

Drop In Group Fitness

Laurier Brantford YMCA - Schedule at a Glance November 4, 2024 to December 22, 2024

	27.0p.11	ng Lives.	MONDAY			
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM				KAOS Dance Team-Studio C	Lane Swim 6.00am-9.00am	
6:30 AM				7:00-8:00		
7:00 AM				Strength & Conditioning-Studio B		
7:30 AM				7:15am-8:00am		
8:00 AM				KAOS Dance Team - Studio B		
8:30 AM				8:15-9:15		
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		KAOS Dance Team- Studio B		9:00am-11:45am
11:00 AM	6:00am-4:15pm			11:15-2:15	Lane Swim 10:15am-3:30pm	
11:30 AM						Splasher Bubblers 12:00pm-12:30pm
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C 12:15pm-1:00pm		
12:30 PM		-		12:15pm-1:00pm		Open Swim 12:45pm-3:30pm
1:00 PM						
1:30 PM		Cricket Club (LSO)		-		
2:00 PM		Double Gym -1:30pm-3:30pm		-		
2:30 PM						12.45pm 3.50pm
3:00 PM 3:30 PM						
4:00 PM						
4:00 PM	Basketball Level 1-3-5yrs		Art Spark 6-12yrs-Youth Zone			
5:00 PM	4:30-pm-5:15pm		4:30pm-5:30pm			Swim Lessons
5:30 PM	Basketball Level 1-6-12yrs	Open Pickleball	Art Spark 3-5yrs-Youth Zone	Step-Studio B	Swim Lessons	
6:00 PM	5:30pm-6:30pm	4:30pm-7:00	5:45pm-6:30pm	5:45-6:30	4:00pm-7:30pm	4:00pm-7:30pm
6:30 PM	Basketball Level 2-6-12yrs			ViPR-Studio B		
7:00 PM	6:45pm-7:45pm			6:45pm-7:30pm		
7:30 PM						
8:00 PM		Women's Flag Football (LSO) -			Lane Swim/Open Swim 7:45pm-9:30pm	
8:30 PM		Double Gym - 7:30pm-9:00pm				Open Swim
9:00 PM	Drop In Basketball					7:45pm-9:00pm
9:30 PM	8:00pm-10:45	Men's Extramural Basketball (LSO)		KAOS Dance Team- Studio B		
10:00 PM		Double Gym-B-9:15pm-10:45pm		9:00-10:45		
10:30 PM				1		
11:00 PM						
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			TUESDAY			
	SINGLE GYM	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					6:00am-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 Gym	Open Pickleball				Open Swim
10:30 AM	5:30pm - 3:45pm	9:00am-11:45am				9:00-11:45
11:00 AM						
11:30 AM					Lane 5wim 10:15am-3:30pm	
12:00 PM		Closed for Cleaning 12:00-1:00				Splasher Bubblers
12:30 PM		3		Healthy Hearts-Studio B		12:00-12:30
1:00 PM				12:30-2:00		
1:30 PM						Open Swim 12:45-3:30
2:00 PM		Rental				
2:30 PM		1:00pm-3:30pm				
3:00 PM						
3:30 PM						
4:00 PM				-		
4:30 PM	Yes+ Program 4:00-6:00					
5:00 PM	4.00-0.00	Open Badminton 4:30-7:00pm		Zumba-Studio A 5:15-6:00	Swim Lessons	Swim Lessons 4:00-7:30
5:30 PM	W . 5 1	4.50 7.00pm	5 1		4:00-7:30	
6:00 PM 6:30 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		
7:00 PM	Karate Fundamentals 6-12yrs		300 0.00			
7:00 PM 7:30 PM	7:00pm-7:45pm	Volleyball Extramurals-LSO Double Gym A-7:15pm-8:45pm		Back to Living Well (Oct 2024) 6:00pm-7:30pm		
8:00 PM		Women's Basketball-LSO				Open Swim
8:30 PM		Double Gym B- 7:15pm-8:45pm		-		7:45-9:00
9:00 PM				KAOS Dance Team - Studio B		
9:30 PM	Open Gym	Intramural Volleyball-LSO		6:30-10:30		
10:00 PM	8:00pm-10:45pm	Double Gym-9:00pm-10:45pm		1		
10:30 PM				1		
11:00 PM						
Registere	d Programs Op	en Gym/ Open Swim		Dron In Recreational St	aarts	

