

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		Drop In Pickleball 9:00am-11:45am					Aquafit 9:15am-10:00am	Open Swim 9:00am-11:45am
9:30 AM								
10:00 AM					Balance+ - Studio B 10:15am-11:00am		Water Walking/Lane Swim 10:00am-12:00pm	
10:30 AM					Yoga- Studio A 10:30am-11:30am			
11:00 AM								
11:30 AM								
12:00 PM						Cyclefit - Studio C 12:15pm-1:00pm		Splasher Bubblers 12:00pm- 12:30pm
12:30 PM								
1:00 PM	Drop In Basketball 1:00pm- 4:45pm					Lane Swim 10:00am- 3:45pm	Open Swim 12:45pm-3:45pm	
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 Soccer Level 1 (6-9yrs) Single Gym B - 4:30-5:30pm	Basketball League 5:00pm-7:00pm	
5:00 PM								
5:30 PM	Soccer Level 1 (10-12yrs) Single Gym A- 5:30-6:30 Basketball Level 1 (3-5yrs) Single Gym B- 5:45-6:30							
6:00 PM	Open Gym 6:45pm-10:45pm	Laurier Sport Club - Cricket - 7:15pm-8:30pm			Strength & Conditioning Studio B- 5:45pm-6:30pm	Lane Swim/ Open Swim 8:15pm-10:00pm	Open Swim 8:15pm-9:30pm	
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM		Laurier Intramurals 8:30pm-10:45pm			ViPR - Studio B 6:45pm- 7:30pm			
9:00 PM								
9:30 PM								
10:00 PM								
10:30 PM	Laurier Cheerleading - Studio B 9:30pm-10:45pm							
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		Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am						
7:30 AM									
8:00 AM					Musclefit- Studio B 8:15am-9:00am				
8:30 AM									
9:00 AM		Drop in Volleyball 11:00am-1:00pm	Drop In Pickleball 9:00am-11:45am				Hydrotherapy 9:15am-10:00am	Open Swim 9:00am-3:45pm	
9:30 AM									
10:00 AM									
10:30 AM							Yoga - Studio A 10:30am-11:30am		Adult- Learn to Swim 10:30-11:00 Adult Learn to Swim 11:00-11:30
11:00 AM			CLOSED for Cleaning 12:00-1:00						
11:30 AM									
12:00 PM	Open Gym 1:15pm-3:45pm	Rental 1:00-3:00			Healthy Hearts- Studio B 12:30pm-2:00pm	Lane Swim 10:15am-3:45pm			
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	Yes+ Program 4:00-5:45	Drop in Pickleball 4:00pm-7:00pm				Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:00pm-8:00pm		
4:30 PM									
5:00 PM									
5:30 PM								Laurier Cheerleading - Studio B 5:00pm-6:00pm	
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm								Learn to Cycle- Studio C 5:15pm-6:00pm
6:30 PM									
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm				Zumba- Studio B 5:15-6:00pm	Adult Learn to Swim 7:30-8:00	Open Swim 8:15pm-9:30pm		
7:30 PM									
8:00 PM	Open Gym 8:00pm-10:45pm	Laurier Women's Flag Football Sport Club 7:30pm-9:00pm			Yoga- Studio A 6:15pm-7:15pm	Lane Swim/ Open Swim 8:15pm-10:00pm			
8:30 PM									
9:00 PM									
9:30 PM			Laurier Men's Basketball Extramural 9:15pm-10:45pm	Laurier Extramural Volleyball 9:15pm-10:45pm					
10:00 PM						Laurier Cheerleading - Studio 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 6:00am-10:15am					Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM		Drop In Basketball 7:00am-8:45am					
7:30 AM							
8:00 AM							
8:30 AM		Drop in Pickleball 9:00am-11:45am			Pilates-Studio B 9:30am-10:15am	AquaFit 9:15am-10:00am	Open Swim 9:00am-11:45am
9:00 AM						Water Walking /Lane Swim10:00am-12:00pm	
9:30 AM							
10:00 AM	YMCA Play Pals 10:30am-11:45am				Yoga- Studio A 10:30am-11:30am	Lane Swim 10:00am- 3:45pm	Splasher Bubblers 12:00pm- 12:30pm
10:30 AM							
11:00 AM							
11:30 AM	Open Gym 12:00-4:00	CLOSED for Cleaning 12:00-1:00					Open Swim 12:45pm- 3:45pm
12:00 PM		Drop in Badminton 1:00pm-3:45pm					
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM						Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:40pm-8:00pm
