Shine (MONDAY	Upda		
	SINGLEGYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM					313213 (4,2,3,		
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						9:15-10:00	
10:00 AM			Pickleball		Balance + Studio B		Open Swim
10:30 AM	Open Gym	9:00am-	-11:45am		10:15am-11:00am		9:00am-11:45am
11:00 AM	6:00am-4:15pm				Yoga- Studio A 10:30-11:30		
11:30 AM 12:00 PM					Cyclefit - Studio C		Splasher Bubblers 12:00pm-
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 F	Basketball				12:45pm-3:45pm
3:00 PM			-4:45pm				
3:30 PM					Dance-6-12yrs-Studio B		
4:00 PM					4:30pm-5:15pm		
4:30 PM	Soccer Level 1 3-5yrs- Single Gym A-4:30-5:15				Dance 3-5yrs-Studio B		
INI OC.F	Soccer Level 1-6-12yrs				5:30pm-6:15pm		
5:00 PM	Single Gym B - 4:30-5:30pm					C. in Land	Codes Lacross
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	-7:00pm		Studio A-5:45-6:30	4.00pm-7.30pm	4.00pm7.50pm
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	-	Laurier Sport Club - C	ricket 7:15pm-8:30pm		Yoga-Studio A		
8:00 PM					6:45-7:45		0 6 :
8:30 PM	Drop In Basketball					Lane Swim/Open Swim	Open Swim 7:45pm-9:00pm
9:00 PM	6:45pm-10:45					7:45pm-9:30pm	7. ISPIN 3.00PIN
9:30 PM		Laurier Intramural	s 8:30pm-10:45pm				
10:00 PM					Laurier Cheerleading - Studio B 9:30pm-10:45pm		
10:30 PM							
11:00 PM				FUECDAY			
11:00 PM				TUESDAY			
	SINGLE GYM	DOUBLE GYM-A	DOUBLEGYM-B	TUESDAY CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM	SINGLE GYM	DOUBLE GYM-A			STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM 6:30 AM	SINGLE GYM	DOUBLE GYM-A			STUDIO (A, B, C)		LEISURE POOL
6:00 AM		DOUBLE GYM- A Drop In Basketball			STUDIO (A, B, C)	LAPPOOL Lane Swim 6:00am-9:00am	LEISURE POOL
6:00 AM 6:30 AM 7:00 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	DOUBLE GYM-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 9:00 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym		Musclefit-Studio B 8:15am-9:00am	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 8:15am-9:00am Yoga-Studio A	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 9:30 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In F	Open Gym 7:00am-8:45am		Musclefit-Studio B 8:15am-9:00am	Lane Swim 6:00am-9:00am 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 9:30 AM 10:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am Drop In F	Open Gym 7:00am-8:45am		Musclefit-Studio B 8:15am-9:00am Yoga-Studio A	Lane Swim 6:00am-9:00am Hydrotherapy	
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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	Open Gym 5:30am -10:45am Drop in Volleyball	Drop in Basketball 7:00am-8:45am Drop in F 9:00-	Open Gym 7:00am-8:45am		Musclefit-Studio B 8:15am-9:00am Yoga-Studio A	Lane Swim 6:00am-9:00am Hydrotherapy 9:15am-10:00am Adult-Leam to Swim 10:30-11:00	Open Swim
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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 11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:00 PM	Open Gym 5:30am -10:45am Drop in Volleyball	Drop In Basketball 7:00am-8:45am Drop In In In 9:00- CLOSED for Clea	Open Gym 7:00am-8:45am Pickleball 11:45 aning 12:00-1:00		Musclefit-Studio B 8:15am-9:00am Yoga-Studio A 9:30am-10:30am	Lane Swim 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	Open Swim 9:00-11:45 Splasher Bubblers 12:00-12:30
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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					Lane Swim	
7:30 AM	6:00am-8:15am	Drop In Basketball	Open Gym			6:00-9:00	
		7:00am-8:15am	7:00am-8:15am				
8:00 AM							
8:30 AM					Dilette Ct. II. D	A C.	