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				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				
10:30 AM	Onon Cum	9:00am-11:45pm		Healthy Living Series-Studio B		
11:00 AM	Open Gym 6:00am-4:15pm			10:00am-12:00pm starts October 2, 2024		
11:30 AM						On on Suring
12:00 PM		Closed for Cleaning 12:00pm-1:00pm			Lane Swim	Open Swim 9:00-3:30
12:30 PM		Closed for Clean mig 12.00pm 1.00pm			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	YMCA STEAM-6-12yrs-Youth Zone			
5:00 PM	4:30pm-5:15pm		4:30pm-5:30pm	Cardio Kickbox-Studio B	Swim Lessons	Swim Lessons
5:30 PM	Soccer Level 1-6-12yrs		YMCA STEAM 3-5yrs-Youth Zone	5:15pm-6:00pm	4:00-7:30	4:00-7:30
6:00 PM	5:30pm-6:30pm		5:45pm-6:30pm			
6:30 PM	Soccer Level 2-6-12yrs					
7:00 PM	6:45pm-7:45pm					
7:30 PM		Varsity Indoor Soccer (LSO) Double Gym-7:00pm-9:00pm				
8:00 PM		Double dynn 7.00pm 9.00pm			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	- 0.00 10.50	Women's Flag Football Club (LSO) Double Gym-9:15pm-10:45pm				
10:00 PM		Boable cym siispin torispin				
10:30 PM 11:00 PM						
11.00 FW						
			THURSDAY			
	SINGLEGYM	DOUBLE GYM	THURSDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	SINGLE GYM	DOUBLE GYM		STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	SINGLE GYM	DOUBLEGYM		STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM 6:30 AM	SINGLEGYM	DOUBLEGYM		STUDIO (A, B, C)		LEISURE POOL
6:00 AM 6:30 AM 7:00 AM	SINGLEGYM	DOUBLE GYM		STUDIO (A, B, C)	Lane Swirn	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM	SINGLE GYM	DOUBLE GYM		STUDIO (A, B, C)		LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	SINGLE GYM	DOUBLE GYM			Lane Swirn	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	SINGLE GYM	DOUBLE GYM		STUDIO (A, B, C) Core&Conditioning-Studio B 8:15am-9:00am	Lane Swirn	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	SINGLE GYM	DOUBLE GYM		Core&Conditioning-Studio B	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	SINGLE GYM			Core&Conditioning-Studio B	Lane Swim 6:00-9:00	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		Open Pickleball		Core&Conditioning-Studio B 8:15am-9:00am	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
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		Core&Conditioning-Studio B	Lane Swim 6:00-9:00 Hydrotherapy	
6:00 AM 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 Pickleball		Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A	Lane Swim 6:00-9:00 Hydrotherapy	Open Swirm
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM	. Open Gym	Open Pickleball 9:00-11:30		Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	
6:00 AM 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	. Open Gym	Open Pickleball	CHILD & YOUTH Homeschool Program - 6-12yrs	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim 9:00 4:00
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM	. Open Gym	Open Pickleball 9:00-11:30	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	Open Swim 9:00 4:00
6:00 AM 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 12:30 PM 1:30 PM	. Open Gym	Open Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00	CHILD & YOUTH Homeschool Program - 6-12yrs	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:00 AM 11:00 PM 12:30 PM 1:30 PM 2:00 PM	. Open Gym	Open Pickleball 9:00-11:30	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 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 12:30 PM 1:30 PM 2:30 PM 2:30 PM 2:30 PM	. Open Gym	Open Piddleball 9:00-11:30 Closed for Cleaning 12:00-1:00	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 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 11:30 AM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 3:00 PM	. Open Gym	Open Piddleball 9:00-11:30 Closed for Cleaning 12:00-1:00	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 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 11:00 AM 11:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM	. Open Gym	Open Piddleball 9:00-11:30 Closed for Cleaning 12:00-1:00	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 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 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM	Open Gym 6:00-4:15	Open Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:30pm	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00	Open Swim 9:00 4:00
