

HOLIDAY: December 23, 2024 - January 5, 2025

Monday, December 23 - 6am - 10pm							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL		
6:00 AM							
6:30 AM							
7:00 AM	Open Gym			Member Lane Swim			
7:30 AM	6:00 - 9:00			6:00 - 8:45			
8:00 AM							
8:30 AM							
9:00 AM	HIIT	BodyFit		AquaFit			
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45			
10:00 AM		TRX		HydroTherapy			
10:30 AM		10:15 - 11:00		10:00 - 10:45			
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim		
11:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00		
12:00 PM		Chair Yoga Chair Yoga					
12:30 PM		12:15 - 1:00					
1:00 PM		GentleFit					
1:30 PM		1:15-2:00					
2:00 PM	Open Gym			Member Lane Swim 1:00 - 3:45			
2:30 PM	10:30-6:45						
3:00 PM	10.50 0.15						
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim		
5:30 PM		Cycle & Strength		4:00 - 7:00	4:00 - 7:00		
6:00 PM		5:30-6:30					
6:30 PM		Zumba					
7:00 PM		6:45 - 7:30					
7:30 PM		ViPR PRO		Public Open Swim / Lane Swim (2)	Public Open Swim		
8:00 PM	Badminton	7:45 - 8:30		7:00 - 9:00	7:00-9:00		
8:30 PM	7:00 - 9:45						
9:00 PM							
9:30 PM 10:00 PM							

	Tuesday, December 24 - 6am - 2pm						
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL		
6:00 AM							
6:30 AM							
7:00 AM				Public Lane Swim			
7:30 AM				6:00-8:45			
8:00 AM	Open Gym						
8:30 AM	6:00 - 10:45						
9:00 AM				AquaFit			
9:30 AM		CycleFit		9:00-9:45			
10:00 AM		9:30 - 10:15		Hydrotherapy			
10:30 AM			Queenax	10:00 - 10:45			
11:00 AM			10:30 - 11:15				
11:30 AM			(Fitness Centre)	Member Open Swim / Lane Swim (2)	Member Open Swim		
12:00 PM	Pickleball			11:00 - 12:00	11:00 - 12:00		
12:30 PM	11:00 - 1:30			11.00-12.00	11.00-12.00		
1:00 PM							
1:30 PM							
2:00 PM							

Wednesday, December 25 - closed

Happy Holidays from our YMCA family to yours!



Thursday, December 26 - 8am - 4pm								
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL			
8:00 AM								
8:30 AM								
9:00 AM	Open Gym			Member Lane Swim				
9:30 AM	8:00 - 10:45			8:00 - 10:45				
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Pickleball							
12:00 PM	11:00 - 1:30			Public Open Swim / Lane Swim (2)	Public Open Swim			
12:30 PM				11:00 - 1:45	11:00 - 1:45			
1:00 PM								
1:30 PM								
2:00 PM	Open Gym							
2:30 PM	1:45 - 3:45			Public Lane Swim				
3:00 PM				2:00 - 3:30				
3:30 PM								
4:00 PM								

	Friday, December 27 - 6am - 10pm							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL			
6:00 AM								
6:30 AM								
7:00 AM	Open Gym			Member Lane Swim				
7:30 AM	6:00 - 9:00			6:00-8:45				
8:00 AM								
8:30 AM								
9:00 AM	Strength & Conditioning	BodyFit		AquaFit				
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45				
10:00 AM								
10:30 AM				Public Open Swim / Lane Swim (2)	Public Open Swim			
11:00 AM		Pilates		10:00 - 12:00	10:00 - 12:00			
11:30 AM		11:15 - 12:00						
12:00 PM				Aquatic Leader				
12:30 PM				12:00 -	1:00			
1:00 PM	Open Gym	GentleFit	Babysitting Course	Aquatic Leadership Course 1:00 - 4:00				
1:30 PM	10:15 - 5:00	1:15-2:00	(11 - 15 yrs)					
2:00 PM			10:00 - 5:00					
2:30 PM				Member Lane Swim (2)				
3:00 PM				1:00-4:00				
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM		.,		Member Open Swim / Lane Swim (2)	Member Open Swim			
5:30 PM		Yoga 5:45 6:45		4:00 - 7:00	4:00 - 7:00			
6:00 PM		5:45 - 6:45						
6:30 PM	M D H							
7:00 PM	Member Basketball 5:00 - 9:45							
7:30 PM	5.00-9 .4 5			Public Open Swim	Public Open Swim			
8:00 PM				7:00 - 9:00	7:00 - 9:00			
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								



