

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

	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 9:00am-9:45am	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-12:45pm		Family Pickleball 11:30am-12:30pm				
12:30 PM							
1:00 PM				Birthday Parties 1:00pm-3:00pm			
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM			Drop In Volleyball 1:00pm-5:30pm			Lane Swim/ Open Swim 10:00am-5:30pm	
3:30 PM	Open Gym 3:15pm-5:30pm						
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							

Double Gym will be closed and all programming cancelled on the following dates:

Saturday January 24th, Sunday January 25th - CYO Girls Tournament

Saturday January 31st, Sunday February 1st - Pickleball Tournament

Friday March 13, 2026- Laurier Athletics Extramural Basketball Tournament

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.