

| MONDAY   |  |  |               |               |   |  |                                  |
|----------|--|--|---------------|---------------|---|--|----------------------------------|
|          | SINGLE GYM   | DOUBLE GYM- A                                | DOUBLE GYM- B | CHILD & YOUTH | STUDIO (A, B, C)                                      | LAP POOL                                   | LEISURE POOL                     |
| 6:00 AM  | Open Gym<br>6:00am-10:15am   |  |               |               |   | Lane Swim<br>6:00am-9:00am                 |                                  |
| 6:30 AM  |  |  |               |               |   |  |                                  |
| 7:00 AM  |  |  |               |               |   |  |                                  |
| 7:30 AM  |  |  |               |               |   | Aquafit<br>9:15am-10:00am                  | Open Swim<br>9:00am-11:45am      |
| 8:00 AM  |  |  |               |               | CardioFit- Studio B<br>8:15am-9:00am                  |  |                                  |
| 8:30 AM  |  |  |               |               |   |  |                                  |
| 9:00 AM  | Family Gym 10:30am-11:45am   | Drop In Pickleball<br>9:00am-11:45am         |               |               |   | Water Walking/Lane<br>Swim 10:00am-12:00pm |                                  |
| 9:30 AM  |  |  |               |               | Balance+ - Studio B<br>10:15am-11:00am                |  |                                  |
| 10:00 AM |  |  |               |               | Yoga- Studio A<br>10:30am-11:30am                     |  |                                  |
| 10:30 AM | Open Gym 12:00pm-4:15pm  | Closed for Cleaning 12:00-1:00               |               |               | Cyclefit - Studio C<br>12:15pm-1:00pm                 | Lane Swim 10:00am-3:45pm                   | Splasher Bubbles 12:00pm-12:30pm |
| 11:00 AM |  |  |               |               |   |  | Open Swim<br>12:45pm-3:45pm      |
| 11:30 AM |  |  |               |               |   |  |                                  |
| 12:00 PM |  | Drop In Basketball<br>1:00pm- 4:45pm         |               |               |   | Swim Lessons<br>4:00pm-8:00pm              | Swim Lessons<br>4:00pm-7:30pm    |
| 12:30 PM |  |  |               |               |   |  |                                  |
| 1:00 PM  |  |  |               |               |   |  |                                  |
| 1:30 PM  |  |  |               |               |   | Lane Swim/ Open Swim<br>8:15pm-10:00pm     | Open Swim<br>8:15pm-9:30pm       |
| 2:00 PM  |  |  |               |               |   |  |                                  |
| 2:30 PM  |  |  |               |               |   |  |                                  |
| 3:00 PM  | Soccer Level 1 (3-5yrs)<br>Single Gym A- 4:30-5:15<br>Soccer Level 1 (6-9yrs)<br>Single Gym B- 4:30-5:30pm         | Basketball League 5:00pm-7:00pm              |               |               | Strength & Conditioning<br>Studio B-<br>5:45pm-6:30pm |  |                                  |
| 3:30 PM  |  |  |               |               |   |  |                                  |
| 4:00 PM  |  |  |               |               |   |  |                                  |
| 4:30 PM  | Open Gym 6:45pm-10:45pm  | Laurier Sport Club - Cricket - 7:15pm-8:30pm |               |               | Yoga - Studio A 6:45pm-7:45pm                         |  |                                  |
| 5:00 PM  |  |  |               |               | VIPR - Studio B 6:45pm-7:30pm                         |  |                                  |
| 5:30 PM  |  |  |               |               | Laurier Cheerleading - Studio B<br>9:30pm-10:45pm     |  |                                  |
| 6:00 PM  |  |  |               |               |   |  |                                  |
| 6:30 PM  |  |  |               |               |   |  |                                  |
| 7:00 PM  |  |  |               |               |   |  |                                  |
| 7:30 PM  | Basketball Level 1 (10-12yrs)<br>Single Gym A- 5:30-6:30<br>Basketball Level 1 (3-5yrs)<br>Single Gym B- 5:45-6:30 | Laurier Intramurals 8:30pm-10:45pm           |               |               |   |  |                                  |
| 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<br>6:00am-10:45am                   |  |   |   |  | Lane Swim<br>6:00am-9:00am             |                               |  |
| 6:30 AM  |  |  |   |   |  |  |                               |  |
| 7:00 AM  |  |  |   |   |  |  |                               |  |
| 7:30 AM  |  | Drop In Basketball<br>7:00am-8:45am                    | Open Gym<br>7:00am-8:45am                       |   |  |  |                               |  |
