

| Shine (| Inspiring Lives | | | | | | |
|--|---|--|--|------------------------------------|---|--|--|
| | | | | 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 | | | | | | Lane Swim | |
| 7:30 AM | | | | | Canalia Fita Charalia A | 6:00am-9:00am | |
| 8:00 AM | | | | | CardioFit-Studio A 8:15am-9:00am | - | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | Aquafit | |
| 9:30 AM 10:00 AM | | Dron In I | Pickleball | | Balance + Studio B | 9:15-10:00 | Open Swim |
| 10:30 AM | | | 11:45am | | 10:15am-11:00am | | 9:00am-11:45am |
| 11:00 AM | Open Gym | | | | Yoga-Studio A | | |
| 11:30 AM | 6:00am-4:15pm | | | | 10:30-11:30 | | |
| 12:00 PM | | Closed for Clea | ning 12:00-1:00 | | Cyclefit - Studio C | | Splasher Bubblers 12:00pm- |
| 12:30 PM | | Closed for clea | Tilling 12.00 1.00 | | 12:15pm-1:00pm | Lane Swim | 12:30pm |
| 1:00 PM | | | | | | 10:15am-3:45pm | |
| 1:30 PM | | | | | | 10.15um 5.15pm | |
| 2:00 PM | | | | | | | Open Swim |
| 2:30 PM | | | Basketball | | | | 12:45pm-3:45pm |
| 3:00 PM | | 1:00pm | -4:45pm | | | | |
| 3:30 PM | | | | | Dance-6-12yrs-Studio B 4:30pm-5:15pm | | |
| 4:00 PM | Soccer Level 1 3-5yrs- | | | | 4.50рпг-5.15рпп | | |
| 4:30 PM | Single Gym A-4:30-5:15 | | | | Dance 3-5yrs-Studio B | | |
| 5:00 PM | Soccer Level 1-6-12yrs Single Gym B-4:30-5:30pm | | | | 5:30pm-6:15pm | | |
| 5:30 PM | Basketball Level 1-6-12yrs | D 1. D | . destate a | | | Swim Lessons | Swim Lessons |
| 3.30 FWI | Single Gym A-5:30-6:30 | | adminton -7:00pm | | Strength & Conditioning | 4:00pm-7:30pm | 4:00pm-7:30pm |
| 6:00 PM | Basketball Level 1-3-5yrs Single Gym B-545-6:30 | элоор | 7.000 | | Studio A-5:45-6:30 | | |
| 6:30 PM | | | | | ViPR-Studio B | | |
| 7:00 PM | | Laurior Sport | Club Cricket | | 6:45pm-7:30pm | | |
| 7:30 PM | | | :Club - Cricket -8:30pm | | Yoga-Studio A | | |
| 8:00 PM | | | | | 6:45-7:45 | | Open Swim |
| 8:30 PM | Drop In Basketball | | | | | Lane Swim/Open Swim | 7:45pm-9:00pm |
| 9:00 PM | 6:45pm-10:45 | | | | | 7:45pm-9:30pm | |
| 9:30 PM | | Laurier Intramurals | -8:30pm-10:45pm | | Laurier Cheerleading - Studio B | | |
| 10:00 PM | | | | | 9:30pm-10:45pm | | |
| 10:30 PM | | | | | | | |
| | | | I | | | | |
| 11:00 PM | | | | THECDAY | | | |
| | | | | TUESDAY | | | |
| 11:00 PM | SINGLE GYM | DOUBLE GYM-A | DOUBLEGYM-B | CHILD&YOUTH | STUDIO (A, B, C) | LAPPOOL | LEISURE POOL |
| 11:00 PM 6:00 AM | SINGLE GYM | DOUBLE GYM-A | | | STUDIO (A, B, C) | LAPPOOL | LEISURE POOL |
| 11:00 PM | SINGLE GYM | DOUBLE GYM-A | | | STUDIO (A, B, C) | LAPPOOL Lane Swim | LEISURE POOL |
| 11:00 PM 6:00 AM 6:30 AM | | Drop In Basketball | DOUBLEGYM-B Open Gym | | STUDIO (A, B, C) | | LEISURE POOL |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM | Open Gym | | DOUBLEGYM-B | | Musclefit-Studio B | Lane Swim | LEISURE POOL |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM | | Drop In Basketball | DOUBLEGYM-B Open Gym | | | Lane Swim 6:00am-9:00am | 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 | DOUBLEGYM-B Open Gym | | Musclefit-Studio B | Lane Swim 6:00am-9:00am 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 | Drop In Basketball 7:00am-8:45am | Open Gym 7:00am-8:45am | | Musclefit-Studio B | Lane Swim 6:00am-9:00am | |
| 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 7:00am-8:45am Drop In F | DOUBLEGYM-B Open Gym | | Musclefit-Studio B | Lane Swim 6:00am-9:00am Hydrotherapy 9:15am-10:00am | Open Swim |
