				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	Open Gym					6:00am-9:00am		
8:00 AM	6:00am-10:15am				CardioFit-Studio B			
8:30 AM					8:15am-9:00am			
9:00 AM						Aquafit		
9:30 AM						9:15am-10:00am	Onen Suring	
10:00 AM		Drop In F 9:00am-			Balance+ - Studio B		Open Swim	
10:30 AM	Family Gym 10:30am-	3.00di11	TIBulli		10:15am-11:00am	Water Walking/Lane	9:00am-11:45am	
11:00 AM	11:45am				Yoga- Studio A 10:30am-11:30am	Swim 10:00am-12:00pm		
11:30 AM 12:00 PM					Cyclefit - Studio C		Splasher Bubblers 12:00pr	
12:30 PM		Closed for Clea	ning 12:00-1:00		12:15pm-1:00pm		12:30pm	
1:00 PM								
1:30 PM						Lane Swim 10:00am-		
2:00 PM	Open Gym 12:00pm-4:15pm					3:45pm	Open Swim	
2:30 PM	, ,	Drop la F	Basketball				12:45pm-3:45pm	
3:00 PM			sasketdaii -4:45pm					
3:30 PM								
4:00 PM								
	Soccer Level 1 (3-5yrs)							
4:30 PM	Single Gym A-4:30-5:15 Soccer Level 1 (6-9yrs)							
5:00 PM	Single Gym B - 4:30-5:30pm							
5:30 PM	Basketball Level 1 (10-12yrs)	De doetheell Lee eu	- 5-00 7-00			Swim Lessons	Swim Lessons	
	Single Gym A-5:30-6:30 Basketball Level 1 (3-5yrs)	Basketbali Leagu	e 5:00pm-7:00pm		Strength & Conditioning	4:00pm-8:00pm	4:00pm-7:30pm	
6:00 PM	Single Gym B- 5:45-6:30				Studio B-			
6:30 PM					5:45pm-6:30pm			
7:00 PM 7:30 PM	_	Laurier Sport Club - Cr	icket - 7:15pm-8:30pm		Yoga - Studio A 6:45pm-			
8:00 PM		Laurier Sport Club-Cr	icket-7.15pm-0.50pm		7:45pm			
8:30 PM	06				ViPR-Studio B 6:45pm-		Open Swim	
9:00 PM	Open Gym 6:45pm-10:45pm				7:30pm	Lane Swim/Open Swim 8:15pm-10:00pm	8:15pm-9:30pm	
9:30 PM		Laurier Intramural	s 8:30pm-10:45pm		Laurian Chandradian Chadia D	0.15pHF10.00pH1		
10:00 PM					Laurier Cheerleading - Studio B 9:30pm-10:45pm			
10:30 PM			l					
11:00 PM								
			1	TUESDAY				
	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	_	Duran la Davisationi	0			Lane Swim 6:00am-9:00am		
7:30 AM 8:00 AM	Open Gym	Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am		Musclefit- Studio B	0.00am-9.00am		
8:30 AM	6:00am -10:45am	71000111 01 150111	71000111 01150111		8:15am-9:00am			
9:00 AM						Hydrotherapy		
9:30 AM						9:15am-10:00am		
0:00 AM		Drop In F						
10:30 AM		9:00am-	11:45am		Voca Chief- A	Adult-Learn to Swim 10:30-11:0		
1:00 AM					Yoga - Studio A 10:30am-11:30am	Adult Learn to Swim 11:00-11:30		
							Open Swim	
	Drop in Volleyball						9:00am-3:45pm	
2:00 PM	Drop in Volleyball 11:00am-1:00pm	CLOSED for Clea	aning 12:00-1:00				3100ai 11 31 13 pi 11	
2:00 PM 2:30 PM		CLOSED for Clea	aning 12:00-1:00		Healthy Hearts-Studio B	Lane Swim	Jiodain Si ispini	
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2:00 PM 2:30 PM :00 PM :30 PM :30 PM 2:00 PM 2:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM	Open Gym 1:15pm-3:45pm Yes+ Program 4:00-5:45 Karate Fundamentals 6-12yrs	Rer 1:00	ntal -3:00		Laurier Cheerleading - Studio B 5:00pm-6:00pm Learn to Cycle-Studio C	10:15am-3:45pm		
2:00 PM 2:30 PM 1:00 PM 1:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 5:30 PM 6:50 PM	11:00am-1:00pm Open Gym 1:15pm-3:45pm Yes+ Program 4:00-5:45	Rer 1:00	ntal -3:00		Laurier Cheerleading - Studio B 5:00pm-6:00pm	10:15am-3:45pm	Swim Lessons	
2:00 PM 2:30 PM 1:00 PM 1:30 PM 2:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 4:30 PM 5:30 PM 5:30 PM	Open Gym 1:15pm-3:45pm Yes+ Program 4:00-5:45 Karate Fundamentals 6-12yrs 6:00pm-6:45pm Karate Fundamentals 6-12yrs	Rer 1:00	ntal -3:00		Laurier Cheerleading - Studio B 5:00pm-6:00pm Learn to Cycle- Studio C 5:15pm-6:00pm Zumba-Studio B	10:15am-3:45pm Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:00pm-8:00pm	
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Yoga-Studio A 6:15pm-7:15pm