| 8:00 AM  |  |  |   |   | Muscfit- Studio B<br>8:15am-9:00am                 |  |                               |  |
| 8:30 AM  |  |  |   |   |  |  |                               |  |
| 9:00 AM  | Drop in Volleyball<br>11:00am-1:00pm         | Drop In Pickleball<br>9:00am-11:45am                   |   |   |  | Hydrotherapy<br>9:15am-10:00am         | Open Swim<br>9:00am-3:45pm    |  |
| 9:30 AM  |  |  |   |   |  |  |                               |  |
| 10:00 AM |  |  |   |   |  |  |                               |  |
| 10:30 AM |  |  | Yoga - Studio A<br>10:30am-11:30am              | Adult- Learn to Swim 10:30-11:00<br>Adult Learn to Swim 11:00-11:30 |  |  |                               |  |
| 11:00 AM |  | CLOSED for Cleaning 12:00-1:00                         |   |   |  |  |                               |  |
| 11:30 AM |  |  |   |   |  |  |                               |  |
| 12:00 PM |  |  |   |   |  |  |                               |  |
| 12:30 PM | Open Gym<br>1:15pm-3:45pm                    | Rental<br>1:00-3:00                                    |   |   | Healthy Hearts- Studio B<br>12:30pm-2:00pm         | Lane Swim<br>10:15am-3:45pm            |                               |  |
| 1:00 PM  |  |  |   |   |  |  |                               |  |
| 1:30 PM  |  |  |   |   |  |  |                               |  |
| 2:00 PM  |  |  |   |   |  |  |                               |  |
| 2:30 PM  |  |  |   |   |  |  |                               |  |
| 3:00 PM  |  |  |   |   |  |  |                               |  |
| 3:30 PM  |  |  |   |   |  |  |                               |  |
| 4:00 PM  | Yes+ Program<br>4:00-5:45                    | Drop in Pickleball 4:00pm-7:00pm                       |   |   |  | Swim Lessons<br>4:00pm-8:00pm          | Swim Lessons<br>4:00pm-8:00pm |  |
| 4:30 PM  |  |  |   |   | Laurier Cheerleading - Studio<br>B 5:00pm-6:00pm   |  |                               |  |
| 5:00 PM  |  |  |   |   |  |  |                               |  |
| 5:30 PM  | Karate Fundamentals 6-12yrs<br>6:00pm-6:45pm |  |   |   | Learn to Cycle- Studio C<br>5:15pm-6:00pm          |  |                               |  |
| 6:00 PM  | Karate Fundamentals 6-12yrs<br>7:00pm-7:45pm |  |   |   | Zumba- Studio B<br>5:15-6:00pm                     | Adult Learn to Swim 7:30-8:00          | Open Swim<br>8:15pm-9:30pm    |  |
| 7:30 PM  |  | Laurier Women's Flag Football Sport Club 7:30pm-9:00pm |   |   | Yoga- Studio A<br>6:15pm-7:15pm                    | Lane Swim/ Open Swim<br>8:15pm-10:00pm |                               |  |
| 8:00 PM  | Open Gym<br>8:00pm-10:45pm                   | Laurier Men's Basketball<br>Extramural 9:15pm-10:45pm  | Laurier Extramural Volleyball<br>9:15pm-10:45pm |   |  |  |                               |  |
| 8:30 PM  |  |  |   |   |  |  |                               |  |
| 9:00 PM  |  |  |   |   |  |  |                               |  |
| 9:30 PM  |  |  |   |   |  |  |                               |  |
| 10:00 PM |  |  |   |   | Laurier Cheerleading - Studio<br>B 10:00pm-10:45pm |  |                               |  |
| 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<br>6:00am-10:15am   |  |  |                                 |                                       | Lane Swim<br>6:00-9:00                        |   |
| 6:30 AM  |  |  |  |                                 |                                       |   |   |
| 7:00 AM  |  | Drop In Basketball<br>7:00am-8:45am  |  |                                 |                                       |   |   |
| 7:30 AM  |  |  |  |                                 |                                       |   |   |
| 8:00 AM  |  |  |  |                                 |                                       |   |   |
| 8:30 AM  |  |  |  |                                 |                                       |   |   |
| 9:00 AM  |  | Family Gym 10:30am-<br>11:45am   | Drop in Pickleball 9:00am-11:45am      |                                 |                                       | Pilates-Studio B<br>9:30am-10:15am            | Aquafit<br>9:15am-10:00am   |
| 9:30 AM  |  |  |  |                                 |                                       | Water Walking /Lane<br>Swim10:00am-12:00pm    |   |
| 10:00 AM |  |  |  |                                 | Yoga- Studio A<br>10:30am-11:30am     | Lane Swim 10:00am-<br>3:45pm                  | Splasher Bubblers 12:00pm-<br>12:30pm                                 |
| 10:30 AM |  |  |  |                                 |                                       |   |   |
| 11:00 AM |  |  |  |                                 |                                       |   |   |
| 11:30 AM | Open Gym<br>12:00-4:00   | CLOSED for Cleaning 12:00-1:00   |  |                                 |                                       |   |   |
