



Shine On LAURIER Laurier Brantford YMCA - Schedule at a Glance September 7, 2025 to December 21, 2025

6:00 AM	SINGLEGYM	DOUBLE GYM- A	DOUBLE GYM-B	MONDAY CHILD&YOUTH	STUDIO (A P C)	LAPPOOL	LEISURE POOL	
LAMI AIVI	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISUKE POOL	
6:30 AM								
7:00 AM						Lane Swim		
7:30 AM						6:00am-9:00am		
8:00 AM					CardioFit-Studio A			
8:30 AM					8:15am-9:00am			
9:00 AM						Aquafit		
9:30 AM			D: 11 1 II			9:15-10:00	Om om Conina	
10:00 AM			Pickleball -11:45am		Balance + Studio B 10:15am-11:00am		Open Swim 9:00am-11:45am	
10:30 AM 11:00 AM	Open Gym	21004111	· · · · · · · · · · · · · · · · · · ·		Yoga-Studio A	, , , , , , , , , , , , , , , , , , ,		
11:30 AM	6:00am-4:15pm				10:30-11:30			
12:00 PM		Closed for Clea	aning 12:00-1:00		Cyclefit - Studio C		Splasher Bubblers 12:00	
12:30 PM		Closed for elect	IIIII 12.00 1.00		12:15pm-1:00pm	Lane Swim	12:30pm	
1:00 PM						10:15am-3:45pm		
1:30 PM							Open Swim	
2:00 PM	-						12:45pm-3:45pm	
2:30 PM 3:00 PM			Basketball - 4:45pm				.256	
3:30 PM		1.00ріті	-4.43pm		Dance-6-12yrs-Studio B			
4:00 PM					4:30pm-5:15pm			
	Soccer Level 13-5yrs-				Danca 2 Fire 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					Cutinal access	Control Construction	
5:30 PM	Basketball Level 1-6-12yrs Single Gym A-5:30-6:30		adminton		Strength & Conditioning	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm	
	Basketball Level 1-3-5yrs	5:00pm	1-7:00pm		Studio A-5:45-6:30	4.00pm-7.50pm	4.00pm-7.50pm	
6:00 PM 6:30 PM	Single Gym B- 545-6:30				ViPR-Studio B			
7:00 PM	-				6:45pm-7:30pm			
7:30 PM					Yoga-Studio A			
8:00 PM					6:45-7:45		Open Swim	
8:30 PM	Drop In Basketball 6:45pm-10:45		l Programming (LSO) -10:45			Lane Swim/ Open Swim 7:45pm-9:30pm	7:45pm-9:00pm	
9:00 PM 9:30 PM	0.13pm 10.13	7.15	10.75			7эртгэлэртг		
10:00 PM	-							
10:30 PM								
11:00 PM								
				TUESDAY				
	SINGLE GYM	DOUBLE GYM-A	DOUBLEGYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
6:00 AM 6:30 AM								
0.5071111								
7:00 AM						Lane Swim		
	On 21 G	Drop In Basketball	Open Gym			Lane Swim 6:00am-9:00am		
7:30 AM 8:00 AM	Open Gym 5:30am -10:45am	Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am		Musclefit-Studio B			
7:30 AM 8:00 AM 8:30 AM		· ·			Musclefit-Studio B 8:15am-9:00am	6:00am-9:00am		
7:30 AM 8:00 AM 8:30 AM 9:00 AM		· ·						
7:30 AM 8:00 AM 8:30 AM 9:00 AM		7:00am-8:45am				6:00am-9:00am Hydrotherapy	Open Swim	
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7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM		7:00am-8:45am Drop In I	7:00am-8:45am			6:00am-9:00am Hydrotherapy 9:15am-10:00am	9:00-11:45	
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7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM	5:30am -10:45am Drop in Volleyball	7:00am-8:45am Drop in i 9:00-	7:00am-8:45am Pickleball 11:45		8:15am-9:00am Realthy Hearts-Studio B	6:00am-9:00am Hydrotherapy 9:15am-10:00am Adult-Leam to Swim 10:30-11:00	9:00-11:45	
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7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM	5:30am-10:45am Drop in Volleyball 11:00am-1:00pm	7:00am-8:45am Drop In I 9:00- CLOSED for Clea	7:00am-8:45am Pickleball -11:45 aning 12:00-1:00		8:15am-9:00am Realthy Hearts-Studio B	6:00am-9:00am Hydrotherapy 9:15am-10:00am Adult-Learn to Swim 10:30-11:30 Adult Learn to Swim 11:00-11:30	9:00-11:45 Splasher Bubble 12:00-12:30 Open Swim	
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	SINGLEGYM	DOUBLE GYM- A	DOUBLE GYM-B	EDNESDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	SINGLEGTIVI	DOUBLEGINFA	DOOBLEGTM-B	CHILD & TOOTH	STODIO (A, B, C)	LAPPOOL	LEISURE POOL
6:30 AM							
7:00 AM	Open Gym	Drop In Basketball	Open Gym			Lane Swim	
7:30 AM	6:00am-8:45am	7:00am-8:15am	7:00am-8:15am			6:00-9:00	
8:00 AM							
9:00 AM					Pilates-Studio B	Aquafit	
9:30 AM	-	l			9:30-10:15	9:15-10:00	
10:00 AM	Drop In Pickleball	Laurier Faculty 8:30am-	y of Education 11:30am				
10:30 AM	9:00-11:30	0.550.111	. r.boarr				
11:00 AM	-						
11:30 AM 12:00 PM						Lana Curim	Open Swim 9:00-3:45
12:30 PM	-	CLOSED for Clea	aning 12:00-1:00			Lane Swim 10:15-3:45	
1:00 PM					Cyclefit - Studio C		
1:30 PM	0				12:15pm-1:00pm		
2:00 PM	Open Gym 12:00-4:00	l aurier Facult	y of Education				
2:30 PM	12.00 11.00		-4:00				
3:00 PM	-						
3:30 PM	-						
4:00 PM	Desirabell 2.5 422.5 47.6						
4:30 PM	Basketball 3-5yrs- 4:30-5:15 (Gym A)						
5:00 PM	Basketball Level 1-6-12yrs	Laurier International-	NVT Dro Drovid		Voca Church	Swim Lessons	Swim Lessons 4:00-7:30
5:30 PM	4:30-5:30 (Gym B) Soccer-3-5yrs- Single Gym A	Gym A	NXT Program- Drop In - Gym B- 5:00pm-6:00pm		Yoga- Studio A 6:30-7:30	4:00-7:30	
6:00 PM	5:45-6:30	4:30-6:30	., <u>. 5.00p 0.00p.</u>		3.50 7.30		
6:30 PM	Soccer Level 1-6-12yrs Single Gym B-5:30-6:30						
7:00 PM	3 . ,						
7:30 PM	-						Open Swim 7:45-9:00
8:00 PM	-						
8:30 PM	Open Volleyball					Lane Swim/ Open Swim 7:45-9:30	
9:00 PM	7:00-10:30		nal Programming 10:45				
9:30 PM	-	7.15	10.45				
10:00 PM							
			î				
10:30 PM							
10:30 PM 11:00 PM							
			Т	HURSDAY			
	SINGLE GYM	DOUBLE GYM-A	T DOUBLE GYM-B	HURSDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
11:00 PM	SINGLEGYM	DOUBLE GYM-A			STUDIO (A, B, C)	LAP POOL	LEISURE POOL
11:00 PM 6:00 AM 6:30 AM		DOUBLEGYM-A			STUDIO (A, B, C)		LEISURE POOL
6:00 AM 6:30 AM 7:00 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym		STUDIO (A, B, C)	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM			DOUBLE GYM-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		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	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 6						
8:00 AM	Open Gym 6:00-10:00						
8:30 AM	0.00 10.00						
9:00 AM			1		Pilates-Studio B	Aquafit 9:15-10:00	
9:30 AM					9:30-10:15		
10:00 AM			Pickleball				
10:30 AM	Walkfit	9:00	-11:45		Yoga-Studio A	Lane Swim	
11:00 AM	10:15-11:15				10:30-11:30	10:15am-12:30pm Lane Swim/ Open Swim 12:30pm-3:45pm	
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							
2:00 PM	Open Gym		n Soccer n-4:15pm				Open Swim
2:30 PM 3:00 PM	11:30-5:45	1.13611	тътори			_	9:00am-8:30pm
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	adminton			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			Development		7.13 0.00	
7:30 PM	6:00-8:00			6:00-8:00		Open Swim/	
8:00 PM						4:00-8:30pm	
8:30 PM	On on Cum		T T T T T T T T T T T T T T T T T T T				
9:00 PM 9:30 PM	Open Gym 8:15-9:45						
10:00 PM	0.13-3.43			1		+	