Laurier Cheerleading - Studio B 10:00pm-10:45pm

Open Swim 8:15pm-9:30pm

Lane Swim/ Open Swim 8:15pm-10:00pm

Laurier Women's Flag Football Sport Club 7:30pm-9:00pm

Laurier Extramural Volleyball 9:15pm-10:45pm

Laurier Men's Basketball

Extramural 9:15pm-10:45pm

8:00 PM 8:30 PM

9:00 PM

9:30 PM

10:00 PM 10:30 PM 11:00 PM

Open Gym 8:00pm-10:45pm



	WEDNESDAY							
	SINGLEGYM	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		
7:30 AM		Dron In E	tackathall			6:00-9:00		
		Drop In B 7:00am				0.00 2.00		
8:00 AM	Open Gym	/:Juam	O-TJAIII					
8:30 AM	6:00am-10:15am							
					Dilatas Carrelia D	۸ گ		
9:00 AM					Pilates-Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am		
9:30 AM					9:50dH-10:15dH	9:15dfff-10:00dff1	0 6 .	
3.507.111		5 . 5	1000 4445			Water Walking /Lane	Open Swim 9:00am-11:45am	
10:00 AM		Drop in Pickleball	9:00am-11:45am			Swim10:00am-12:00pm		
					V C. I. A	211111101000111 12100p111		
10:30 AM	Family Gym 10:30am-				Yoga-Studio A 10:30am-11:30am			
11:00 AM	11:45am				1020am madam			
11:30 AM							Splasher Bubblers 12:00pm	
12:00 PM		CLOSED for Clea	aning 12:00-1:00				12:30pm	
12:30 PM			9			Lane Swim 10:00am-		
1:00 PM					Cyclefit - Studio C	3:45pm		
1:30 PM					12:15pm-1:00pm		Open Swim 12:45pm-	
	Open Gym						3:45pm	
2:00 PM	12:00-4:00	Drop in Badminto	n 1:00pm-3:45pm				3.15pm	
2:30 PM		·						
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Basketball (3-5yrs) Single Gym A							
5:00 PM	- 4:30-5:15					C	6.3.1	
	Basketball Level 1 (6-9yrs) Single Gym B -4:30-5:30	International - Gym A	NXT Program- Drop In -		Strength & Conditioning JR	Swim Lessons	Swim Lessons	
5:30 PM	Gymb 4.50 5.50	4:30pm-6:30pm	Gym B- 5:00pm-6:00pm		(10-12yrs) Studio B - 5:30pm-	4:00pm-8:00pm	44:00pm-8:00pm	
6:00 PM	Basketball Level 1 (10-12yrs)		Gyirib- 5.00pi11-0.00pi11		6:15pm			
	Single Gym A - 5:30pm-6:30pm Soccer (3-5yrs) Single Gym B -							
6:30 PM	5:45pm-6:30pm				Yoga- Studio A			
7:00 PM	5. 15pm 6.50pm				6:30pm-7:30pm			
		Women's Indoor Varsity	Soccer 7:00pm-8:00pm		1000 0 11 0 110			
7:30 PM					ViPR - Studio B 6:45pm-			
8:00 PM		Men's Indoor Varsity S	occer 8:00pm-9:00pm		7:30pm		Open Swim	
8:30 PM	Drop in Volleyball 7:00pm-	Wierrs in accordances	occei 6.00pi11-3.00pi11			Lane Swim/Open Swim	8:15pm-9:30pm	
9:00 PM	10:45pm					8:15pm-10:00pm		
9:30 PM								
10:00 PM								
10:30 PM								
10:30 PM				HURSDAY				
10:30 PM	CINICLECVM	DOUBLE CVM A		HURSDAY	STUDIO(A P.C)	LARROOL	LEIGHDE DOOL	
	SINGLEGYM	DOUBLE GYM- A	T DOUBLE GYM-B	HURSDAY 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 6:30 AM 7:00 AM	SINGLE GYM		DOUBLE GYM-B		STUDIO (A, B, C)	Lane Swim	LEISURE POOL	
6:00 AM 6:30 AM 7:00 AM 7:30 AM	SINGLEGYM	Drop In Basketball	DOUBLE GYM-B Open Gym		STUDIO (A, B, C)		LEISURE POOL	
6:00 AM 6:30 AM 7:00 AM	SINGLEGYM		DOUBLE GYM-B			Lane Swim	LEISURE POOL	
6:00 AM 6:30 AM 7:00 AM 7:30 AM	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym		Core & Conditioning-	Lane Swim	LEISURE POOL	
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM		Drop In Basketball	DOUBLE GYM-B Open Gym			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	Open Gym	Drop In Basketball	DOUBLE GYM-B Open Gym		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	Open Gym 7:00am-8:15am		Core & Conditioning- Studio B-8:15am-9:00am Gentlefit - Studio B	Lane Swim 6:00-9:00	LEISURE POOL	
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				FRIDAY			
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
6:00 AM							
6:30 AM						1	
7:00 AM						Lane Swim	
7:30 AM	0 0					6:00-9:00	
8:00 AM	Open Gym 6:00-10:00						
8:30 AM	0.00 10.00						
9:00 AM					Pilates-Studio B	Aquafit	
9:30 AM					9:30am-10:15am	9:15-10:00	
0:00 AM		Drop In I	Pickleball				
0:30 AM	Walkfit	9:00-	-11:45		Yoga-Studio A	16	
1:00 AM	10:15am-11:15am				10:30am-11:30am	Lane Swim 10:15am-12:30pm Lane Swim/ Open Swim 12:30pm-3:45pm	Open Swim 9.00am9.30pm
1:30 AM							
12:00 PM			or Cleaning				
12:30 PM		12:00pm	n- 1:00pm				
1:00 PM							
1:30 PM							
2:00 PM			Soccer				
2:30 PM	Open Gym 11:30am-5:45pm	1:15pm	1-4:15pm				
3:00 PM	11.50a115.45p111						
3:30 PM							
4:00 PM						Adult-Learn to Swim 4:00pm- 4:45pm H2O Beginner-4:45pm-5:30pm H2O Intermediate-5:30pm- 6:15pm	
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Drop In B	adminton			Adult-Learn to Swim 6:30pm- 7:15pm	
6:30 PM	Youth Leadership	4:30pm-8:45pm	n-8:45pm	Youth Leadership		Adult Lean to Swim - 7:15pm- 8:00pm	
7:00 PM	Development - 10-18yrs			Development			
7:30 PM	6:00-8:00			6:00-8:00			
8:00 PM						Open Swim 4:00-9:30pm	
8:30 PM						1.00 S.50pm	
9:00 PM	Open Gym						
9:30 PM	8:15-9:45						
0:00 PM							