| 12:00 PM |  | Drop in Badminton 1:00pm-3:45pm  |  |                                 | Cyclefit - Studio C<br>12:15pm-1:00pm | Open Swim 12:45pm-<br>3:45pm                  |   |
| 12:30 PM |  |  |  |                                 |                                       |   |   |
| 1:00 PM  |  |  |  |                                 |                                       |   |   |
| 1:30 PM  |  |  |  |                                 |                                       |   |   |
| 2:00 PM  |  |  |  |                                 |                                       |   |   |
| 2:30 PM  |  |  |  |                                 |                                       |   |   |
| 3:00 PM  |  |  |  |                                 |                                       |   |   |
| 3:30 PM  |  |  |  | Swim Lessons<br>4:00pm-8:00pm   | Swim Lessons<br>4:00pm-8:00pm         |   |   |
| 4:00 PM  |  |  |  |                                 |                                       |   |   |
| 4:30 PM  |  | Basketball (3-5yrs) Single Gym A<br>- 4:30-5:15<br>Basketball Level 1 (6-9yrs) Single<br>Gym B - 4:30-5:30 | International - Gym A<br>4:30pm-6:30pm |                                 |                                       | NXT Program- Drop In-<br>Gym B- 5:00pm-6:00pm |   |
| 5:00 PM  |  |  |  |                                 |                                       |   | Strength & Conditioning JR<br>(10-12yrs) Studio B - 5:30pm-<br>6:15pm |
| 5:30 PM  | Basketball Level 1 (10-12yrs)<br>Single Gym A - 5:30pm-6:30pm<br>Soccer (3-5yrs) Single Gym B -<br>5:45pm-6:30pm |  |  |                                 |                                       |   |   |
| 6:00 PM  |  |  |  | Yoga- Studio A<br>6:30pm-7:30pm |                                       |   |   |
| 6:30 PM  | Drop in Volleyball 7:00pm-<br>10:45pm  | Women's Indoor Varsity Soccer 7:00pm-8:00pm  |  |                                 |                                       | Lane Swim/ Open Swim<br>8:15pm-10:00pm        | Open Swim<br>8:15pm-9:30pm  |
| 7:00 PM  |  | Men's Indoor Varsity Soccer 8:00pm-9:00pm  |  |                                 | VIPR - Studio B 6:45pm-<br>7:30pm     |   |   |
| 7:30 PM  |  |  |  |                                 |                                       |   |   |
| 8:00 PM  |  |  |  |                                 |                                       |   |   |
| 8:30 PM  |  |  |  |                                 |                                       |   |   |
| 9:00 PM  |  |  |  |                                 |                                       |   |   |
| 9:30 PM  |  |  |  |                                 |                                       |   |   |
| 10:00 PM |  |  |  |                                 |                                       |   |   |
| 10:30 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<br>6:00am-11:45am   |   |   |               |  | Lane Swim<br>6:00-9:00          |                               |  |                                       |
| 6:30 AM  |  |   |   |               |  |                                 |                               |  |                                       |
| 7:00 AM  |  | Drop In Basketball<br>7:00am-8:15am                           | Open Gym<br>7:00am-8:15am                             |               |  |                                 |                               |  |                                       |
| 7:30 AM  |  |   |   |               |  |                                 |                               |  |                                       |
| 8:00 AM  |  |   |   |               |  |                                 |                               |  |                                       |
| 8:30 AM  |  | Drop in Pickleball 9:00am-11:45am                             |   |               | Core & Conditioning-<br>Studio B- 8:15am-9:00am      | Hydrotherapy<br>9:15am- 10:00am |                               |  |                                       |
| 9:00 AM  |  |   |   |               |  |                                 |                               |  |                                       |
| 9:30 AM  |  |   |   |               |  |                                 |                               |  |                                       |
| 10:00 AM |  |   |   |               | Gentlefit - Studio B<br>10:15am-11:00am              | Lane Swim<br>10:15am-3:45pm     |                               |  |                                       |
| 10:30 AM |  |   |   |               | Yoga to the Core- Studio A<br>10:30am-11:30am        |                                 |                               |  |                                       |