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| 11:00 PM 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 11:00 AM 11:30 AM 12:00 PM 12:30 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:30 PM 8:30 PM | Open Gym 5:30am -10:45am Drop in Volleyball 11:00am -1:00pm Open Gym 1:15pm -3:45pm Yes+ Program 4:00-5:45 Karate Fundamentals 6-12yrs 6:00pm -6:45pm Karate Fundamentals 6-12yrs 7:00pm -7:45pm | Drop In Basketball 7:00am-8:45am Drop In I 9:00- CLOSED for Clea Rer 1:00 Drop In I 4:00-7 Laurier Flag Football (Wo | Open Gym 7:00am-8:45am Pickleball 11:45 aning 12:00-1:00 Intal -3:00 Pickleball :00pm Laurier Extramurals - Volleyball - Double Gym B - | CHILD & YOUTH Artventures 6-12yrs | Healthy Hearts-Studio B 12:30-2:00 Learn to Cycle - Studio C 5:00-5:45 Zumba-Studio A 5:15-6:00 Yoga-Studio A | Lane Swim 6:00am-9:00am Hydrotherapy 9:15am-10:00am Adult-Learn to Swim 10:30-11:00 Adult Learn to Swim 11:00-11:30 Lane Swim 10:15-3:45 Swim Lessons 4:00-7:30 Adult Learn to Swim 7:30-8:00 Lane Swim/Open Swim | Open Swim 9:00-11:45 Splasher Bubblers 12:00-12:30 Open Swim 12:45-3:45 Swim Lessons 4:00-7:30 Open Swim |



| | WEDNESDAY | | | | | | |
|--|---|--|--|-----------------------------------|---|---|--|
| | SINGLEGYM | DOUBLE GYM- A | DOUBLEGYM-B | CHILD & YOUTH | STUDIO (A, B, C) | LAP POOL | LEISURE POOL |
| 6:00 AM | | | | - | , | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | Open Gym | 0 10111 | 0 6 | | | Lane Swim | |
| 7:30 AM | 6:00am-8:45am | Drop In Basketball 7:00am-8:15am | Open Gym 7:00am-8:15am | | | 6:00-9:00 | |
| 8:00 AM | | 7.00a11f0.13a111 | 7.00di110.13di11 | <u> </u> | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | Pilates-Studio B | Aquafit | |
| 9:30 AM | | Laurier Faculty | v of Education | | 9:30-10:15 | 9:15-10:00 | |
| 10:00 AM | Drop In Pickleball | 8:30am- | | | | | |
| 10:30 AM | 9:00-11:30 | O.Sourii | TI Dourn | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | Open Swim |
| 12:00 PM | | CLOSED for Clea | aning 12:00-1:00 | ing 12:00-1:00 | | Lane Swim | 9:00-3:45 |
| 12:30 PM | | | <u> </u> | | | 10:15-3:45 | |
| 1:00 PM | | | - | | Cyclefit - Studio C 12:15pm-1:00pm | | |
| 1:30 PM | Open Gym | | - | | 12.13pm=1.00pm | | |
| 2:00 PM | 12:00-4:00 | Laurier Facult | y of Education | | | | |
| 2:30 PM | | | -4:00 | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | Basketball 3-5yrs- 4:30-5:15 (Gym | | | | | | |
| 5:00 PM | A) Basketball Level 1-6-12yrs | Laurence de la lauren | | | | Swim Lessons | Swim Lessons |
| 5:30 PM | 4:30-5:30 (Gym B) | Laurier International- Gym A | NXT Program- Drop In - | | Yoga- Studio A | 4:00-7:30 | 4:00-7:30 |
| 6:00 PM | Soccer-3-5yrs-Single Gym A | 4:30-6:30 | Gym B- 5:00pm-6:00pm | | 6:30-7:30 | 1.00 7.50 | 1.00 7.50 |
| | 5:45-6:30 Soccer Level 1-6-12yrs | | | | | | |
| 6:30 PM | Single Gym B-5:30-6:30 | | | | | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | ccer (Women's) - 8:00pm- | | | | |
| 8:30 PM | Open Volleyball | 9:00 |)pm | | | | Open Swim |
| 9:00 PM | 7:00-10:30 | | | | | Lane Swim/Open Swim | 7:45-9:00 |
| | | Laurier Varsity Indoor Socce | r (Men's) - 9:00pm-10:00pm | | | 7:45-9:30 | |
| 9:30 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 10:30 PM | | | 1 | | 1 | | |
| 11.00 014 | | | | | | | |
| 11:00 PM | | | | | | | |
| 11:00 PM | | | | HURSDAY | | | |
| | SINGLEGYM | DOUBLE GYM-A | T DOUBLEGYM-B | HURSDAY CHILD&YOUTH | STUDIO (A, B, C) | LAPPOOL | LEISURE POOL |
| 6:00 AM | SINGLE GYM | DOUBLEGYM-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 | Drop In Basketball | DOUBLEGYM-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 | DOUBLEGYM-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 | DOUBLEGYM-B Open Gym | | STUDIO (A, B, C) 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 | Open Gym | Drop in Basketball 7:00am-8:15am | Open Gym 7:00am-8:15am | | Core & Conditioning- | 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 | Drop In Basketball 7:00am-8:15am Laurier Facult | Open Gym 7:00am-8:15am | | Core & Conditioning- | 