

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									
8:00 AM						CardioFit- Studio A 8:15am-9:00am			
8:30 AM									
9:00 AM			Drop In Pickleball 9:00am-11:45am				Aquafit 9:15-10:00	Open Swim 9:00am-11:45am	
9:30 AM									
10:00 AM					Balance + Studio B 10:15am-11:00am				
10:30 AM			Closed for Cleaning 12:00-1:00			Yoga- Studio A 10:30-11:30	Lane Swim 10:15am-3:45pm	Splasher Bubblers 12:00pm-12:30pm	
11:00 AM					Cyclefit- Studio C 12:15pm-1:00pm				
11:30 AM									
12:00 PM			Drop In Basketball 1:00pm- 4:45pm				Open Swim 12:45pm-3:45pm		
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM					Dance- 6-12yrs- Studio B 4:30pm-5:15pm				
4:00 PM									
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			Dance 3-5yrs- Studio B 5:30pm-6:15pm	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 Sport Club - Cricket 7:15pm-8:30pm			ViPR- Studio B 6:45pm-7:30pm	Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm		
6:30 PM					Yoga- Studio A 6:45-7:45				
7:00 PM									
7:30 PM		Laurier Intramurals 8:30pm-10:45pm							
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM					Laurier Cheerleading - Studio B 9:30pm-10:45pm				
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			Lane Swim 6:00am-9:00am			
8:00 AM									
8:30 AM					Musclefit- Studio B 8:15am-9:00am				
9:00 AM		Drop in Volleyball 11:00am-1:00pm	Drop In Pickleball 9:00-11:45				Hydrotherapy 9:15am-10:00am	Open Swim 9:00-11:45	
9:30 AM									
10:00 AM						Yoga- Studio A 9:30am-10:30am			Adult- Learn to Swim 10:30-11:00
10:30 AM				CLOSED for Cleaning 12:00-1:00				Adult Learn to Swim 11:00-11:30	
11:00 AM									
11:30 AM									
12:00 PM	Open Gym 1:15pm-3:45pm	Rental 1:00-3:00				Lane Swim 10:15-3:45	Open Swim 12:45-3:45		
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Yes+ Program 4:00-5:45	Sport Adventures 3-5yrs 4:45pm-5:45pm - Double Gym A	Drop in Pickleball 4:00pm- 7:00pm - Double Gym B	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					Zumba- Studio B 5:15-6:00				
5:00 PM					Yoga- Studio A 6:15-7:15				
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								
7:30 PM		Laurier Flag Football (Women's) 7:30pm-9:00pm				Adult Learn to Swim 7:30-8:00	Open Swim 7:45-9:00		
8:00 PM	Open Gym 8:00pm-10:45pm								
8:30 PM									
9:00 PM									
9:30 PM		Laurier Extramurals - Basketball (Men's) 9:15pm- 10:45pm	Laurier Extramurals - Volleyball 9:15pm-10:45pm		Lane Swim/ Open Swim 7:45-9:30				
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	Open Gym 6:00am-8:15am	Drop In Basketball 7:00am-8:15am	Open Gym 7:00am-8:15am			Lane Swim 6:00-9:00				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Laurier Faculty of Education 8:30am-11:30am	Drop in Pickleball 9:00-11:45			Pilates-Studio B 9:30-10:15	AquaFit 9:15-10:00				
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM										
10:30 AM	Open Gym 11:45am-4:15pm	Laurier Faculty of Education 1:00pm-4:00pm			Yoga- Studio A 12:15pm-12:45pm	Lane Swim 10:15-3:45	Open Swim 9:00-3:45			
11:00 AM					Cyclefit - Studio C 12:15pm-1:00pm					
11:30 AM										
12:00 PM					CLOSED for Cleaning 12:00-1:00					
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Basketball 3-5yrs- 4:30-5:15 (Gym A) Basketball Level 1- 6-12yrs 4:30-5:30 (Gym B)	Laurier International 4:30pm-6:30pm	NXT Program - Gym B 5:00-6:00		Yoga- Studio A 6:30-7:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30			
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM	Soccer- 3-5yrs- Single Gym A 5:45-6:30 Soccer Level 1- 6-12yrs Single Gym B- 5:30-6:30									
6:30 PM	Drop in Volleyball 7:00-9:00	Laurier Varsity Indoor Soccer (Women's) 8:00pm-9:00pm				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00			
7:00 PM										
7:30 PM		Laurier Varsity Indoor Soccer (Men's) 9:00pm-10:00pm								
8:00 PM										
8:30 PM										
9:00 PM										
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 6:00-8:15am					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							
9:00 AM	Faculty of Education 8:30am-11:30am	Drop in Pickleball 9:00-11:45			Core & Conditioning- Studio B- 8:15am-9:00am	Hydrotherapy 9:15am- 10:00am	Open Swim 9:00am- 3:45pm
9:30 AM							
10:00 AM				Gentlefit - Studio B 10:15-11:15	Lane Swim 10:15am-3:45pm		
10:30 AM				Yoga to the Core- Studio A 10:30-11:30			
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 11:45am- 3:45pm	Closed for Cleaning 11:30-12:30			Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:45pm	
12:30 PM							
1:00 PM		Laurier Faculty of Education 1:00pm-4:00pm			Yoga- Studio A 12:15pm-12:45pm		
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	Yoga- Studio A 4:30pm-5:30pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:00 PM					Step & Sculpt- Studio B 5:15-6:00		
5:30 PM	Open Gym 6:00pm-10:45pm				Yoga- Studio B 6:15-7:15		
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM		Laurier Sport Club - Flag Football (Women's) 7:30pm-9:00pm	Laurier Extramurals - Volleyball 7:30pm- 9:00pm		Lane Swim/ Open Swim 7:45-9:30	Lane Swim/ Open Swim 7:45-9:00	
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM		Laurier Sport Club- Cheerleading (Comp.) 9:15pm-10:45pm	Laurier Extramurals - Basketball (Men's) 9:15pm- 10:45pm				
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		Drop In Soccer 1:15pm-4:15pm			Yoga- Studio A 12:15pm-12:45pm	Lane Swim/ Open Swim 12:30pm-3:45pm	
1:30 PM							
2:00 PM							
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 4:30-9:00					
5:00 PM						H2O Beginner- 4:45-5:30	
5:30 PM						H2O Intermediate- 5:30-6:15	
6:00 PM	Youth Leadership Development - 10-18yrs 6:00-8:00					Adult- Learn to Swim 6:30-7:15	
6:30 PM				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	Supervised Rec Basketball 8:15-10:45						
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					
7:30 AM							
8:00 AM						Lane Swim 7:15-8:45	
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	Drop In Badminton- Gym A 1:00-3:30pm	Drop In Basketball- Gym B 1:00-3:30	Birthday Parties 1:00-3:00			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15-7:45					Lane Swim/ Open Swim 1:15-7:30	Open Swim 1:15-7:00
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	Open Gym 8:00-10:00					Lane Swim 8:00-8:45		
8:30 AM								
9:00 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
9:30 AM						Yoga- Studio C 9:30am-10:30am	Private Swim Lessons 10:00-12:15	
10:00 AM								
10:30 AM	Family Open Gym 10:00-12:00							
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			Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm		
2:00 PM		Drop In Volleyball 1:00-5:30						
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Open Gym 3:15-5:45							
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.