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 1:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM	Open Gym 6:00-4:15	Open Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:30pm Youth Fusion- Gym A	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core&Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00 Swim Lessons-2:00pm-3:00pm	Open Swim 9:00-4:00 Swim Lessons- 2:00pm-3:00pm
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6:00 AM 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 12:30 PM 12:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 4:30 PM 5:00 PM 6:00 PM	Open Gym 6:00-4:15 Sports Adventure 3-5yrs 4:30pm-5:15pm	Open Pickleball 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 Pickleball	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Step & Sculpt-Studio B	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00 Swim Lessons-2:00pm-3:00pm	Open Swirn 9:00-4:00 Swirn Lessons-2:00pm-3:00pm Open Swirn/ Private Swirn Lessons
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6:00 AM 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 12:30 PM 2:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	Open Gym 600-4:15 Sports Adventure 3-5yrs 4:30pm-5:15pm	Open Pickleball 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 Pickleball 4:30pm-7:00pm (GymB-4:30pm-5:00pm) Volleyball Extramurals (LSO)	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 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	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00 Swim Lessons-2:00pm-3:00pm	Open Swirn 9:00-4:00 Swirn Lessons-2:00pm-3:00pm Open Swirn/ Private Swirn Lessons
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6:00 AM 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 12:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM 6:30 PM 7:30 PM 7:30 PM	Open Gym 6:00-4:15 Sports Adventure 3-5yrs 4:30pm-5:15pm Floor Hockey-Level 1-6-12yrs 5:30pm-6:30pm	Open Pickleball 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 Pickleball 4:30pm-7:00pm (GymB-4:30pm-5:00pm) Volleyball Extramurals (LSO) Double Gym-7:15pm-8:45pm	CHILD & YOUTH Homeschool Program-6-12yrs 12:30-2:00	Core & Conditioning-Studio B 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 Back to Living Well (Oct 2024)	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 11:15-4:00 Swim Lessons-2:00pm-3:00pm Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30 Lane/ Open Swim	Open Swim 9:00-4:00 Swim Lessons-2:00pm-3:00pm Open Swim/ Private Swim Lessons 4:00-7:30
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			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	Open Gym					
8:00 AM	6:00-10:00					
8:30 AM	3,00 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	_
11:00 AM	10:15-11:15				10:15am-12:30pm	
11:30 AM						
12:00 PM				ViPR-Studio B		
12:30 PM				12:15pm-1:00pm		
1:00 PM						
1:30 PM		Faculty of Education			Lane Swim/ Open Swim	
2:00 PM	Open Gym 11:30-5:45	12:30-4:00			12:30pm-4:00pm	Open Swim 9:00am-8:30pm
2:30 PM						
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		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)	LAPPOOL	LEISURE POOL
8:00 AM			Artventures-6-12yrs		Lane Swim 8:00-8:45	
8:30 AM			8:45am-9:45am			
9:00 AM	Family Open Gym		Dance - 3-5yrs- Studio B	Strength & Conditioning-Studio A	Swirn Lessons 9:00-1:00	
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			
10:30 AM	10:00am-10:45am		10:00am-10:45am			Swim Lessons
11:00 AM	Karate Fundamentals-6-12yrs		YMCA STEAM 3-5yrs			8::45-1:00
11:30 AM	11:00am-11:45am	Family Pickleball	10:00am-10:45am			
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 1:15-5:30	Open Swim
3:30 PM						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						

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



			SUNDAY			
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00-8:45	
8:30 AM	Open Gym				Earle Swiff 6.00 0.45	
9:00 AM	8:00-10:00			Cyclefit-Studio A	Aquafit 9:15am-10:00am	
9:30 AM		Open Pickleball		9:00-9:45	Aquaic 5.15am 10.00am	
10:00 AM		9:00-11:30				
10:30 AM	Family Open Gym					
11:00 AM	10:00-12:00					
11:30 AM		Fareth Distributed				
12:00 PM	Open Gym	Family Pickleball 11:30-12:30				
12:30 PM	12:00-1:00					On an Sudan
1:00 PM					Lana Suina / On an Suina	Open Swim 9:00am-4:00pm
1:30 PM	Birthday Parties		Birthday Parties			
2:00 PM	1:00-3:00	Open Volleyball 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm		
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Onon Cum					
4:30 PM	Open Gy,m 3:15-5:45					
5:00 PM						
5:30 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.