

MONDAY							
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00am-4:15pm					Lane Swim 6:00am-9:00am	
6:30 AM							
7:00 AM							
7:30 AM						Aquafit 9:15-10:00	Open Swim 9:00am-11:45am
8:00 AM					CardioFit- Studio A 8:15am-9:00am		
8:30 AM							
9:00 AM		Drop In Pickleball 9:00am-11:45am				Lane Swim 10:15am-3:45pm	Splasher Bubbler 12:00pm-12:30pm
9:30 AM					Balance + Studio B 10:15am-11:00am		
10:00 AM					Yoga- Studio A 10:30-11:30		
10:30 AM		Closed for Cleaning 12:00-1:00			Cyclefit - Studio C 12:15pm-1:00pm		Open Swim 12:45pm-3:45pm
11:00 AM							
11:30 AM							
12:00 PM	Drop In Basketball 6:45pm-10:45	Drop In Basketball 1:00pm- 4:45pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
12:30 PM							
1:00 PM							
1:30 PM						Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
2:00 PM							
2:30 PM							
3:00 PM						Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm
3:30 PM					Dance- 6-12yrs- Studio B 4:30pm-5:15pm		
4:00 PM					Dance 3-5yrs- Studio B 5:30pm-6:15pm		
4:30 PM	Soccer Level 1 3-5yrs- Single Gym A- 4:30-5:15 Soccer Level 1-6-12yrs Single Gym B- 4:30-5:30pm	Drop In Badminton 5:00pm-7:00pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
5:00 PM	Basketball Level 1- 6-12yrs Single Gym A- 5:30-6:30 Basketball Level 1- 3-5yrs Single Gym B- 5:45-6:30				Strength & Conditioning Studio A- 5:45-6:30		
5:30 PM							
6:00 PM	Drop In Basketball 6:45pm-10:45	Laurier Recreational Programming (LSO) 7:15-10:45				Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm
6:30 PM					ViPR- Studio B 6:45pm-7:30pm		
7:00 PM					Yoga- Studio A 6:45-7:45		
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

TUESDAY									
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
6:00 AM	Open Gym 5:30am -10:45am					Lane Swim 6:00am-9:00am			
6:30 AM									
7:00 AM									
7:30 AM		Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am						
8:00 AM					Muscdefit- Studio B 8:15am-9:00am				
8:30 AM									
9:00 AM		Drop In Pickleball 9:00-11:45				Hydrotherapy 9:15am-10:00am	Open Swim 9:00-11:45		
9:30 AM									
10:00 AM									
10:30 AM	Adult- Learn to Swim 10:30-11:00								
11:00 AM	Adult Learn to Swim 11:00-11:30								
11:30 AM	Drop in Volleyball 11:00am-1:00pm	CLOSED for Cleaning 12:00-1:00				Lane Swim 10:15-3:45	Splasher Bubbler 12:00-12:30		
12:00 PM									
12:30 PM									
1:00 PM	Open Gym 1:15pm-3:45pm	Rental 1:00-3:00			Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15-3:45	Open Swim 12:45-3:45		
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Yes+ Program 4:00-5:45	Drop In Pickleball 4:00-7:00pm		Artventures 6-12yrs Youth Zone- 4:45-5:45	Learn to Cycle - Studio C 5:00-5:45	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm								
6:30 PM									
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm	Laurier Recreational Programming 7:15-10:45				Adult- Learn to Swim 7:30-8:00	Open Swim 7:45-9:00		
7:30 PM									
8:00 PM									
8:30 PM	Open Gym 8:00pm-10:45pm							Lane Swim/ Open Swim 7:45-9:30	
9:00 PM									
9:30 PM									
10:00 PM									
10:30 PM									
11:00 PM									

### WEDNESDAY

	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	Open Gym 6:00am-8:45am	Drop In Basketball 7:00am-8:15am	Open Gym 7:00am-8:15am			Lane Swim 6:00-9:00	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Drop In Pickleball 9:00-11:30	Laurier Faculty of Education 8:30am-11:30am			Pilates-Studio B 9:30-10:15	AquaFit 9:15-10:00	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		CLOSED for Cleaning 12:00-1:00				Lane Swim 10:15-3:45	Open Swim 9:00-3:45
12:30 PM	Open Gym 12:00-4:00	Laurier Faculty of Education 1:00-4:00					
1:00 PM					Cyclefit - Studio C 12:15pm-1:00pm		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball 3-5yrs- 4:30-5:15 (Gym A)	Laurier International- Gym A 4:30-6:30				Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:00 PM	Basketball Level 1-6-12yrs 4:30-5:30 (Gym B)						
5:30 PM	Soccer- 3-5yrs- Single Gym A 5:45-6:30		NXT Program- Drop In - Gym B- 5:00pm-6:00pm		Yoga- Studio A 6:30-7:30		
6:00 PM	Soccer Level 1-6-12yrs Single Gym B- 5:30-6:30						
6:30 PM							
7:00 PM							
7:30 PM	Open Volleyball 7:00-10:30	Laurier Recreational Programming 7:15-10:45					
8:00 PM							
8:30 PM							
9:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

