



## 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		Splasher Bubbles 12:00pm-12:30pm	
12:30 PM						Lane Swim 10:15am-3:30pm		
1:00 PM								
1:30 PM								
2:00 PM		Cricket Club (LSO) Double Gym - 1:30pm-3:30pm					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	Art Spark 6-12yrs- Youth Zone 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			Art Spark 3-5yrs- Youth Zone 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	Drop In Basketball 8:00pm-10:45							
8:00 PM			Women's Flag Football (LSO) - Double Gym - 7:30pm-9:00pm					
8:30 PM						Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm	
9:00 PM								
9:30 PM					KAOS Dance Team- Studio B 9:00-10:45			
10:00 PM			Men's Extramural Basketball (LSO) Double Gym- B- 9:15pm-10:45pm					
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						Lane Swim 6:00am-9:00am		
7:00 AM								
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					Splasher Bubbles 12:00-12:30	
12:30 PM					Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:30pm		
1:00 PM								
1:30 PM								Open Swim 12:45-3:30
2:00 PM		Rental 1:00pm-3:30pm						
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Yes+ Program 4:00-6:00	Open Badminton 4:30-7:00pm						
5:00 PM					Zumba- Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:30 PM								
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm		Explorers- 3-5yrs Youth Zone 6:00-6:45	Musclefit- Studio A 6:15-7:00				
6:30 PM								
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm			Back to Living Well (Oct 2024) 6:00pm-7:30pm				
7:30 PM		Volleyball Extramurals- LSO Double Gym A- 7:15pm-8:45pm Women's Basketball- LSO Double Gym B- 7:15pm-8:45pm						
8:00 PM								
8:30 PM	Open Gym 8:00pm-10:45pm				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
8:30 PM								
9:00 PM					KAOS Dance Team - Studio B 6:30-10:30			
9:30 PM			Intramural Volleyball- LSO Double Gym- 9:00pm-10:45pm					
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>starts October 2, 2024</small>			
11:00 AM								
11:30 AM								
12:00 PM		Closed for Cleaning 12:00pm-1:00pm						
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM		Drop In Basketball 1:15-3:45						
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	YMCA STEAM- 6-12yrs- Youth Zone 4:30pm-5:30pm					
5:00 PM								
5:30 PM	Soccer Level 1- 6-12yrs 5:30pm-6:30pm		YMCA STEAM 3-5yrs- Youth Zone 5:45pm-6:30pm	Cardio Kickbox- Studio B 5:15pm-6:00pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
6:00 PM								
6:30 PM								
7:00 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm							
7:30 PM								
8:00 PM		Varsity Indoor Soccer (LSO) Double Gym- 7:00pm-9:00pm						
8:30 PM								
9:00 PM	Open Volleyball 8:00-10:30				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
9:30 PM		Women's Flag Football Club (LSO) Double Gym- 9:15pm-10:45pm						
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						
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM					Core & Conditioning- Studio B 8:15am-9:00am	Lane Swim 6:00-9:00	
9:30 AM			Open Pickleball 9:00-11:30			Hydrotherapy 9:15am- 10:00am	
10:00 AM							
10:30 AM					Yoga- Studio A 11:30am-12:30pm		
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00					
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM		Rental 1:00pm-3:30pm					
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							
5:30 PM	Floor Hockey- Level 1- 6-12yrs 5:30pm-6:30pm	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	
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM		Volleyball Extramurals (LSO) Double Gym- 7:15pm-8:45pm		Back to Living Well (Oct 2024) 6:00-7:00			
8:00 PM							
8:30 PM							
9:00 PM	Open Gym 7:00pm-10:45pm				Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00	
9:30 PM		Men's Basketball Extramural- LSO Double Gym B- 9:15pm-10:45pm Cheerleading Club (LSO) Double Gym A- 9:15pm-10:45pm					
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					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	Open Badminton 4:30-8:45	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					Open Swim/ Lane Swim 8:00pm-8:30pm			
7:30 PM								
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			Artventures- 6-12yrs 8:45am-9:45am		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							Dance- 6-12yrs- Studio B 10:00am-10:45am	
10:00 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am						YMCA STEAM 3-5yrs 10:00am-10:45am	
10:30 AM								
11:00 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am							
11:30 AM		Family Pickleball 11:30-12:30						
12:00 PM	Open Gym 12:00pm-1:00pm							
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								

School Group Swims:

The pool will be open during these times, but lanes may be reduced and the deck busier than normal - November 27, 28, 29 and December 16, 17 and 18

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



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		Lane Swim/ Open Swim 10:00am-5:30pm	
1:30 PM	Birthday Parties 1:00-3:00					
2:00 PM			Open Volleyball 1:00-3:30			
2:30 PM						
3:00 PM						
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 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.