4:30 PM	Basketball (3-5yrs) Single Gym A - 4:30-5:15	International - Gym A 4:30pm-6:30pm	NXT Program- Drop In - Gym B- 5:00pm-6:00pm				
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				Strength & Conditioning JR (10-12yrs) Studio B - 5:30pm- 6:15pm		
6:00 PM	Soccer (3-5yrs) Single Gym B - 5:45pm-6:30pm				Yoga- Studio A 6:30pm-7:30pm		
6:30 PM	Drop in Volleyball 7:00pm- 10:45pm	Women's Indoor Varsity Soccer 7:00pm-8:00pm			ViPR - Studio B 6:45pm- 7:30pm	Lane Swim/ Open Swim 8:15pm-10:00pm	Open Swim 8:15pm-9:30pm
7:00 PM		Men's Indoor Varsity Soccer 8:00pm-9:00pm					
7:30 PM							
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 6:00am-11:45am					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		Drop in Pickleball 9:00am-11:45am			Core & Conditioning- Studio B- 8:15am-9:00am	Hydrotherapy 9:15am- 10:00am	Open Swim 9:00am- 3:45pm	
8:30 AM								
9:00 AM					Gentlefit - Studio B 10:15am-11:00am			
9:30 AM					Yoga to the Core- Studio A 10:30am-11:30am			
10:00 AM								
10:30 AM								
11:00 AM	Drop in Volleyball 12:00pm-2:00pm	Closed for Cleaning 11:30-12:30			Healthy Hearts- Studio B 12:30-2:00	Lane Swim 10:15am-3:45pm		
11:30 AM								
12:00 PM	Open Gym 2:15pm-4:45pm	Rental 1:00pm-3:00pm				Swim Lessons 4:00pm-8:00pm	Swim Lessons 4:00pm-8:00pm	
12:30 PM								
1:00 PM		Drop in Pickleball 4:00pm-7:00pm	Discovery Den (6-9yrs) - 5:00pm-6:00pm					
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Open Gym 5:45pm- 10:45pm	Drop in Pickleball 4:00pm-7:00pm				Lane Swim/ Open Swim 8:15pm-10:00pm	Lane Swim/ Open Swim 8:15pm-9:30pm	
4:30 PM								
5:00 PM				Discovery Den (6-9yrs) - 5:00pm-6:00pm	Strength & Conditioning Studio B 5:15pm-6:00pm			
5:30 PM					Yoga- Studio A 6:15pm-7:15pm			
6:00 PM		Laurier Women's Flag Football Sport Club 7:30pm- 9:00pm	Laurier Extramural Volleyball 7:30pm-9:00pm					
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM		Laurier Cheerleading Sport Club (Comp.) 9:15pm- 10:45pm	Laurier Men's Extramural 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 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 9:30am-10:15am	AquaFit 9:15-10:00	Open Swim 9:00am-9:30pm
9:30 AM							
10:00 AM							
10:30 AM	Walkfit 10:15am-11:15am				Yoga- Studio A 10:30am-11:30am	Lane Swim 10:15am-12:30pm	
11:00 AM	Open Gym 11:30am-5:45pm	Closed for Cleaning 12:00pm- 1:00pm					
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	Youth Leadership Development - 10-18yrs 6:00-8:00					Adult- Learn to Swim 4:00pm- 4:45pm	Open Swim 9:00am-9:30pm
4:30 PM						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							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:15-9:45					Open Swim 4:00-9:30pm	
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 7:00am-8:45am				Lane Swim 7:15-8:45	
7:30 AM							
8:00 AM							
8:30 AM		Drop In Pickleball 9:00am-11:45am			Strength & Conditioning- Studio B- 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
9:00 AM	Family Open Gym 9:00am-9:45am						
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		
10:30 AM		Family Pickleball 11:30am-12:30pm		Discovery Den (10-12yrs) 11:00am-12:00pm		Lane Swim/ Open Swim 1:15-7:30	Open Swim 1:15-7:00
11:00 AM	Karate Fundamentals- 6- 12yrs 11:00am-11:45am						
11:30 AM	Karate- Advanced- 6-12yrs 12:00pm-12:45pm						
12:00 PM		Drop In Badminton- Gym A 1:00-3:30pm	Drop In Basketball- Gym B 1:00pm-3:30pm				
12:30 PM							
1:00 PM	Birthday Parties 1:15pm-3:00pm			Birthday Parties 1:00pm-3:00pm			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Open Gym 3:15pm-7:45pm						
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							

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