SATURDAY							
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
7:00 AM							
7:30 AM		Open 7:00-					
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	Dunus In F):- - - -		Studio B- 9:00-9:45		
10:00 AM	Karate Fundamentals-6-	Drop In F 9:00-		VAACA CTEANA 2 F	Vene Challe A		
	12yrs	5.00	11.50	YMCA STEAM- 3-5yrs 10:00-10:45	Yoga-Studio A 10:00am-11:00am		
10:30 AM	10:00am-10:45am			10.00 10.15	10.000111 11.000111	Swim Lessons	Swim Lessons
11:00 AM	Karate Fundamentals-6-			YMCA STEAM 6-12yrs		9:00-1:00 8:45-1:0	8:45-1:00
11:30 AM	12yrs 11:00am-11:45am	Family P	Pickleball	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							
3:30 PM						Lane Swim/Open Swim	Open Swim
4:00 PM 4:30 PM		Open S	Soccer			1:15-7:30	1:15-7:00
5:00 PM	Open Gym	3:45pm-				1.137.50	
5:30 PM	3:15-7:45						
6:00 PM							
6:30 PM		Drop In B					
7:00 PM		6:00-7:	:45pm				
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 C 9:00-9:45	Aquafit 9:00-9:45	
10:00 AM			Pickleball			Private Swim Lessons	
10:30 AM	Family Open Gym	9:00-11:30	11.30			10:00-12:15	
11:00 AM	10:00-12:00						
11:30 AM		Family B	rickleball				
12:00 PM	Open Gym		-12:30				
12:30 PM	12:00-1:00	1150	12.50				Open Swim
1:00 PM							9:00am-4:00pm
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	brop 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.