9:00 AM	Laurior Eaculty of Education				Pilates-Studio B 9:30-10:15	Aquafit 9:15-10:00	
9:30 AM	Laurier Faculty of Education 8:30am-11:30am		ball 9:00-11:45		9.50-10.15	9.13-10.00	
10:00 AM	- O.Souri Trisourii	Diopinficke	Dali 9.00-1 1.43				
10:30 AM	_						
11:00 AM							
11:30 AM							Open Swim 9:00-3:45
12:00 PM		CLOSED for Clea	aning 12:00-1:00		Yoga-Studio A	Lane Swim 9:00-3:45 10:15-3:45	
12:30 PM			3		12:15pm-12:45pm		
1:00 PM					Cyclefit - Studio C		
1:30 PM	Open Gym 11:45am-				12:15pm-1:00pm		
2:00 PM	4:15pm	Laurior Eaculty of Educ	cation 1:00pm-4:00pm				
2:30 PM		Laurier Faculty Of Educ	.auomoopm-4.oopm				
3:00 PM							
3:30 PM	-						
	-						
4:00 PM							
4:30 PM	Basketball 3-5yrs-4:30-5:15 (Gym		NIVED:: 5 5				
F ** * * * * * * * * * * * * * * * * *	A) Basketball Level 1-6-12yrs	Laurier International	NXT Program - Gym B				
5:00 PM	4:30-5:30 (Gym B)	4:30pm-6:30pm	5:00-6:00			Swim Lessons	Swim Lessons 4:00-7:30
5:30 PM	The second second				Yoga- Studio A	4:00-7:30	4:00-7:30
6:00 PM	Soccer-3-5yrs-Single Gym A 5:45-6:30				6:30-7:30		
	Soccer Level 1-6-12yrs						
6:30 PM	Single Gym B- 5:30-6:30						
7:00 PM							
7:30 PM	-						
8:00 PM	-	Laurier Varsity Indoor So	ccer (Women's) 8:00pm-				
	-)pm				Open Swim
8:30 PM	Drop in Volleyball 7:00-9:00		F			Lane Swim/Open Swim	7:45-9:00
9:00 PM		Laurier Varsity Indoor Socce	er (Men's) 9:00pm-10:00pm			7:45-9:30	
9:30 PM	-						
10:00 PM							
10:30 PM							
11:00 PM				HIIDEDAY			
				HURSDAY			
	SINGLEGYM	DOUBLE GYM-A	DOUBLEGYM-B	HURSDAY CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
	SINGLE GYM	DOUBLE GYM-A			STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
11:00 PM 6:00 AM 6:30 AM		DOUBLEGYM-A			STUDIO (A, B, C)		LEISURE POOL
11:00 PM 6:00 AM	SINGLE GYM Open Gym 6:00-8:15am	DOUBLEGYM-A Drop In Basketball			STUDIO (A, B, C)	Lane Swim	LEISURE POOL
6:00 AM 6:30 AM 7:00 AM 7:30 AM	Open Gym		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 7:30 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	LEISURE POOL
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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 9:30 AM	Open Gym 6:00-8:15am	Drop In Basketball 7:00am-8:15am	DOUBLE GYM-B Open Gym		Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
11:00 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	Open Gym 6:00-8:15am Faculty of Education	Drop In Basketball 7:00am-8:15am	Open Gym 7:00am-8:15am		Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15	Lane Swim 6:00-9:00 Hydrotherapy	LEISURE POOL
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11:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 9:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM	Open Gym 6:00-8:15am Faculty of Education	Drop In Basketball 7:00am-8:15am Drop in Picklel	Open Gym 7:00am-8:15am		Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core-Studio A 10:30-11:30	Lane Swim 6:00-9:00 Hydrotherapy 9:15am-10:00am	
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6:00 AM 6:30 AM 7:00 AM 8:00 AM 8:00 AM 8:00 AM 8:00 AM 10:00 AM 10:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs-	Drop In Basketball 7:00am-8:15am Drop in Picklet Closed for Clear Laurier Faculty of Educ	Open Gym 7:00am-8:15am ball 9:00-11:45 pring 11:30-12:30 cation 1:00pm-4:00pm	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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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11:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 8:00 AM 10:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 PM 12:00 PM 12:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B-4:00-5:00 Basketball Level 3-6-12yrs-	Drop In Basketball 7:00am-8:15am Drop in Picklet Closed for Clear Laurier Faculty of Educ	Open Gym 7:00am-8:15am ball 9:00-11:45 pring 11:30-12:30 cation 1:00pm-4:00pm	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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
