



Shine On LAURIER Laurier Brantford YMCA - Schedule at a Glance September 8, 2025 to December 21, 2025

				MONDAY			
	SINGLEGYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM							
6:30 AM							
7:00 AM					CardioFit-Studio A	Lane Swim	
7:30 AM					8:15am-9:00am	6:00am-9:00am	
8:00 AM	-						
8:30 AM							
9:00 AM						Aquafit	
9:30 AM			~			9:15-10:00	Omana Conina
10:00 AM			Pickleball -11:45am		Balance + Studio B		Open Swim 9:00am-11:45am
10:30 AM	Open Gym	5.150111	11.13411		10:15am-11:00am		
11:00 AM 11:30 AM	6:00am-4:15pm				Yoga-Studio A 10:30-11:30		
12:00 PM	-				Cyclefit - Studio C		Splasher Bubblers 12:00
12:30 PM	-	Closed for Clea	ning 12:00-1:00		12:15pm-1:00pm		12:30pm
1:00 PM						Lane Swim	
1:30 PM						10:15am-3:45pm	
2:00 PM							Open Swim
2:30 PM		Dron In R	adminton				12:45pm-3:45pm
3:00 PM			-4:45pm				
3:30 PM		·	·		Dance-6-12yrs-Studio B		
4:00 PM					4:30pm-5:15pm		
4.20 044	Soccer Level 1 3-5yrs-				Dance 3-5yrs-Studio P		
4:30 PM	Single Gym A-4:30-5:15 Soccer Level 1-6-12yrs				Dance 3-5yrs- Studio B 5:30pm-6:15pm		
5:00 PM	Single Gym B - 4:30-5:30pm						
5:30 PM	Basketball Level 1-6-12yrs Single Gym A-5:30-6:30	Rec Spo	orts-TBD		Strength & Conditioning	Swim Lessons	Swim Lessons 4:00pm-7:30pm
	Basketball Level 1-3-5yrs)-7:00		Studio A- 5:45-6:30	4:00pm-7:30pm 4	
6:00 PM	Single Gym B- 545-6:30						
6:30 PM	Basketball Level 2-6-12yrs				ViPR-Studio B		
7:00 PM	Single Gym-6:45-7:45				6:45pm-7:30pm		
7:30 PM 8:00 PM	-				Yoga-Studio A 6:45-7:45		
8:30 PM	-	Laurier Recreational	Programming (LSO)		313713	Lane Swim/Open Swim 7:45pm-9:30pm	Open Swim
9:00 PM	Drop In Basketball		-10:45				7:45pm-9:00pm
9:30 PM	8:00pm-10:45						
10:00 PM							
10:30 PM	_						
11:00 PM				THECDAY			
			201212021	TUESDAY	STUDIO (A, B, C)		LEISURE POOL
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM-B		STUDIO (A.B.C)	LAP POOL	
				CHILD & YOUTH	5.02.0 (.1,2,4)	2002	LEISURE FOOL
6:30 AM				CHILD&YOUTH	210210 (4,2,4)		LEISORE POOL
6:30 AM				CHILD&TOOTH	210210 (4,4,4,4)	Lane Swim	LEISURE POOL
		Drop In Basketball	Open Gym	CHILD&TOUTH	3.33.3.43,3		EISONE POOL
6:30 AM 7:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am	CHILD&YOUTH	Musclefit-Studio B	Lane Swim	LEISURE FOOL
6:30 AM 7:00 AM 7:30 AM	Open Gym 5:30am -10:45am	· · · · · · · · · · · · · · · · · · ·		CHILD&YOUTH		Lane Swim	LEISUNE POOL
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	WEDNESDAY						
	SINGLEGYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM					,		
6:30 AM							
7:00 AM	Open Gym					Lane Swim	
7:30 AM	6:00am-4:15pm	Drop In Basketball 7:00am-8:15am	Open Gym 7:00am-8:15am			6:00-9:00	
8:00 AM	·	7:00am-8:15am	7:00am-8:15am				
8:30 AM							
9:00 AM					Pilates-Studio B	Aquafit	
9:30 AM	-				9:30-10:15	9:15-10:00	
10:00 AM	Drop In Pickleball		y of Education				
10:30 AM	9:00-11:30	8:3Uam-	:11:30am				Open Swim 9:00-3:45
11:00 AM							
11:30 AM	-						
12:00 PM		CLOSED for Cla	aning 12:00-1:00			Lane Swim	
12:30 PM		CLOSED IOI CIE	ariirig 12.00-1.00			10:15-3:45	
1:00 PM					Cyclefit - Studio C		