	Saturday, December 28 - 8am - 6pm							
	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL			
8:00 AM	HIIT 8:15-9:00			Member Lane Swim 8:00 - 8:45				
8:30 AM	8.13-9.00	-		8.00-8.43				
9:00 AM		CycleFit						
9:30 AM		9:15 - 10:00						
10:00 AM					Aquatic Leadership Course			
10:30 AM		Yoga		Aquatic Leadership Course	8:00 - 1:00			
11:00 AM		10:45 - 11:45		9:00 - 1:00				
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym			Manshar Opan String / Lang String (2)	Mambar On an Cuina			
1:30 PM	9:15 - 5:45			Member Open Swim / Lane Swim (2) 1:00 - 2:30	Member Open Swim 1:00 - 2:30			
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM				Public Open Swim / Lane Swim (2)	Public Open Swim			
4:00 PM				2:30 - 5:00	2:30 - 5:00			
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

	Sunday, December 29 - 8am - 6pm							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL			
8:00 AM				Member Lane Swim 8:00 - 8:45				
8:30 AM				8.00-8.43				
9:00 AM		CycleFit						
9:30 AM		9:00 - 9:45						
10:00 AM		TRX			Aquatic Leadership Course			
10:30 AM		10:00 - 10:360		Aquatic Leadership Course	8:00 - 1:00			
11:00 AM		Yoga		9:00 - 1:00				
11:30 AM	Open Gym	10:45 - 11:45						
12:00 PM	8:00 - 4:00							
12:30 PM								
1:00 PM				Member Family Open Swim	Member Family Open Swim			
1:30 PM				1:00 - 2:00	1:00 - 2:00			
2:00 PM								
2:30 PM								
3:00 PM				A su setia Lacada	valaira Carrina			
3:30 PM				Aquatic Leade 2:00 -				
4:00 PM				2.00-	5.00			
4:30 PM	Badminton 4:15 - 5:45							
5:00 PM								
5:30 PM								
6:00 PM								



Monday, December 30 - 6am - 10pm							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM							
6:30 AM							
7:00 AM	Open Gym			Member Lane Swim			
7:30 AM	6:00 - 9:00			6:00 - 8:45			
8:00 AM					Aquatic Leadership Course		
8:30 AM					8:00 - 11:00		
9:00 AM	HIIT	BodyFit		AquaFit			
9:30 AM	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45			
10:00 AM		TRX		HydroTherapy			
10:30 AM		10:15 - 11:00		10:00 - 10:45			
11:00 AM		Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim		
11:30 AM		11:15 - 12:00		11:00 - 12:00	11:00 - 12:00		
12:00 PM		Chair Yoga Chair Yoga		Aquatic Leade	rship Course		
12:30 PM		12:15 - 1:00		12:00 -	1:00		
1:00 PM		GentleFit		A .: 1 1 1: C			
1:30 PM		1:15 - 2:00		Aquatic Leadership Course 1:00 - 4:00			
2:00 PM	On on C			1.00 - 4.00			
2:30 PM	Open Gym 10:30 - 6:45			Marshaul are a Corina (2)			
3:00 PM	10.50-0.45			Member Lane Swim (2) 1:00 - 4:00			
3:30 PM				1.00 - 4.00			
4:00 PM							
4:30 PM							
5:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim		
5:30 PM		Cycle & Strength		4:00 - 7:00	4:00 - 7:00		
6:00 PM		5:30 - 6:30					
6:30 PM		Zumba					
7:00 PM		6:45 - 7:30					
7:30 PM		ViPR PRO		Public Open Swim / Lane Swim (2)	Public Open Swim		
8:00 PM	Badminton	7:45-8:30		7:00 - 9:00	7:00-9:00		
8:30 PM	7:00 - 9:45	, 115 656					
9:00 PM							
9:30 PM							
10:00 PM							