11:00 PM 6:00 AM 6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:00 AM 8:00 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 13:00 PM 2:00 PM 3:00 PM 4:00 PM 5:30 PM 5:00 PM 5:30 PM 6:00 PM 7:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3-6-12yrs- Single Gym A- 4:30-5:30pm	Drop In Basketball 7:00am-8:15am Drop in Picklet Closed for Clear Laurier Faculty of Educ	Open Gym 7:00am-8:15am ball 9:00-11:45 pring 11:30-12:30 cation 1:00pm-4:00pm	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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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11:00 PM 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 12:00 PM 12:30 PM 2:00 PM 2:30 PM 3:00 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM 6:00 PM 7:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3-6-12yrs- Single Gym A- 4:30-5:30pm	Drop In Basketball 7:00am-8:15am Drop in Picklel Closed for Clear Laurier Faculty of Educe Drop In F 4:30:	Open Gym 7:00am-8:15am ball 9:00-11:45 cation 1:00pm-4:00pm Pickleball -7:00 Laurier Extramurals -	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30	Open Swim 9:00am-3:45pm Swim Lessons 4:00-7:30
11:00 PM 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 11:30 AM 11:30 AM 12:00 PM 12:30 PM 2:30 PM 3:00 PM 4:30 PM 4:30 PM 4:00 PM 6:00 PM 6:30 PM 7:00 PM 8:30 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm Open Gym	Drop In Basketball 7:00am-8:15am Drop in Picklel Closed for Clear Laurier Faculty of Educe Drop In F 4:30- Laurier Sport Club - Flag Football (Women's)	Open Gym 7:00am-8:15am ball 9:00-11:45 cation 1:00pm-4:00pm Pickleball -7:00 Laurier Extramurals - Volleyball 7:30pm-	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30
11:00 PM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 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 2:00 PM 2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 6:00 PM 6:30 PM 7:00 PM 7:30 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm Open Gym	Drop In Basketball 7:00am-8:15am Drop in Picklel Closed for Clear Laurier Faculty of Educe Drop In F 4:30- Laurier Sport Club - Flag Football (Women's) 7:30pm-9:00pm Laurier Sport Club-	Open Gym 7:00am-8:15am ball 9:00-11:45 ball 9:00-11:45 cation 1:00pm-4:00pm Laurier Extramurals - Volleyball 7:30pm- 9:00pm Laurier Extramurals -	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30	Open Swim 9:00am-3:45pm Swim Lessons 4:00-7:30
11:00 PM 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 PM 12:30 PM 12:00 PM 13:00 PM 2:00 PM 2:30 PM 3:00 PM 4:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm Open Gym	Drop In Basketball 7:00am-8:15am Drop in Pickled Closed for Clear Laurier Faculty of Educe Drop In Faculty of Educe 4:30: Laurier Sport Club - Flag Football (Women's) 7:30pm-9:00pm Laurier Sport Club-Cheerleading (Comp.)	Open Gym 7:00am-8:15am ball 9:00-11:45 cation 1:00pm-4:00pm Cickleball -7:00 Laurier Extramurals - Volleyball 7:30pm- 9:00pm Laurier Extramurals- Basketball (Men's) 9:15pm-	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30	Open Swim 9:00am-3:45pm Swim Lessons 4:00-7:30
6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:00 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 13:30 PM 2:30 PM 3:30 PM 4:00 PM 5:30 PM 6:30 PM 5:30 PM 6:30 PM 7:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm Open Gym	Drop In Basketball 7:00am-8:15am Drop in Picklel Closed for Clear Laurier Faculty of Educe Drop In F 4:30- Laurier Sport Club - Flag Football (Women's) 7:30pm-9:00pm Laurier Sport Club-	Open Gym 7:00am-8:15am ball 9:00-11:45 ball 9:00-11:45 cation 1:00pm-4:00pm Laurier Extramurals - Volleyball 7:30pm- 9:00pm Laurier Extramurals -	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30	Open Swim 9:00am-3:45pm Swim Lessons 4:00-7:30