1:30 PM					12:15pm-1:00pm		
2:00 PM	Open Gym						
2:30 PM	12:00-4:00		y of Education				
3:00 PM		1:00)-4:00 				
3:30 PM							
4:00 PM							
	Basketball 3-5yrs- 4:30-5:15 (Gym						
4:30 PM	A)						
5:00 PM	Basketball Level 1-6-12yrs	Laurier International-			V 2	Swim Lessons	Swim Lessons
5:30 PM	4:30-5:30 (Gym B)	Gym A	Drop In Badminton-Gym B		Yoga- Studio A	4:00-7:30	4:00-7:30
6:00 PM	Soccer- 3-5yrs- Single Gym A 5:45-6:30	4:30-6:30	4:00-7:00		6:30-7:30		
	Soccer Level 1-6-12yrs						
6:30 PM	Single Gym B-5:30-6:30						
7:00 PM	Soccer Level 2-6-12yrs						
7:30 PM	6:45-7:45						
8:00 PM							
8:30 PM							Open Swim
9:00 PM	Open Volleyball		nal Programming			Lane Swim/ Open Swim	7:45-9:00
	8:00-10:30	7:15-	-10:45			7:45-9:30	
9:30 PM	-						
10:00 PM							
10:30 PM							
11:00 PM							
			Т	HURSDAY			
	SINGLEGYM	DOUBLE GYM-A	T DOUBLE GYM-B	HURSDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	SINGLEGYM	DOUBLE GYM-A			STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM 6:30 AM		DOUBLE GYM-A			STUDIO (A, B, C)		LEISURE POOL
6:00 AM 6:30 AM 7:00 AM	Open Gym				STUDIO (A, B, C)	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM		DOUBLEGYM-A Drop In Basketball 7:00am-8:15am	DOUBLEGYM-B		STUDIO (A, B, C)		LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym			Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym		Core & Conditioning-	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym			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	Open Gym 6:00-8:45am	Drop in Basketball 7:00am-8:15am	DOUBLE GYM-B Open Gym		Core & Conditioning- Studio B-8:15am-9:00am	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 9:30 AM	Open Gym 6:00-8:45am Drop In Pickleball	Drop In Basketball 7:00am-8:15am Laurier Facult	Open Gym 7:00am-8:15am		Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
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				FRIDAY			
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM							
6:30 AM							
7:00 AM						Lane Swim 6:00-9:00	
7:30 AM	0						
8:00 AM	Open Gym 6:00-10:00						
8:30 AM	0.00 10.00						
9:00 AM					Pilates-Studio B	Aquafit	
9:30 AM					9:30-10:15	9:15-10:00	
10:00 AM			Pickleball				
10:30 AM	Walkfit	9:00	-11:30		Yoga-Studio A	Lane Swim	Open Swim 9:00am-8:30pm
11:00 AM	10:15-11:15				10:30-11:30	10:15am-12:30pm	
11:30 AM							
12:00 PM			or Cleaning		ViPR-Studio B		
12:30 PM		12:00pn	n-1:00pm		12:15-1:00		
1:00 PM							
1:30 PM						Lane Swim/Open Swim	
2:00 PM	Open Gym		n Soccer n-4:15pm			12:30pm-3:45pm	
2:30 PM 3:00 PM	11:30-5:45	1.15611	тътори				
3:30 PM						_	
4:00 PM							
4:30 PM						Adult-Learn to Swim 4:00-4:45	
5:00 PM						H2O Beginner-4:45-5:30	
5:30 PM						H2O Intermediate-5:30-6:15	
6:00 PM		Dron In R	Badminton			Adult-Learn to Swim 6:30-7:15	
6:30 PM	Youth Leadership)-8:45	Youth Leadership		Adult Lean to Swim - 7:15-8:00	
7:00 PM	Development - 10-18yrs 6:00-8:00			Development 6:00-8:00			
7:30 PM	0:00-8:00			0:00-8:00		Open Swim/	
8:00 PM						4:00-8:30pm	
9:00 PM	Open Gym						
9:00 PM 9:30 PM	8:15-9:45						
10:00 PM	33			-		+	