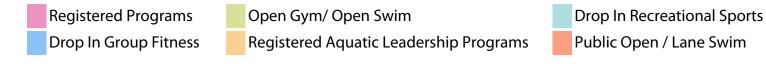
Tuesday, December 31 - 6am - 2pm							
	Gymnasium	STUDIO	COMMUNITY ROOM	LAPPOOL	LEISURE POOL		
6:00 AM							
6:30 AM							
7:00 AM				Public Lane Swim			
7:30 AM				6:00 - 8:45			
8:00 AM	Open Gym				Aquatic Leadership Course		
8:30 AM	6:00 - 10:45				8:00 - 11:00		
9:00 AM				AquaFit			
9:30 AM		CycleFit		9:00 - 9:45			
10:00 AM		9:30 - 10:15		Hydrotherapy			
10:30 AM			Queenax	10:00 - 10:45			
11:00 AM			10:30 - 11:15	Member Open Swim	Member Open Swim		
11:30 AM			(Fitness Centre)	11:00 - 12:00	11:00 - 12:00		
12:00 PM	Pickleball						
12:30 PM	11:00 - 1:30			A	hi C		
1:00 PM				Aquatic Leade 12:00 -			
1:30 PM				12.00-	-2,00		
2:00 PM							

	Wednesday, January 1 - 12pm - 4pm								
	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL				
12:00 PM									
12:30 PM				Public Open Swim / Lane Swim (2)	Public Open Swim				
1:00 PM	Open Gym 12:00 - 3:45			12:00 - 1:45	12:00 - 1:45				
1:30 PM									
2:00 PM									
2:30 PM				Public Lane Swim					
3:00 PM				2:00 - 3:30					
3:30PM									
4:00 PM									



Thursday, January 2 - 6am - 10pm							
	GYMNASIUM	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL		
6:00 AM							
6:30 AM							
7:00 AM				Member Lane Swim			
7:30 AM				6:00-8:45			
8:00 AM	Open Gym						
8:30 AM	6:00 - 10:45						
9:00 AM				AquaFit			
9:30 AM		CycleFit		9:00 - 9:45			
10:00 AM		9:30 - 10:15		Hydrotherapy			
10:30 AM				10:00 - 10:45			
11:00 AM				Member Open Swim / Lane Swim (2)	Member Open Swim		
11:30 AM	Pickleball			11:00 - 12:00	11:00 - 12:00		
12:00 PM	11:00 - 1:30	Chair Yoga		Aquatic Leader			
12:30 PM		11:15-12:00	12:00 -	1:00			
1:00 PM				Aquatic Leadership Course			
1:30 PM				1:00 - 4:00			
2:00 PM			Home Alone Course				
2:30 PM	Open Gym		(10-13 yrs)	Member Lane Swim (2)			
3:00 PM	1:45 - 5:00		1:00 - 5:00	1:00-4:00			
3:30 PM							
4:00 PM							
4:30 PM				Marsha O 6 : (1 6 : (2)	Marila Occasionia		
5:00 PM		CycloFit		Member Open Swim / Lane Swim (2) 4:00 - 7:00	Member Open Swim 4:00 - 7:00		
5:30 PM 6:00 PM		CycleFit 5:45 - 6:30		T.00-7.00	T.00 - 7.00		
		Core Express					
6:30 PM 7:00 PM	Member Basketball	6:40-7:15					
7:00 PM 7:30 PM	5:00 - 9:45	0.10 7.15	-				
8:00 PM				Public Open Swim	Public Open Swim		
8:30 PM				7:00 - 9:00	7:00 - 9:00		
9:00 PM							
9:30 PM							
10:00 PM							