| 11:00 AM |  |   |   |               |  |                                 |                               |  |                                       |
| 11:30 AM | Drop in Volleyball<br>12:00pm-2:00pm   | Closed for Cleaning 11:30-12:30                               |   |               | Healthy Hearts- Studio B<br>12:30-2:00               | Open Swim<br>9:00am- 3:45pm     |                               |  |                                       |
| 12:00 PM |  |   |   |               |  |                                 |                               |  |                                       |
| 12:30 PM |  |   |   |               |  |                                 |                               |  |                                       |
| 1:00 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 1:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 2:00 PM  | Open Gym<br>2:15pm-4:45pm  | Rental 1:00pm-3:00pm  |   |               |  |                                 |                               |  |                                       |
| 2:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 3:00 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 3:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 4:00 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 4:30 PM  | Basketball Level 3 (10-12yrs)<br>Single Gym A - 5:00pm-6:00pm<br>Sports Adventure (3-5yrs) Single<br>Gym B - 5:00pm-5:45pm | Drop in Pickleball 4:00pm-7:00pm                              |   |               | Strength & Conditioning<br>Studio B<br>5:15pm-6:00pm | Swim Lessons<br>4:00pm-8:00pm   | Swim Lessons<br>4:00pm-8:00pm |  |                                       |
| 5:00 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 5:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 6:00 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 6:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 7:00 PM  | Open Gym 5:45pm-<br>10:45pm  |   |   |               |  | Swim Lessons<br>4:00pm-8:00pm   | Swim Lessons<br>4:00pm-8:00pm |  |                                       |
| 7:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 8:00 PM  |  | Laurier Women's Flag<br>Football Sport Club 7:30pm-<br>9:00pm | Laurier Extramural Volleyball<br>7:30pm-9:00pm        |               |  |                                 |                               | Lane Swim/ Open Swim<br>8:15pm-10:00pm | Lane Swim/ Open Swim<br>8:15pm-9:30pm |
| 8:30 PM  |  |   |   |               |  |                                 |                               |  |                                       |
| 9:00 PM  |  | Laurier Cheerleading Sport<br>Club (Comp.) 9:15pm-<br>10:45pm | Laurier Men's Extramural<br>Basketball 9:15pm-10:45pm |               |  |                                 |                               |  |                                       |
| 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<br>6:00-10:00                                  |  |                                  |  |                                   | Lane Swim<br>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<br>9:00-11:45 |  |                                   | Pilates- Studio B<br>9:30am-10:15am    | Aquaftt<br>9:15-10:00 |
| 9:30 AM  |   |  |                                  |  |                                   |  |                       |
| 10:00 AM |   |  |                                  |  |                                   |  |                       |
| 10:30 AM | Walkfit<br>10:15am-11:15am                              |  |                                  |  | Yoga- Studio A<br>10:30am-11:30am | Lane Swim<br>10:15am-12:30pm           |                       |
| 11:00 AM | Open Gym<br>11:30am-5:45pm                              | Closed for Cleaning<br>12:00pm- 1:00pm |                                  |  |                                   |  |                       |
| 11:30 AM |   |  |                                  |  |                                   |  |                       |
| 12:00 PM |   | Drop In Soccer<br>1:15pm-4:15pm        |                                  |  |                                   |  |                       |
| 12:30 PM |   |  |                                  |  |                                   |  |                       |
| 1:00 PM  |   |  |                                  |  |                                   |  |                       |
| 1:30 PM  |   |  |                                  |  |                                   |  |                       |
| 2:00 PM  |   |  |                                  |  |                                   | Lane Swim/ Open Swim<br>12:30pm-3:45pm |                       |
| 2:30 PM  |   |  |                                  |  |                                   |  |                       |
