

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

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	SINGLE GTIVI			51 UDIU (A, B, C)	LAFFOUL	
6:00 AM				KAOS Dance Team- Studio C		
6:30 AM				7:00-8:00		
7:00 AM				Strength & Conditioning-Studio B	Lane Swim	
7:30 AM				7:15am-8:00am	6:00am-9:00am	
8:00 AM				KAOS Dance Team - Studio B		
8:30 AM				8:15-9:15		
9:00 AM					Aquafit	
9:30 AM		On an Diskishall		Balance + Studio B 10:15am-11:00am	9:15-10:00	Open Swim 9:00am-11:45am
10:00 AM 10:30 AM		Open Pickleball 9:00am-11:45am		Torrourn Photoann		
11:00 AM	Open Gym 6:00am-4:15pm			KAOS Dance Team-Studio B		
11:30 AM				11:15-2:15		
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C		Splasher Bubblers 12:00pm-12:
12:30 PM				12:15pm-1:00pm		Spidsher Bubblers 12.00pi1112.
1:00 PM					10:15am-3:30pm	
1:30 PM						
2:00 PM 2:30 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		YMCA S.T.E.A.M. 6-12yrs 4:30pm-5:30pm			
5:00 PM	4:30-pm-5:15pm	Open Pickleball				
5:30 PM	Basketball Level 1-6-12yrs	4:30pm-7:00	YMCA S.T.E.A.M. 3-5yrs	Step-Studio B 5:45-6:30	Swim Lessons	Swim Lessons 4:00pm-7:30pm
6:00 PM	5:30pm-6:30pm		5:45pm-6:30pm		4:00pm-7:30pm	
6:30 PM 7:00 PM	Basketball Level 2-6-12yrs 6:45pm-7:45pm		<u> </u>	ViPR- Studio B 6:45pm-7:30pm		
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm
9:00 PM	Drop In Basketball	Laurier Programming				7spin-stoopin
9:30 PM	8:00pm-10:45	7:15-10:45pm		KAOS Dance Team-Studio B		
10:00 PM				9:00-10:45		
10:30 PM						
11.00 014						
11:00 PM						
11:00 PM			TUESDAY			
11:00 PM	SINGLEGYM	DOUBLE GYM	TUESDAY CHILD& YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	SINGLE GYM	DOUBLE GYM		STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM 6:00 AM	SINGLEGYM	DOUBLE GYM		STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM 6:00 AM 6:30 AM	SINGLEGYM	DOUBLE GYM		STUDIO (A, B, C)		LEISURE POOL
5:30 AM 6:00 AM 6:30 AM 7:00 AM	SINGLEGYM	DOUBLE GYM		STUDIO (A, B, C)	LaneSwim	LEISURE POOL
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM	SINGLEGYM	DOUBLE GYM				
5:30 AM 6:00 AM	SINGLE GYM	DOUBLE GYM		STUDIO (A, B, C)	LaneSwim	
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	SINGLEGYM	DOUBLE GYM		Musclefit- Studio B	Lane Swim 6:00am-9:00am	
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	SINGLEGYM	DOUBLE GYM		Musclefit- Studio B	LaneSwim	
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM	Open Gym	Open Pickleball		Musclefit- Studio B	Lane Swim 6:00am-9:00am Hydrotherapy	Open Swim
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:30 AM 9:30 AM 10:00 AM 10:30 AM				Musclefit- Studio B	Lane Swim 6:00am-9:00am Hydrotherapy	
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5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM	Open Gym	Open Pickleball		Musclefit-Studio B 8:15am-9:00am	Lane Swim 6:00am-9:00am Hydrotherapy 9:15am-10:00am	Open Swim
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 11:30 PM	Open Gym	Open Pickleball 9:00am-11:45am		Musclefit-Studio B 8:15am-9:00am	Lane Swim 6:00am-9:00am Hydrotherapy	Open Swim 9:00-11:45 Splasher Bubblers
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5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:30 AM 8:30 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM	Open Gym 5:30pm-3:45pm Yes+ Program 4:00-5:00 Move It 3-5yrs 5:00pm-5:45pm Karate Fundamentals 6-12yrs 6:00pm-6:45pm Karate Fundamentals 6-12yrs 7:00pm-7:45pm	Open Pickleball 9:00am-11:45am Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:30pm Open Badminton 4:30-7:00pm		Musclefit-Studio B 8:15am-9:00am Healthy Hearts-Studio B 12:30-2:00 Zumba-Studio A 5:15-6:00 Musclefit-Studio A 6:15-7:00 Back to Living Well (Oct 2024)	Lane Swim 600am-900am Hydrotherapy 9:15am-1000am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 900-11:45 Splasher Bubblers 12:00-12:30 Open Swim 12:45-3:30 Swim Lessons 4:00-7:30
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5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:30 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:30 PM 5:30 PM 8:30 PM 9:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 9:30 PM 8:30 PM 8:30 PM 8:30 PM 9:30 PM 9:30 PM 1:30	Open Gym 5:30pm-3:45pm Yes+ Program 4:00-5:00 Move It 3-5yrs 5:00pm-5:45pm Karate Fundamentals 6-12yrs 6:00pm-6:45pm Karate Fundamentals 6-12yrs 7:00pm-7:45pm	Closed for Cleaning 1200-1:00 Closed		Image: Control of the second secon	Lane Swim 600am-900am Hydrotherapy 9:15am-1000am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00-11:45 Splasher Bubblers 12:00-12:30 Open Swim 12:45-3:30 Swim Lessons 4:00-7:30
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 9:30 AM 9:30 AM 1:00 AM 1:00 AM 1:00 AM 1:00 AM 1:200 PM 1:30 PM 2:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:	Open Gym 5:30pm-3:45pm Yes+ Program 4:00-5:00 Move It 3-5yrs 5:00pm-5:45pm Karate Fundamentals 6-12yrs 6:00pm-6:45pm Karate Fundamentals 6-12yrs 7:00pm-7:45pm	Closed for Cleaning 1200-1:00 Closed		Image: Control of the second secon	Lane Swim 600am-900am Hydrotherapy 9:15am-1000am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	Open Swim 9:00-11:45 Splasher Bubblers 12:00-12:30 Open Swim 12:45-3:30 Swim Lessons 4:00-7:30