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 10:30 AM 11:30 AM	Open Gym 6:00 - 9:00 Strength & Conditioning 9:15 - 10:00	BodyFit 9:15 - 10:00 Pilates 11:15 - 12:00	COMMUNITY ROOM	Member Lane Swim 6:00 - 8:45 AquaFit 9:00 - 9:45 Public Open Swim / Lane Swim (2)	LEISURE POOL Public Open Swim
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	6:00 - 9:00 Strength & Conditioning	9:15 - 10:00 Pilates		AquaFit 9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
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	6:00 - 9:00 Strength & Conditioning	9:15 - 10:00 Pilates		AquaFit 9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	6:00 - 9:00 Strength & Conditioning	9:15 - 10:00 Pilates		AquaFit 9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	Strength & Conditioning	9:15 - 10:00 Pilates		AquaFit 9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM		9:15 - 10:00 Pilates		9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM		9:15 - 10:00 Pilates		9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM		9:15 - 10:00 Pilates		9:00 - 9:45 Public Open Swim / Lane Swim (2)	Public Open Swim
10:00 AM 10:30 AM 11:00 AM 11:30 AM	9:15 - 10:00	Pilates		Public Open Swim / Lane Swim (2)	Public Open Swim
10:30 AM 11:00 AM 11:30 AM					Public Open Swim
11:00 AM 11:30 AM					Public Open Swim
11:30 AM					
		11:15-12:00		10:00 - 12:00	10:00 - 12:00
12:00 PM					
				Aquatic Leader	
12:30 PM				12:00-	1:00
1:00 PM	Open Gym	GentleFit		Aquatic Leadership Course	
1:30 PM	10:15 - 5:00	1:15-2:00		1:00 - 4:00	
2:00 PM			Home Alone Course		
2:30 PM			(10-13 yrs)	Member Lane Swim (2)	
3:00 PM			1:00 - 5:00	1:00 - 4:00	
3:30 PM					
4:00 PM					
4:30 PM 5:00 PM				Member Open Swim / Lane Swim (2)	Member Open Swim
5:30 PM		Yoga		4:00 - 7:00	4:00-7:00
6:00 PM		5:45 - 6:45			1100 7100
6:30 PM		51.0 51.0			
7:00 PM	Member Basketball				
7:30 PM	5:00 - 9:45				
8:00 PM				Public Open Swim	Public Open Swim
8:30 PM				7:00 - 9:00	7:00 - 9:00
9:00 PM					
9:30 PM					
10:00 PM					





HOLIDAY: December 23, 2024 - January 5, 2025

	Saturday, January 4 - 8am - 6pm							
	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL			
8:00 AM	HIIT			Member Lane Swim				
8:30 AM	8:15-9:00			8:00 - 8:45				
9:00 AM		CycleFit						
9:30 AM		9:15 - 10:00						
10:00 AM				Member Open Swim / Lane Swim (2)				
10:30 AM		Yoga		9:00 - 12:30				
11:00 AM		10:45 - 11:45						
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym			Member Open Swim / Lane Swim (2)	Member Open Swim			
1:30 PM	9:15 - 5:45			1:00 - 2:30	1:00-2:30			
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM				Public Open Swim / Lane Swim (2)	Public Open Swim			
4:00 PM				2:30 - 5:00	2:30 - 5:00			
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

Sunday, January 5 - 8am - 6pm					
	Gymnasium	STUDIO	COMMUNITY ROOM	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00 - 4:00		Member Lane Swim		
8:30 AM				8:00 - 8:45	
9:00 AM		CycleFit		Aquatic Leadership Course 9:00 - 1:00	
9:30 AM		9:00 - 9:45			
10:00 AM		TRX			
10:30 AM		10:00 - 10:360			
11:00 AM		Yoga			
11:30 AM		10:45 - 11:45			
12:00 PM					
12:30 PM					
1:00 PM				Member Family Open Swim	Member Family Open Swim
1:30 PM				1:00 - 2:00	1:00 - 2:00
2:00 PM					
2:30 PM				Staff Training - Pool Closed 2:00 - 6:00	
3:00 PM					
3:30 PM					
4:00 PM	Badminton 4:15 - 5:45				
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

FACILITY HOURS

Tuesday, December 24: 6am - 2pm

Wednesday, December 25: closed

Thursday, December 26: 8am - 4pm

Tuesday, December 31: 6am - 2pm

Wednesday, January 1: 12pm - 4pm