SATURDAY								
	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						
8:00 AM		7:00am	-8:45am			Lane Swim 7:15-8:45		
8:30 AM						7.13-0.43		
9:00 AM	Family Open Gym				Strength & Conditioning-			
9:30 AM	9:00am-9:45am	Drop In Pickleball 9:00am-11:45am			Studio B-9:00-9:45			
10:00 AM	Karate Fundamentals-6-			5: 5 (2.5.)	V C. II A			
	12yrs	5.00di11	THOUT	Discovery Den (3-5yrs) 10:00am-10:45am	Yoga- Studio A 10:00am-11:00am			
10:30 AM	10:00am-10:45am			10.000111 10.150111	10.000111 11.000111	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00	
11:00 AM	Karate Fundamentals-6-			Discovery Den (10-12yrs)				
11:30 AM	12yrs 11:00am-11:45am			11:00am-12:00pm				
			Pickleball					
12:00 PM	12:00pm-12:45pm		n-12:30pm					
12:30 PM	12.00pm 12.43pm							
1:00 PM	Birthday Parties			Birthday Parties			Open Swim 1:15-7:00	
1:30 PM 2:00 PM	1:15pm-3:00pm	Drop In Badminton-Gym A	m A Drop In Basketball-Gym B	1:00pm-3:00pm				
2:30 PM		1:00-3:30pm	1:00pm-3:30pm	поорттогорт				
3:00 PM			' '					
3:30 PM								
4:00 PM						Lane Swim./ Open Swim		
4:30 PM		Drop ir	Soccer			1:15-7:30		
5:00 PM	Open Gym	3:45pm-5:45pm						
5:30 PM	3:15pm-7:45pm							
6:00 PM								
6:30 PM		Drop In B						
7:00 PM		6:00pm	-7:45pm					
7:30 PM			I					
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						Lane Swim 8:00-8:45am	
8:30 AM	Open Gym					Lanc Symmolog or Isan	
9:00 AM	8:00am-10:00am				Cyclefit-Studio C	Aquafit 9:00-9:45	
9:30 AM		Dron In	Picklehall		9:00-9:45		
10:00 AM		Drop In Pickleball 9:00am-11:30am				Private Swim Lessons 10:00am-12:15pm	
10:30 AM	Family Open Gym				Yoga - Studio A		
11:00 AM	10:00am-12:00pm				10:00am-11:00am		
11:30 AM		Eamily ()ickloball				
12:00 PM	Open Gym	Open Gym Family Pickleball 11:30am-12:30pm					
12:30 PM	12:00pm-1:00pm	11.50di11 12.					
1:00 PM							Open Swim 9:00am-5:30pm
1:30 PM	Birthday Parties			Birthday Parties			9:00am-5:50pm
2:00 PM	1:00pm-3:00pm			1:00-3:00		Lane Swim/Open Swim 12:30-5:30	
2:30 PM							
3:00 PM		Drop In \	/olleyball				
3:30 PM			-5:30pm				
4:00 PM	Open Gym				-		
4:30 PM	3:15pm-5:45pm				-		
5:00 PM						_	
5:30 PM			l		-		
6:00 PM			1				

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.