



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			KAOS Dance Team- Studio C 7:00-8:00	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					KAOS Dance Team - Studio B 8:15-9:15			
8:30 AM								
9:00 AM			Open Pickleball 9:00am-11:45am					
9:30 AM						Balance + Studio B 10:15am-11:00am	AquaFit 9:15-10:00	Open Swim 9:00am-11:45am
10:00 AM								
10:30 AM						KAOS Dance Team- Studio B 11:15-2:15		
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 Bubbler 12:00pm-12:30pm		
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
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								
5:30 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	
6:00 PM								
6:30 PM	Basketball Level 2- 6-12yrs 6:45pm-7:45pm			VIPR- Studio B 6:45pm-7:30pm				
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM	Drop In Basketball 8:00pm-10:45	Laurier Programming 7:15-10:45pm						
9:30 PM								
10:00 PM						KAOS Dance Team- Studio B 9:00-10:45		
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-3:45pm								
6:00 AM									
6:30 AM									
7:00 AM						Lane Swim 6:00am-9:00am			
7:30 AM									
8:00 AM									
8:30 AM					Musclefit- Studio B 8:15am-9:00am				
9:00 AM			Open Pickleball 9:00am-11:45am						
9:30 AM							Hydrotherapy 9:15am-10:00am	Open Swim 9:00-11:45	
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM		Closed for Cleaning 12:00-1:00							
12:30 PM				Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:30pm	Splasher Bubbler 12:00-12:30			
1:00 PM									
1:30 PM		Rental 1:00pm-3:30pm							
2:00 PM									
2:30 PM							Open Swim 12:45-3:30		
3:00 PM									
3:30 PM									
4:00 PM	Yes+ Program 4:00-5:00	Open Badminton 4:30-7:00pm							
4:30 PM									
5:00 PM	Move It 3-5yrs 5:00pm-5:45pm				Zumba- Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:30 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm				Musclefit- Studio A 6:15-7:00				
6:00 PM									
6:30 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm			Back to Living Well (Oct 2024) 6:00pm-7:30pm					
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM	Open Gym 8:00pm-10:45pm	Laurier Programming 7:15pm-10:45pm							
9:00 PM						KAOS Dance Team - Studio B 6:30-10:30			
9:30 PM							Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
10:00 PM									
10:30 PM									
11:00 PM									

Registered Programs
Open Gym/ Open Swim
Registered Aquatic Leadership Programs
Drop In Group Fitness
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			Open Pickleball 9:00am-11:45pm			AquaFit 9:15-10:00	Open Swim 9:00-3:30
9:30 AM							
10:00 AM					Healthy Living Series- Studio B 10:00am-12:00pm <small>starts October 2, 2024</small>		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00pm-1:00pm					
12:30 PM					Lane Swim 10:15-3:30		
1:00 PM		Drop In Basketball 1:15-3:45		Cyclefit- Studio C 12:15pm-1:00pm			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM		Laurier International 4:00pm-6:00pm					
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm						
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							
6:00 PM							
6:30 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm						
7:00 PM		Laurier Programming 7:15pm-10:45pm					
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							
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		Rental 1:00pm-3:30pm					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		Youth Fusion- Gym A 4:00-5:00					
4:00 PM							
4:30 PM	Sports Adventure 3-5yrs 4:30pm-5:15pm						
5:00 PM		Open Pickleball 4:30pm-7:00pm (Gym B- 4:30pm-5:00pm)		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						
6:00 PM							
6:30 PM							
7:00 PM		Laurier Programming 7:15pm-10:45pm		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							
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			VIPR- Studio B 12:15pm-1:00pm				
12:00 PM								
12:30 PM			Faculty of Education 12:30-4:00				Lane Swim/ Open Swim 12:30pm-4:00pm	
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM		Open Badminton 4:30-8:45			Teen Swim Lessons 4:00pm-4:30pm			
4:00 PM						H2O Beginners 4:30pm-5:15pm		
4:30 PM						H2O Intermediate 5:15pm-6:00pm		
5:00 PM						Adult Lessons 6:00pm-6:30pm		
5:30 PM						Adult Lessons 6:30pm-7:00pm		
6:00 PM	Youth Leadership Development 6:00-8:00		Youth Leadership Development 6:00-8:00		Teen Lessons 7:00pm-7:30pm			
6:30 PM					Adult Lessons 7:30pm-8:00pm			
7:00 PM								
7:30 PM					Open Swim/ Lane Swim 8:00pm-8:30pm			
8:00 PM								
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	Open Soccer 3:45pm-5:45pm								
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 Aquatic Leadership Programs
- 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 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.