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 Gym 6:00-8:45am | Drop In Basketball 7:00am-8:15am Laurier Facult | Open Gym 7:00am-8:15am | | 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 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 9:30-10:15 Yoga to the Core-Studio A | Lane Swim 6:00-9:00 Hydrotherapy | LEISURE POOL |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 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 9:30-10:15 | Lane Swim 6:00-9:00 Hydrotherapy | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 | Drop in Basketball 7:00am-8:15am Laurier Facult 8:30am- | Open Gym 7:00am-8:15am y of Education 11:30am | | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 | Lane Swim 6:00-9:00 Hydrotherapy | |
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| 6:00 AM 6:30 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 | Drop in Basketball 7:00am-8:15am Laurier Facult 8:30am- | Open Gym 7:00am-8:15am y of Education 11:30am | | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:00 AM 12:00 PM 12:30 PM 1:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball | Drop in Basketball 7:00am-8:15am Laurier Facult 8:30am- | Open Gym 7:00am-8:15am y of Education 11:30am | | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim | Open Swim |
| 6:00 AM 6:30 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball | Drop in Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear | Open Gym 7:00am-8:15am y of Education 11:30am | | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim | Open Swim |
| 6:00 AM 6:30 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM | Open Gym 600-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult | Open Gym 7:00am-8:15am y of Education 11:30am ning 11:30-12:30 | | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult | Open Gym 7:00am-8:15am y of Education 11:30am ning 11:30-12:30 | | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM | Open Gym 600-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult | Open Gym 7:00am-8:15am y of Education 11:30am ning 11:30-12:30 | | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:00 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult | Open Gym 7:00am-8:15am y of Education 11:30am ning 11:30-12:30 | CHILD & YOUTH | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core-Studio A 10:30-11:30 Healthy Hearts-Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs- | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult 1:00 | Open Gym 7:00am-8:15am y of Education 11:30am hing 11:30-12:30 y of Education -4:00 | CHILD & YOUTH Artventures-3-5yrs | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am | Open Swim |
| 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 4:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult 1:00 | Open Gym 7:00am-8:15am y of Education 11:30am pring 11:30-12:30 yof Education -4:00 | CHILD & YOUTH | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 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 10:15am-3:45pm | Open Swim 9:00am-3:45pm |
| 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs- | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult 1:00 | Open Gym 7:00am-8:15am y of Education 11:30am hing 11:30-12:30 y of Education -4:00 | CHILD & YOUTH Artventures-3-5yrs | Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 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 10:15am-3:45pm | Open Swim 9:00am-3:45pm |
| 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs- | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult 1:00 | Open Gym 7:00am-8:15am y of Education 11:30am pring 11:30-12:30 yof Education -4:00 | CHILD & YOUTH Artventures-3-5yrs | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 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 10:15am-3:45pm | Open Swim 9:00am-3:45pm |