			WEDNESDAY			
	SINGLE GYM	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					A	
9:30 AM					Aquafit 9:15-10:00	
10:00 AM		Open Pickleball 9:00am-11:45pm		Healthy Living Series- Studio B		Open Swim 9:00-3:30
10:30 AM	Open Gym			10:00am-12:00pm		
11:00 AM	6:00am-4:15pm			starts October 2, 2024		
11:30 AM						
12:00 PM		Closed for Cleaning 12:00pm-1:00pm			Lane Swim	
12:30 PM					10:15-3:30	
1:00 PM				Cyclefit - Studio C		
1:30 PM		Drop In Basketball		12:15pm-1:00pm		
2:00 PM		1:15-3:45				
2:30 PM						
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			5:15pm-6:00pm	4:00-7:30	4:00-7:30
6:00 PM	5:30pm-6:30pm					
6:30 PM						
7:00 PM	Soccer Level 2-6-12yrs					
7:30 PM	6:45pm-7:45pm					
7:30 PM 8:00 PM						0.51
		Laurier Programming 7:15pm-10:45pm			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
8:30 PM						
9:00 PM	Open Volleyball 8:00-10:30					
9:30 PM	0.01-00.0					
10:00 PM						
10:30 PM						
11:00 PM						
			THURSDAY			
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim	
7:30 AM					6:00-9:00	
8:00 AM						
8:30 AM				Core & Conditioning- Studio B		
9:00 AM				8:15am-9:00am		-
9:30 AM					Hydrotherapy	
10:00 AM						
		Open Dickloball			9:15am-10:00am	
		Open Pickleball 9:00-11:30		Voca Studie A		
10:30 AM	Open Gym	Open Pickleball 9:00-11:30		Yoga-Studio A 11:30am-12:30pm		
10:30 AM 11:00 AM	Open Gym 6:00-4:15	Open Pickleball 9:00-11:30		Yoga-Studio A 11:30am-12:30pm		
10:30 AM 11:00 AM 11:30 AM		Open Pickleball 9:00-11:30				Open Swim 900-400
10:30 AM 11:00 AM 11:30 AM 12:00 PM		Open Pickleball 9:00-11:30		11:30am-12:30pm	9:15am-10:00am	Open Swim 9:00-4:00
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM		9:00-11:30		11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM		9:00-11:30		11:30am-12:30pm	9:15am-10:00am	
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM		9:00-11:30 Closed for Cleaning 12:00-1:00		11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM		9:00-11:30		11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM		9:00-11:30 Closed for Cleaning 12:00-1:00 Rental		11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
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FRIDAY							
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM				Synergy-Fitness Floor - Level 2			
6:30 AM	1			6:15am-6:45am			
7:00 AM	1				Lane Swim		
7:30 AM					6:00-9:00		
8:00 AM	Open Gym 6:00-10:00						
8:30 AM							
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	Open Swim 900am-830pm	
11:00 AM	10:15-11:15						
11:30 AM							
12:00 PM				ViPR- Studio B	Lane Swim/ Open Swim 12:30pm-4:00pm		
12:30 PM				12:15pm-1:00pm			
1:00 PM							
1:30 PM		Faculty of Education					
2:00 PM	Open Gym	12:30-4:00					
2:30 PM	11:30-5:45						
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	4:30-8:45	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	8:15-8:45						

SATURDAY							
	SINGLEGYM	DOUBLE GYM	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		Swim Lessons 8:45-1.00	
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		Swim Lessons 900-1:00 Lane Swim/ Open Swim 1:15-5:30		
10:30 AM	10:00am-10:45am		10:00am-10:45am				
11:00 AM	Karate Fundamentals-6-12yrs		Tiny Tots- 3-5yrs- Studio B				
11:30 AM	11:00am-11:45am	Family Pickleball 11:30-12:30	11:00am-11:45am				
12:00 PM	Open Gym						
12:30 PM	12:00pm-1:00pm						
1:00 PM			Birthday Parties 1:00-3:00			Open Swim 1:15-5:30	
1:30 PM	Birthday Parties						
2:00 PM	1:15-3:00	Open Badminton					
2:30 PM		1:00-3:30					
3:00 PM							
3:30 PM							
4:00 PM	On on Curra						
4:30 PM	Open Gym 3:15-5:45	Open Soccer					
5:00 PM	5.1.5 5115	3:45pm-5:45pm					
5:30 PM							
6:00 PM							

Drop In Recreational Sports



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							
9:00 AM	8:00-10:00	00		Cyclefit-Studio A	Aquafit 9:15am-10:00am			
9:30 AM		Open Pickleball		9:00-9:45				
10:00 AM		9:00-11:30						
10:30 AM	Family Open Gym 10:00-12:00							
11:00 AM						Open Swim 9:00am-4:00pm		
11:30 AM		Family Pickleball 11:30-12:30						
12:00 PM	Open Gym							
12:30 PM	12:00-1:00							
1:00 PM					Lane Swim/ Open Swim 10:00am-5:30pm			
1:30 PM	Birthday Parties		Birthday Parties 1:00-3:00					
2:00 PM	1:00-3:00							
2:30 PM	Open Volleyball 1:00-3:30							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

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

Drop In Recreational Sports

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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.