora & Conditionina, Studio B			
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM				Core&Conditioning-Studio B 8:15am-900am			
6:30 AM 7:00 AM 7:30 AM 8:00 AM					6:00-9:00 Hydrotherapy		
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		Open Pickleball			6:00-9:00		
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		Open Pickleball 9:00-11:30		8:15am-9:00am Yoga-Studio A	6:00-9:00 Hydrotherapy		
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym 600-4:15			8:15am-9:00am	6:00-9:00 Hydrotherapy		
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM	Open Gym 6:00-4:15			8:15am-9:00am Yoga-Studio A	6:00-9:00 Hydrotherapy	Open Swirn	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM		9:00-11:30		8:15am-9:00am Yoga-Studio A	6:00-9:00 Hydrotherapy	Open Swim 9:00-4:00	
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM				8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim		
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM		9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim		
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6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 5:00 PM 5:00 PM 5:00 PM 5:00 PM 6:00 PM 6:30 PM 7:00 PM 7:30 PM	Sports Adventure 3-5yrs 4:30pm-5:15pm Sports Adventure 6-12yrs 5:30pm-6:30pm	9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:30pm Youth Fusion-Gym A 4:00-5:00 Open Piddeball 4:30pm-7:00pm (Gym B-4:30pm-5:00pm)		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Step & Sculpt-Studio B 5:15-6:00 Yoga - Studio A 6:15pm7:15pm Back to Living Well (Oct 2024)	Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00 Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30	9:00-4:00 Open Swim/ Private Swim Lessons 4:00-7:30 Open Swim	



			FRIDAY				
	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL	
5:30 AM							
6:00 AM				Synergy-Fitness Floor-Level 2			
6:30 AM				6:15am-6:45am			
7:00 AM					Lane Swim 6:00-9:00		
7:30 AM							
8:00 AM	Open Gym 6:00-10:00						
8:30 AM	0.00 10.00						
9:00 AM				Pilates-Studio B	Aquafit		
9:30 AM				9:30-10:15	9:15-10:00		
10:00 AM		Open Pickleball		Yoga-Studio A			
10:30 AM	Walkfit	9:00-11:30		10:30am-11:30am	Lane Swim 10:15am-12:30pm		
11:00 AM	10:15-11:15						
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00		ViPR-Studio B			
12:30 PM		Closed for Clearling 12:00 1:00		12:15pm-1:00pm			
1:00 PM						Open Swim 9:00am-8:30pm	
1:30 PM					Lane Swim/ Open Swim		
2:00 PM	Open Gym	Faculty of Education			12:30pm-4:00pm		
2:30 PM	11:30-5:45	1:30-4:00					
3:00 PM							
3:30 PM							
4:00 PM					Teen Swim Lessons 4::00pm-4:30pm		
4:30 PM					H20 Beginners 4:30pm-5:15pm		
5:00 PM					H20 Intermediate 5:15pm-6:00pm		
5:30 PM					Adult Lessons 6:00pm-6:30pm		
6:00 PM		Open Badminton 4:30-8:45			Adult Lessons 6:30pm-7:00pm		
6:30 PM	Youth Leadership Development	4.50-0.45	Youth Leadership Development		Teen Lessons 7:00pm-7:30pm		
7:00 PM	6:00-8:00		6:00-8:00		Adult Lessons 7:30pm-8:00pm		
7:30 PM					Open Swim/Lane Swim		
8:00 PM					8:00pm-8:30pm		
8:30 PM	Open Gym 8:15-8:45						
9:00 PM	0.13-0.43						

			SATURDAY			
	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim	
8:30 AM					8:00-8:45	
9:00 AM	Family Open Gym		Dance-3-5yrs-Studio B	Strength & Conditioning-Studio A		
9:30 AM	9:00am-9:45am	Open Pickleball	9:00am-9:45am	9:00-9:45		
10:00 AM	Karate Fundamentals-6-12yrs	9:00-11:30	Dance-6-12yrs-Studio B			
10:30 AM	10:00am-10:45am		10:00am-10:45am		Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
11:00 AM	Karate Fundamentals-6-12yrs		Tiny Tots-3-5yrs-Studio B			
11:30 AM	11:00am-11:45am	Family Pickleball	11:00am-11:45am			
12:00 PM	Open Gym	11:30-12:30				
12:30 PM	12:00pm-1:00pm					
1:00 PM						
1:30 PM	Birthday Parties		Birthday Parties		-	
2:00 PM	1:15-3:00	Open Badminton	1:00-3:00			
2:30 PM		1:00-3:30				
3:00 PM					Lane Swim./ Open Swim	Open Swim
3:30 PM					1:15-5:30	1:15-5:30
4:00 PM	Open Gym					
4:30 PM	3:15-5:45	Open Soccer				
5:00 PM		3:45pm-5:45pm				
5:30 PM						
6:00 PM						



			SUNDAY			
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
8:00 AM					Lane Swim 8:00-8:45	
8:30 AM	Open Gym				Laile SWIII 6.00-6.45	
9:00 AM	8:00-10:00			Cyclefit-Studio A	Aquafit 9:15am-10:00am	
9:30 AM		On an Bioldologii		9:00-9:45	Aquait 9.13a11F10.00a111	
10:00 AM		Open Pickleball 9:00-11:30				
10:30 AM	Family Open Gym 10:00-12:00	1.55 1 1.50				
11:00 AM						
11:30 AM		Farath Distribution				
12:00 PM	Open Gym	Family Pickleball 11:30-12:30				
12:30 PM	12:00-1:00	1 1.50 12.50				0 6 :
1:00 PM						Open Swim 9:00am-4:00pm
1:30 PM	Birthday Parties		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm	элоант-коорт
2:00 PM	1:00-3:00	Open Velley deall				
2:30 PM		Open Volleyball 1:00-3:30				
3:00 PM						
3:30 PM						
4:00 PM	Onon Cum					
4:30 PM	Open Gy,m 3:15-5:45					
5:00 PM	5.1.2 51.15					
5:30 PM						
6:00 PM						

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

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.