| 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:00 PM 6:30 PM | Open Gym 6:00-8:45am Drop In Pickleball 9:00-11:30 Drop in Volleyball 12:00pm-2:00pm Open Gym 2:15pm-3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs- | Drop In Basketball 7:00am-8:15am Laurier Facult 8:30am- Closed for Clear Laurier Facult 1:00 Drop In I 4:30 | Open Gym 7:00am-8:15am y of Education 11:30am pring 11:30-12:30 y of Education -4:00 Pickleball -7:00 | CHILD & YOUTH Artventures-3-5yrs | Core & Conditioning- Studio B- 8:15am-9:00am Gentlefit - Studio B 9:30-10:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Step & Sculpt- Studio B 5:15-6:00 Yoga- Studio B | Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am Lane Swim 10:15am-3:45pm | Open Swim 9:00am-3:45pm |
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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 | | | | | | | |
| 8:00 AM | Open Gym 6:00-10:00 | | | | | | |
| 8:30 AM | 0.00 10.00 | | | | | | |
| 9:00 AM | | | | | Pilates-Studio B | Aquafit 9:15-10:00 Lane Swim 10:15am-12:30pm | |
| 9:30 AM | | | | | 9:30-10:15 | | |
| 10:00 AM | | | Pickleball | | | | |
| 10:30 AM | Walkfit | 9:00 | -11:45 | | Yoga-Studio A | | |
| 11:00 AM | 10:15-11:15 | | | | 10:30-11:30 | | |
| 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 | | | | | | | Open Swim |
| 1:30 PM | | | | | | Lane Swim/Open Swim | |
| 2:00 PM | Open Gym | | Soccer | | | 12:30pm-3:45pm | |
| 2:30 PM | 11:30-5:45 | 1:15pm | n-4:15pm | | | | 9:00am-8:30pm |
| 3:00 PM | | | | | | _ | |
| 3:30 PM | | | <u> </u> | | | | |
| 4:00 PM | | | | | | Adult-Learn to Swim 4:00-4:45 | |
| 4:30 PM | | | | | | LIO Paginnay 445 5:20 | |
| 5:00 PM 5:30 PM | | | | | | H2O Beginner-4:45-5:30 H2O Intermediate-5:30-6:15 | |
| 6:00 PM | | | | | | Adult-Learn to Swim 6:30-7:15 | |
| 6:30 PM | Youth Leadership | | ladminton | Youth Leadership | | | |
| 7:00 PM | Development - 10-18yrs | 4:30 |)-8:45 | Development | | Adult Lean to Swim - 7:15-8:00 | |
| 7:30 PM | 6:00-8:00 | | | 6:00-8:00 | | 0.617 | |
| 8:00 PM | | | | | | Open Swim/ 4:00-8:30pm | |
| 8:30 PM | | | | | | 7.00 0.30pm | |
| 9:00 PM | Open Gym | | | | | | |
| 9:30 PM | 8:15-9:45 | | | | | | |
| 10:00 PM | | | | | | | |

| | | | Si | ATURDAY | | | |
|--------------------|--------------------------|-------------------------|--------------|-----------------------------------|--------------------------|------------------------|--------------|
| | 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 Gym 7:00-8:45 | | | | | |
| 8:00 AM | | 7.00 | 0.15 | | | 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 | Drop In F | Dickloball | | Studio B- 9:00-9:45 | | |
| 10:00 AM | Karate Fundamentals-6- | 9:00- | | YMCA STEAM- 3-5yrs | Yoga-Studio A | | |
| 10:30 AM | 12yrs 10:00am-10:45am | | | 10:00-10:45 | 10:00am-11:00am | Swim Lessons | |
| 11:00 AM | Karate Fundamentals-6- | | | VAACA CTEANAC 12 | | | |
| 11:30 AM | 12yrs 11:00am-11:45am | Family P | ticklehall | YMCA STEAM 6-12yrs 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 4:00 PM | | | | | | Lane Swim/Open Swim | Open Swim |
| 4:00 PM | | Open 9 | Soccer | | | 1:15-7:30 | 1:15-7:00 |
| 5:00 PM | Open Gym | 3:45pm- | | | | | |
| 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 | | Drop In F | Pickleball 11:30 | | | Private Swim Lessons | |
| 10:30 AM | Family Open Gym | 9.00- | 11.30 | | | 10:00-12:15 | Open Swim 9:00am-4:00pm |
| 11:00 AM | 10:00-12:00 | | | | | | |
| 11:30 AM | | Family P | ickloball | | | | |
| 12:00 PM | Open Gym | | -12:30 | | | | |
| 12:30 PM | 12:00-1:00 | 1150 | 12.50 | | | | |
| 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.