

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 B 8:15am-9:00am		
8:30 AM							
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							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Soccer Level 1 (3-5yrs) Single Gym A- 4:30-5:15					Lane Swim 10:00am-3:45pm	
5:00 PM							
5:30 PM	Soccer Level 1 (6-9yrs) Single Gym B- 4:30-5:30pm						
6:00 PM							
6:30 PM	Open Gym 6:45pm-10:45pm						
7:00 PM							
7:30 PM							
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 6:00am-10:45am					Lane Swim 6:00am-9:00am	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM		Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am				
8:30 AM							
9:00 AM						Hydrotherapy 9:15am-10:00am	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Drop in Volleyball 11:00am-1:00pm					Yoga - Studio A 10:30am-11:30am	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Open Gym 1:15pm-3:45pm					Adult Learn to Swim 10:30-11:00	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM						Open Swim 9:00am-3:45pm	
3:30 PM							
4:00 PM	Yes+ Program 4:00-5:45						
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm					Healthy Hearts- Studio B 12:30pm-2:00pm	
6:30 PM							
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm						
7:30 PM							
8:00 PM	Open Gym 8:00pm-10:45pm						
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM						Lane Swim/ Open Swim 8:15pm-10:00pm	
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-10:15am					Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM							
7:30 AM		Drop In Basketball 7:00am-8:45am					
8:00 AM							
8:30 AM							
9:00 AM					Pilates-Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am	Open Swim 9:00am-11:45am
9:30 AM						Water Walking /Lane Swim10:00am-12:00pm	
10:00 AM							
10:30 AM	YMCA Play Pals 10:30am-11:45am						Splasher Bubblers 12:00pm- 12:30pm
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:00-4:00	CLOSED for Cleaning 12:00-1:00				Lane Swim 10:00am- 3:45pm	
12:30 PM							
1:00 PM					Cyclefit - Studio C 12:15pm-1:00pm		
1:30 PM							
2:00 PM		Drop in Badminton 1:00pm-3:45pm					Open Swim 12:45pm- 3:45pm
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Basketball (3-5yrs) Single Gym A - 4:30-5:15	International-Gym A 4:30pm-6:30pm				Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:00pm-8:00pm
5:00 PM	Basketball Level 1 (6-9yrs) Single Gym B - 4:30-5:30						
5:30 PM	Basketball Level 1 (10-12yrs) Single Gym A - 5:30pm-6:30pm		NXT Program- Drop In- Gym B- 5:00pm-6:00pm		Strength & Conditioning JR (10-12yrs) Studio B - 5:30pm- 6:15pm		
6:00 PM	Soccer (3-5yrs) Single Gym B - 5:45pm-6:30pm						
6:30 PM					Yoga- Studio A 6:30pm-7:30pm		
7:00 PM	Drop in Volleyball 7:00pm- 10:45pm	Women's Indoor Varsity Soccer 7:00pm-8:00pm				Lane Swim/ Open Swim 8:15pm-10:00pm	
7:30 PM							Open Swim 8:15pm-9:30pm
8:00 PM		Men's Indoor Varsity Soccer 8:00pm-9:00pm					
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 6:00am-11:45am					Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM		Drop In Basketball 7:00am-8:15am					
7:30 AM							
8:00 AM					Core & Conditioning- Studio B- 8:15am-9:00am		Open Swim 9:00am- 3:45pm
8:30 AM							
9:00 AM					Gentlefit - Studio B 10:15am-11:00am		
9:30 AM							
10:00 AM					Yoga to the Core- Studio A 10:30am-11:30am		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Drop in Volleyball 12:00pm-2:00pm	Closed for Cleaning 11:30-12:30				Lane Swim 10:15am-3:45pm	
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Open Gym 2:15pm-4:45pm	Rental 1:00pm-3:00pm				Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:00pm-8:00pm
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Basketball Level 3 (10-12yrs) Single Gym A - 5:00pm-6:00pm	Drop in Pickleball 4:00pm-7:00pm		Discovery Den (6-9yrs)- 5:00pm-6:00pm	Strength & Conditioning Studio B 5:15pm-6:00pm		
5:30 PM	Sports Adventure (3-5yrs) Single Gym B - 5:00pm-5:45pm						
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Open Gym 5:45pm- 10:45pm	Laurier Women's Flag Football Sport Club 7:30pm- 9:00pm				Lane Swim/ Open Swim 8:15pm-10:00pm	Lane Swim/ Open Swim 8:15pm-9:30pm
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	Laurier Cheerleading Sport Club (Comp.) 9:15pm- 10:45pm	Laurier Men's Extramural Basketball 9:15pm-10:45pm					
10:30 PM							
11:00 PM							

**FRIDAY**

	SINGLE GYM	DOUBLEGYM-A	DOUBLEGYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISUREPOOL
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							
10:30 AM	Walkfit 10:15am-11:15am						
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							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Youth Leadership Development - 10-18yrs 6:00-8:00						
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:15-9:45						
9:00 PM							
9:30 PM							
10:00 PM							

**SATURDAY**

	SINGLE GYM	DOUBLEGYM-A	DOUBLEGYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISUREPOOL
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Family Open Gym 9:00am-9:45am				Strength & Conditioning- Studio B- 9:00-9:45		
9:30 AM							
10:00 AM	Karate Fundamentals- 6- 12yrs 10:00am-10:45am			Discovery Den (3-5yrs) 10:00am-10:45am	Yoga-Studio A 10:00am-11:00am	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
10:30 AM							
11:00 AM	Karate Fundamentals- 6- 12yrs 11:00am-11:45am			Discovery Den (10-12yrs) 11:00am-12:00pm			
11:30 AM							
12:00 PM	Karate- Advanced- 6-12yrs 12:00pm-12:45pm						
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

 Registered Programs

 Drop In Group Fitness

 Open Gym/ Open Swim

 Registered Aquatic Leadership Programs

 Drop In Recreational Sports

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