| 3:00 PM  |   |  |                                  |  |                                   |  |                       |
| 3:30 PM  |   |  |                                  |  |                                   |  |                       |
| 4:00 PM  |   |  |                                  |  |                                   | Adult- Learn to Swim 4:00pm-4:45pm     |                       |
| 4:30 PM  | Youth Leadership<br>Development - 10-18yrs<br>6:00-8:00 | Drop In Badminton<br>4:30pm-8:45pm     |                                  | Youth Leadership<br>Development<br>6:00-8:00 |                                   | H2O Beginner- 4:45pm-5:30pm            |                       |
| 5:00 PM  |   |  |                                  |  |                                   | H2O Intermediate- 5:30pm-6:15pm        |                       |
| 5:30 PM  |   |  |                                  |  |                                   | Adult- Learn to Swim 6:30pm-7:15pm     |                       |
| 6:00 PM  |   |  |                                  |  |                                   | Adult Lean to Swim - 7:15pm-8:00pm     |                       |
| 6:30 PM  |   |  |                                  |  |                                   | Open Swim<br>4:00-9:30pm               |                       |
| 7:00 PM  | Open Gym<br>8:15-9:45                                   |  |                                  |  |                                   |  |                       |
| 7:30 PM  |   |  |                                  |  |                                   |  |                       |
| 8:00 PM  |   |  |                                  |  |                                   |  |                       |
| 8:30 PM  |   |  |                                  |  |                                   |  |                       |
| 9:00 PM  |   |  |                                  |  |                                   |  |                       |
| 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<br>7:00am-8:45am               |  |   |   | Lane Swim<br>7:15-8:45            |                           |
| 7:30 AM  |   |   |  |   |   |                                   |                           |
| 8:00 AM  |   |   |  |   |   |                                   |                           |
| 8:30 AM  |   | Drop In Pickleball<br>9:00am-11:45am    |  |   | Strength & Conditioning-<br>Studio B- 9:00-9:45 | Swim Lessons<br>9:00-1:00         | Swim Lessons<br>8:45-1:00 |
| 9:00 AM  | Family Open Gym<br>9:00am-9:45am                    |   |  |   |   |                                   |                           |
| 9:30 AM  |   |   |  |   |   |                                   |                           |
| 10:00 AM | Karate Fundamentals- 6-<br>12yrs<br>10:00am-10:45am |   |  | Discovery Den (3-5yrs)<br>10:00am-10:45am   | Yoga- Studio A<br>10:00am-11:00am               |                                   |                           |
| 10:30 AM |   | Family Pickleball<br>11:30am-12:30pm    |  |   |   | Lane Swim/ Open Swim<br>1:15-7:30 | Open Swim<br>1:15-7:00    |
| 11:00 AM | Karate Fundamentals- 6-<br>12yrs<br>11:00am-11:45am |   |  | Discovery Den (10-12yrs)<br>11:00am-12:00pm |   |                                   |                           |
| 11:30 AM |   |   |  |   |   |                                   |                           |
| 12:00 PM | Karate- Advanced- 6-12yrs<br>12:00pm-12:45pm        |   |  |   |   |                                   |                           |
| 12:30 PM |   |   |  |   |   |                                   |                           |
| 1:00 PM  | Birthday Parties<br>1:15pm-3:00pm                   | Drop In Badminton- Gym A<br>1:00-3:30pm | Drop In Basketball- Gym B<br>1:00pm-3:30pm | Birthday Parties<br>1:00pm-3:00pm           |   |                                   |                           |
| 1:30 PM  |   |   |  |   |   |                                   |                           |
| 2:00 PM  |   |   |  |   |   |                                   |                           |
| 2:30 PM  |   |   |  |   |   |                                   |                           |
| 3:00 PM  | Open Gym<br>3:15pm-7:45pm                           | Drop in Soccer<br>3:45pm-5:45pm         |  |   |   |                                   |                           |
| 3:30 PM  |   |   |  |   |   |                                   |                           |
| 4:00 PM  |   |   |  |   |   |                                   |                           |
| 4:30 PM  |   |   |  |   |   |                                   |                           |
| 5:00 PM  |   | Drop In Basketball<br>6:00pm-7:45pm     |  |   |   |                                   |                           |
