



# Schedule at a Glance - Laurier Brantford YMCA

September 1, 2025 to September 6, 2025

MONDAY- LABOUR DAY- 8:00AM-4:00PM								
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00am-3:45pm	Open Gym 8:00am-3:45pm	Open Gym 8:00am-3:45pm			Open Swim 8:00am-3:30pm		
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM							Strength & Conditioning- Studio B- 9:15am-10:00am	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM							Open Swim 9:00am-3:30pm	

TUESDAY SEPTEMBER 2, 2025							
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 5:30pm-3:45pm					Lane Swim 6:00am-9:00am	
6:00 AM							
6:30 AM							
7:00 AM		Drop In Basketball 7:00am-8:45am					
7:30 AM							
8:00 AM						Musclefit- Studio B 8:15am-9:00am	
8:30 AM		Open Pickleball 9:00am-11:45am					
9:00 AM							Hydrotherapy 9:15am-10:00am
9:30 AM							
10:00 AM		Closed for Cleaning 12:00-1:00					
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM					Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:30pm	
1:30 PM							
2:00 PM							
2:30 PM		Rental 1:00pm-3:30pm					
3:00 PM							
3:30 PM							
4:00 PM	Yes+ Program 4:00-5:00	Drop In Pickleball 4:00-7:00pm					
4:30 PM						Beginner Cycle- Studio C 5:00pm-5:45pm	
5:00 PM	Open Gym 8:00pm-10:45pm					Zumba- Studio A 5:15-6:00	
5:30 PM							
6:00 PM					Yoga- Studio A 6:15pm-7:15pm	Lane/ Open Swim 3:45pm-9:30pm	
6:30 PM							
7:00 PM							
7:30 PM		CLOSED- O Week Programming 7:15pm-10:45pm					
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

WEDNESDAY SEPTEMBER 3, 2025									
	SINGLE GYM	DOUBLE GYM	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM	Open Gym 6:00am-8:45am	CLOSED- Orientation Week Events				Lane Swim 6:00-9:00			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM	Laurier Faculty of Education 9:00am-4:00pm					Pilates- Studio B 9:30am-10:15am	AquaFit 9:15-10:00	Lane Swim 10:15-3:30	Open Swim 9:00-8:30
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM	Cyclefit- Studio C 12:15pm-1:00pm								
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Laurier International 4:00pm-6:00pm	Drop In Badminton- Gym B 4:00-7:00	Yoga- Studio A 6:30pm-7:30pm	Lane Swim/ Open Swim 3:45pm-9:30pm					
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM	Open Gym 4:15pm-7:45pm								
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM	Open Volleyball 8:00-10:30	Laurier Programming 7:15pm-10:45pm							
10:30 PM									
11:00 PM									

THURSDAY SEPTEMBER 4, 2025								
	SINGLE GYM	DOUBLE GYM		CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM	Open Gym 6:00-4:15					Lane Swim 6:00-9:00		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Pickleball 9:00am-11:30am	Laurier Faculty of Education 8:30am-11:30am			Core & Conditioning- Studio B 8:15am-9:00am	Hydrotherapy 9:15am-10:00am		
9:30 AM					Gentle Fit- Studio B 9:30-10:15			
10:00 AM								
10:30 AM					Core Yoga- Studio A 10:30am-11:30am			
11:00 AM								
11:30 AM	Open Gym 11:45-12:45	Closed for Cleaning 12:00-1:00				Lane Swim 11:15am-3:45pm	Open Swim 9:00am-3:45pm	
12:00 PM								
12:30 PM					Healthy Hearts- Studio B 12:30-2:00			
1:00 PM								
1:30 PM								
1:30 PM	Laurier Faculty of Education 1:00pm-4:00pm	Laurier Faculty of Education 1:00pm-2:30pm						
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Open Gym 4:15pm-10:45pm	CLOSED- Orientation Week Programming 2:30pm-5:30pm				POOL CLOSED- STAFF TRAINING 3:45pm-8:00pm	POOL CLOSED- STAFF TRAINING 3:45pm-8:00pm	
4:30 PM								
5:00 PM					Step & Sculpt- Studio B 5:15-6:00			
5:30 PM								
6:00 PM				Yoga - Studio A 6:15pm-7:15pm				
6:30 PM								
7:00 PM		Laurier Programming 7:15pm-10:45pm				Lane/ Open Swim 8:15pm-9:30pm		
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- SEPTEMBER 5, 2025							
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Open Gym 6:00am-8:30am					Lane Swim 6:00-9:00	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	CLOSED- 8:45am-3:15pm ORIENTATION WEEK EVENTS						Open Swim 9:00am-8:30pm
9:30 AM		Open Pickleball –Gym A 9:00-11:30			Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	
10:00 AM			Walkfit- Gym B 10:15am-11:15am		Yoga- Studio A 10:30-11:30am	Lane Swim 10:15am-12:30pm	
10:30 AM							
11:00 AM							
11:30 AM		CLOSED for Cleaning 12:00-1:00					
12:00 PM					VIPR- Studio B 12:15pm-1:00pm		
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							
4:30 PM	Open Gym 4:00pm-9:45pm	Open Badminton 4:30pm-9:00pm				Lane Swim/ Open Swim 12:30pm-9:00pm	
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM					Youth Leadership Development 6:00-8:00		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

SATURDAY SEPTEMBER 6, 2025							
	SINGLE GYM	DOUBLE GYM		CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
7:00 AM							
7:30 AM							
8:00 AM						Lane Swim 8:00-8:45	
8:30 AM							
9:00 AM							
9:30 AM					Strength & Conditioning- Studio A- 9:00-9:45		
10:00 AM							
10:30 AM	Family Open Gym 9:00am-12:00pm	Open Pickleball 9:00-11:30			Yoga-Studio A 10:00am-11:00am		
11:00 AM							
11:30 AM						POOL CLOSED- Staff Training	POOL CLOSED- Staff Training
12:00 PM		Family Pickleball 11:30-12:30					
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM		Open Badminton 1:00-3:30					
3:00 PM							
3:30 PM							
4:00 PM	Open Gym 12:15-7:45						
4:30 PM		Open Soccer 3:45pm-5:45pm					
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

## SWIM ADMISSIONS 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

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.

FACILITY HOURS
Mon-Thurs: 5:30 am - 11:00 pm
Fri: 5:30 am - 9:00 pm
Sat & 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.

Registered Programs	Open Gym/ Open Swim	Drop In Recreational Sports
Drop In Group Fitness	Registered Aquatic Leadership Programs	