11:00 PM 6:00 AM 6:30 AM 7:30 AM 7:30 AM 8:00 AM 8:00 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 PM 12:30 PM 12:00 PM 13:00 PM 2:00 PM 2:30 PM 3:00 PM 4:00 PM	Open Gym 6:00-8:15am Faculty of Education 8:30am-11:30am Open Gym 11:45am- 3:45pm Youth Fusion- Single Gym B- 4:00-5:00 Basketball Level 3- 6-12yrs- Single Gym A - 4:30-5:30pm Open Gym	Drop In Basketball 7:00am-8:15am Drop in Pickled Closed for Clear Laurier Faculty of Educe Drop In Faculty of Educe 4:30: Laurier Sport Club - Flag Football (Women's) 7:30pm-9:00pm Laurier Sport Club-Cheerleading (Comp.)	Open Gym 7:00am-8:15am ball 9:00-11:45 cation 1:00pm-4:00pm Cickleball -7:00 Laurier Extramurals - Volleyball 7:30pm- 9:00pm Laurier Extramurals- Basketball (Men's) 9:15pm-	CHILD & YOUTH Artventures- 3-5yrs	Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B 10:15-11:15 Yoga to the Core- Studio A 10:30-11:30 Healthy Hearts- Studio B 12:30-2:00 Yoga- Studio A 12:15pm-12:45pm Yoga- Studio A 4:30pm-5:30pm 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 Swim Lessons 4:00-7:30	Open Swim 9:00am-3:45pm Swim Lessons 4:00-7:30



				FRIDAY			
	SINGLEGYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM							
6:30 AM						Lane Swim 6:00-9:00	
7:00 AM							
7:30 AM	0						
8:00 AM	Open Gym 6:00-10:00						
8:30 AM							
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-	-11:45		Yoga-Studio A	Lane Swim 10:15am-12:30pm	
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		12:00pm	n- 1:00pm		12:15-1:00	Lane Swim/ Open Swim	
1:00 PM					Yoga-Studio A		
1:30 PM					12:15pm-12:45pm		
2:00 PM	Open Gym		n Soccer n-4:15pm			12:30pm-3:45pm	Open Swim
2:30 PM 3:00 PM	11:30-5:45	1.13pm	r4.13p111			-	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 P	adminton			Adult-Learn to Swim 6:30-7:15	
6:30 PM	Youth Leadership		aciminton)-9:00	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	Companies al Des Desde de de		T.				
9:00 PM	Supervised Rec Basketball 8:15-10:45						
9:30 PM	0.13-10.43						

SATURDAY							
	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-				Lane Swim 	
8:00 AM		7.00	0.15				
8:30 AM							
9:00 AM	Family Open Gym				Strength & Conditioning-		
9:30 AM	9:00am-9:45am	Dunus In F	N:- -		Studio B- 9:00-9:45		
10:00 AM	Karate Fundamentals-6-	Drop In F 9:00-		VAACA CTEANA 2 5	Vere Challe A		
	12yrs	5.00	1150	YMCA STEAM- 3-5yrs 10:00-10:45	Yoga- Studio A 10:00am-11:00am	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
10:30 AM	10:00am-10:45am						
11:00 AM	Karate Fundamentals-6-			YMCA STEAM 6-12yrs			
11:30 AM	12yrs 11:00am-11:45am			11:00-12:00			
	Karate- Advanced- 6-12yrs	Family P 11:30-					
12:00 PM	12:00-12:45pm	11.50	12.30				
12:30 PM	12.00 12.15p.11						
1:00 PM 1:30 PM	Birthday Parties			Birthday Parties		Lane Swim/Open Swim 1:15-7:30	
2:00 PM	1:15-3:00	Drop In Badminton-Gym A	Drop In Basketball-Gym B	1:00-3:00			
2:30 PM		1:00-3:30pm	1:00-3:30				
3:00 PM		·					
3:30 PM							Open Swim
4:00 PM							1:15-7:00
4:30 PM		Open S					5 7.00
5:00 PM	Open Gym	3:45pm-	-5:45pm				
5:30 PM	3:15-7:45						
6:00 PM		Duan la D	a al catha all				
6:30 PM 7:00 PM		Drop In B 6:00-7:					
7:00 PM 7:30 PM		0.00 7.	. ISPIII				
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)	LAPPOOL	LEISURE POOL
8:00 AM						Lane Swim 8:00-8:45	
8:30 AM	Open Gym					Earle Strattolog of 15	
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 11:30		Yoga-Studio C	Private Swim Lessons	
10:30 AM	Family Open Gym	9.00-	11.30		9:30am-10:30am	10:00-12:15	
11:00 AM	10:00-12:00						
11:30 AM		Family F	iddoball				
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			0-5:30				
4:00 PM	Open Gym						
4:30 PM	3:15-5:45						
5:00 PM 5:30 PM							
6:00 PM							
0:00 PIVI							

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.