| 5:30 PM  |   |   |  |   |   |                                   |                           |
| 6:00 PM  |   |   |  |   |   |                                   |                           |
| 6:30 PM  |   |   |  |   |   |                                   |                           |
| 7:00 PM  |   |   |  |   |   |                                   |                           |
| 7:30 PM  |   |   |  |   |   |                                   |                           |
| 8:00 PM  |   |   |  |   |   |                                   |                           |

| SUNDAY   |                                     |                                      |                               |                                      |                                    |   |                            |
|----------|-------------------------------------|--------------------------------------|-------------------------------|--------------------------------------|------------------------------------|---|----------------------------|
|          | SINGLE GYM                          | DOUBLE GYM- A                        | DOUBLE GYM- B                 | CHILD & YOUTH                        | STUDIO (A, B, C)                   | LAP POOL                                | LEISURE POOL               |
| 8:00 AM  | Open Gym<br>8:00am-10:00am          |                                      |                               |                                      |                                    | Lane Swim 8:00-8:45am                   |                            |
| 8:30 AM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 9:00 AM  |                                     | Drop In Pickleball<br>9:00am-11:30am |                               |                                      | Cyclefit- Studio C<br>9:00-9:45    | AquaFit 9:00-9:45                       | Open Swim<br>9:00am-5:30pm |
| 9:30 AM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 10:00 AM | Family Open Gym<br>10:00am-12:00pm  |                                      |                               |                                      | Yoga - Studio A<br>10:00am-11:00am | Private Swim Lessons<br>10:00am-12:15pm |                            |
| 10:30 AM |                                     |                                      |                               |                                      |                                    |   |                            |
| 11:00 AM |                                     |                                      |                               |                                      |                                    |   |                            |
| 11:30 AM |                                     |                                      |                               | Family Pickleball<br>11:30am-12:30pm |                                    |   |                            |
| 12:00 PM |                                     |                                      |                               |                                      |                                    |   |                            |
| 12:30 PM |                                     |                                      |                               |                                      |                                    |   |                            |
| 1:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 1:30 PM  | Birthday Parties<br>1:00pm-3:00pm   |                                      | Birthday Parties<br>1:00-3:00 |                                      | Lane Swim/ Open Swim<br>12:30-5:30 |   |                            |
| 2:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 2:30 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 3:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 3:30 PM  | Drop In Volleyball<br>1:00pm-5:30pm |                                      |                               |                                      |                                    |   |                            |
| 4:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 4:30 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 5:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 5:30 PM  |                                     |                                      |                               |                                      |                                    |   |                            |
| 6:00 PM  |                                     |                                      |                               |                                      |                                    |   |                            |

#### 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.