

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

Open Gym/ Open Swim

Drop In Recreational Sports

Drop In Group Fitness

Registered Aquatic Leadership Programs

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		Drop In Pickleball 9:00am-11:30am			Cyclefit- Studio C 9:00am-9:45am	AquaFit 9:00-9:45	Open Swim 9:00am-5:30pm
9:30 AM							
10:00 AM	Karate Fundamentals 6-12yrs 10:00am-10:45am						
10:30 AM				Yoga - Studio A 10:00am-11:00am	Private Swim Lessons 10:00am-12:15pm		
11:00 AM	Karate Fundamentals 6-12yrs 11:00am-11:45am						
11:30 AM	Family Pickleball 11:30am-12:30pm						
12:00 PM			Open Gym 12:00pm-12:45pm				
12:30 PM							
1:00 PM			Birthday Parties 1:00pm-3:00pm		Birthday Parties 1:00-3:00		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15pm-5:30pm	Drop In Volleyball 1:00pm-5:30pm				Lane Swim/ Open Swim 10:00am-5:30pm	
3:30 PM							
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 24<sup>th</sup>, Sunday January 25<sup>th</sup> - CYO Girls Tournament

Saturday January 31<sup>st</sup>, Sunday February 1<sup>st</sup> - 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.