			S	ATURDAY			
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
7:00 AM		0	C				
7:30 AM		Open 7:00-				16.1	
8:00 AM		7.00	0.45			Lane Swim 7:15-8:45	
8:30 AM						7.15-0.45	
9:00 AM	Family Open Gym				Strength & Conditioning-		
9:30 AM	9:00am-9:45am	D I. 5	St. 1.1.1		Studio B- 9:00-9:45		
10:00 AM	Karate Fundamentals-6-	Drop In F 9:00-		\#464 CTEAL4 2 5	V C. II A		
10:30 AM	12yrs 10:00am-10:45am	9.00-	1130	YMCA STEAM- 3-5yrs 10:00-10:45	Yoga- Studio A 10:00am-11:00am		Swim Lessons 8:45-1:00
11:00 AM	Karate Fundamentals-6-			YMCA STEAM 6-12yrs			
11:30 AM	12yrs 11:00am-11:45am	Family P	rickleball	11:00-12:00			
12:00 PM	Karate-Advanced-6-12yrs	11:30-					
12:30 PM	12:00-12:45pm						
1:00 PM							
1:30 PM	Birthday Parties			Birthday Parties			
2:00 PM	1:15-3:00	Drop In Badminton-Gym A		1:00-3:00			
2:30 PM		1:00-3:30pm	1:00-3:30				
3:00 PM							Open Swim
3:30 PM						1	
4:00 PM		Open 9	Coccor			Lane Swim./ Open Swim 1:15-7:30	1:15-7:00
4:30 PM 5:00 PM	Open Gym	3:45pm-				1.13 750	
5:30 PM	3:15-7:45						
6:00 PM							
6:30 PM		Drop In B	asketball				
7:00 PM		6:00-7:					
7:30 PM							
8:00 PM							

School Group Visits-Pool

September 24, 25, 26- 12:00pm-1:00pm; October 28, 29, 30- 12:00pm-1:00pm; November 26, 27, 28- 12:00pm-1:00pm; December 16, 17, 28- 12:00pm-1:00pm

Tournament Closures- Double Gym- Extramural Volleyball Friday November 14- 7:00am-6:00pm





SUNDAY							
	SINGLEGYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
8:00 AM						Lane Swim 8:00-8:45	
8:30 AM	Open Gym						
9:00 AM 9:30 AM	8:00-10:00			-	Cyclefit- Studio A 9:00-9:45	Aquafit 9:00-9:45	
10:00 AM		Drop In Pickleball 9:00-11:30				Private Swim Lessons	
10:30 AM	Family Open Gym		9:00-11:30			10:00-12:15	
11:00 AM	10:00-12:00						
11:30 AM		Family B)ickloball				
12:00 PM	Open Gym						
12:30 PM	12:00-1:00	11120	12.50				Open Swim 9:00am-4:00pm
1:00 PM							
1:30 PM	Birthday Parties			Birthday Parties			
2:00 PM	1:00-3:00			1:00-3:00		Lane Swim/Open Swim	
2:30 PM						. 10:00am-5:30pm	
3:00 PM		Drop In \	/olleyball				
3:30 PM 4:00 PM		1:00	-5:30			- -	
4:00 PM 4:30 PM	Open Gym						
5:00 PM	3:15-5:45						
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 - 11:00pm
Fri: 5:30 am - 10:00pm
Sat: 7:00 am - 8:00 pm
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, then tread water for 30 seconds

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.