### THURSDAY

	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00-8:45am					Lane Swim 6:00-9:00				
6:30 AM										
7:00 AM		Drop In Basketball 7:00am-8:15am	Open Gym 7:00am-8:15am							
7:30 AM										
8:00 AM										
8:30 AM	Drop in Pickleball 9:00-11:30	Laurier Faculty of Education 8:30am-11:30am			Core & Conditioning- Studio B- 8:15am-9:00am	Hydrotherapy 9:15am- 10:00am	Open Swim 9:00am- 3:45pm			
9:00 AM										
9:30 AM					Gentlefit - Studio B 9:30-10:15					
10:00 AM					Yoga to the Core- Studio A 10:30-11:30					
10:30 AM										
11:00 AM	Drop in Volleyball 12:00pm-2:00pm	Closed for Cleaning 11:30-12:30			Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:45pm				
12:00 PM										
12:30 PM										
1:00 PM	Open Gym 2:15pm-3:45pm	Laurier Faculty of Education 1:00-4:00								
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Youth Fusion- Single Gym B- 4:00-5:00									
4:00 PM										
4:30 PM	Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm			Drop In Pickleball 4:30-7:00	Artventures- 3-5yrs 4:30-5:15	Step & Sculpt- Studio B 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:00 PM										
5:30 PM										
6:00 PM	Open Gym 6:00pm-10:45pm	Laurier Recreational Programming 7:15pm-10:45pm			Yoga- Studio B 6:15-7:15					
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										

FRIDAY							
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00-10:00					Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		Drop In Pickleball 9:00-11:45			Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00am-8:30pm
9:30 AM							
10:00 AM							
10:30 AM	Walkfit 10:15-11:15				Yoga- Studio A 10:30-11:30	Lane Swim 10:15am-12:30pm	
11:00 AM							
11:30 AM	Open Gym 11:30-5:45						
12:00 PM		Closed for Cleaning 12:00pm- 1:00pm			ViPR- Studio B 12:15-1:00		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM			Drop In Soccer 1:15pm-4:15pm				
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM						Adult- Learn to Swim 4:00-4:45	
4:30 PM		Drop In Badminton 4:30-8:45					
5:00 PM						H2O Beginner- 4:45-5:30	
5:30 PM						H2O Intermediate- 5:30-6:15	
6:00 PM						Adult- Learn to Swim 6:30-7:15	
6:30 PM	Youth Leadership Development - 10-18yrs 6:00-8:00			Youth Leadership Development 6:00-8:00		Adult Lean to Swim - 7:15-8:00	
7:00 PM							
7:30 PM							
8:00 PM						Open Swim/ 4:00-8:30pm	
8:30 PM							
9:00 PM	Open Gym 8:15-9:45						
9:30 PM							
10:00 PM							

SATURDAY							
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
7:00 AM		Open Gym 7:00-8:45				Lane Swim 7:15-8:45	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Family Open Gym 9:00am-9:45am	Drop In Pickleball 9:00-11:30			Strength & Conditioning- Studio B- 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
9:30 AM							
10:00 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am			YMCA STEAM- 3-5yrs 10:00-10:45	Yoga- Studio A 10:00am-11:00am		
10:30 AM							
11:00 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am	Family Pickleball 11:30-12:30		YMCA STEAM 6-12yrs 11:00-12:00			
11:30 AM							
12:00 PM	Karate- Advanced- 6-12yrs 12:00-12:45pm						
12:30 PM							
1:00 PM	Birthday Parties 1:15-3:00			Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 1:15-7:30	Open Swim 1:15-7:00
1:30 PM		Drop In Badminton- Gym A 1:00-3:30pm	Drop In Basketball- Gym B 1:00-3:30				
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15-7:45						
3:30 PM							
4:00 PM		Open Soccer 3:45pm-5:45pm					
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Drop In Basketball 6:00-7:45pm					
6:30 PM							
7:00 PM							
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							
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	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		Drop In Pickleball 9:00-11:30			Cyclefit- Studio C 9:00-9:45	AquaFit 9:00-9:45	Open Swim 9:00am-4:00pm
10:00 AM	Family Open Gym 10:00-12:00					Private Swim Lessons 10:00-12:15	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:00-1:00	Family Pickleball 11:30-12:30					
12:30 PM							
1:00 PM							
1:30 PM	Birthday Parties 1:00-3:00	Drop In Volleyball 1:00-5:30		Birthday Parties 1:00-3:00			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Open Gym 3:15-5:45						
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 - 11:00pm

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.