

Schedule at a Glance - Laurier Brantford YMCA

December 22, 2025 to January 4, 2026

MONDAY DECEMBER 22 <sup>ND</sup> 2025- 5:30am - 10:00pm								
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM								
6:00 AM	Open Gym 6:00am-8:45am					Lane Swim 6:00am-9:00am		
6:30 AM								
7:00 AM		Drop In Basketball 7:00am-8:45am						
7:30 AM								
8:00 AM					Cardiofit- Studio B 8:15am-9:00am			
8:30 AM								
9:00 AM	Half Day Holiday Program 9:00am-10:15am	Open Pickleball 9:00am-11:45am				Aquafit 9:15am-10:00am	Open Swim 9:00am-3:45pm	
9:30 AM								
10:00 AM								
10:30 AM		Half Day Holiday Program 10:15am-11:00am	Yoga - Studio A 10:30am-11:30am	Lane / Open Swim 10:15am-3:45pm				
11:00 AM	Family Open Gym 11:00am-2:00pm	Closed for Cleaning 12:00-1:00						
11:30 AM								
12:00 PM					Cycle fit - Studio C - 12:15pm-1:00pm			
12:30 PM		Drop in Basketball 1:15pm-3:45pm						
1:00 PM								
1:30 PM								
2:00 PM	Open Gym 2:00pm-9:45pm		Drop in Pickleball 4:00-7:00pm					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM		Drop in Badminton 7:15pm-9:45pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm	
5:00 PM								
5:30 PM					Strength & Conditioning - Studio A - 5:45pm-6:30pm			
6:00 PM					VIPR - Studio B - 6:45pm-7:30pm			
6:30 PM					Yoga - Studio A - 6:45pm-7:45pm			
7:00 PM					Lane/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-8:30pm		
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

FRIDAY DECEMBER 26 <sup>TH</sup> 2025 - 8:00am- 4:00pm								
	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/ Open Swim 8:00am- 3:30pm		
8:30 AM							Step & Sculpt- Studio B 9:15am- 10:00am	Open Swim 9:00am-3:30pm
9:00 AM		Drop in Pickleball 9:00am-11:45am						
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	Family Open Gym 10:00am-1:00pm	Closed for Cleaning 12:00-1:00						
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym 1:00pm-3:45pm	Drop in Basketball 1:00pm-3:45pm	Drop in Volleyball 1:00pm-3:45pm					
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								

TUESDAY DECEMBER 23 <sup>RD</sup> 2025 - 5:30am- 10:00pm								
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM								
6:00 AM	Open Gym 6:00am-8:45am					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	Half Day Holiday Program 9:00am-10:15am	Drop in Pickleball 9:00am-11:45am			Yoga - Studio A - 9:30am-10:30am	Hydrotherapy 9:15am-10:00am	Open Swim 9:00-8:30	
9:30 AM								
10:00 AM				Half Day Holiday Program 10:15am-11:00am				
10:30 AM								
11:00 AM	Drop in Volleyball 11:00am-1:00pm					Lane Swim 10:15am-3:30pm		
11:30 AM								
12:00 PM		CLOSED for Cleaning 12:00pm-1:00pm						
12:30 PM								
1:00 PM		Drop in Basketball 1:00pm-4:00pm						
1:30 PM								
2:00 PM	Family Open Gym 1:00pm-4:00pm							
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Open Gym 4:00pm-9:45pm	Drop in Pickleball 4:00pm-7:00pm			Beginner Cycle- Studio C 5:00pm-5:45pm	Lane/ Open Swim 3:45pm- 9:30pm		
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM						Zumba- Studio A 5:15-6:00		
6:30 PM						Yoga- Studio A 6:15pm-7:15pm		
7:00 PM			Drop in Volleyball 7:00pm-9:45pm					
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

SATURDAY DECEMBER 27 <sup>TH</sup> 2025 - 7:00am- 6:00pm							
	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 Gym 7:00am-8:30am	Drop in Basketball 7:00am-8:45am	Open Gym 7:00am-10:00am			Lane/ Open Swim 7:15am-5:30pm	
8:00 AM							
8:30 AM							
9:00 AM					Strength & Conditioning - Studio B - 9:00am-9:45am		
9:30 AM	Family Open Gym 8:30am-12:00pm	Open Pickleball - Gym A 9:00-11:30					
10:00 AM							
10:30 AM					Yoga- Studio A 10:00-11:00am		
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:00pm-5:45pm	CLOSED for Cleaning 12:00-1:00					
12:30 PM							
1:00 PM		Drop In Soccer 1:15pm-4:15pm					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Open Badminton 4:30pm-5:45pm	Drop in Basketball 4:30pm-5:45pm				
5:00 PM							
5:30 PM							
6:00 PM							

WEDNESDAY DECEMBER 24 <sup>TH</sup> 2025 - 5:30am- 2:00pm							
	SINGLE GYM	DOUBLE GYM	DOUBLE GYM- B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM							
6:00 AM	Open Gym 6:00am-1:45pm						
6:30 AM							
7:00 AM		Drop in Basketball 7:00am-8:45am				Lane Swim 6:00-9:00	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						Aquafit 9:15-10:00	Open Swim 9:00am-12:30pm
9:30 AM							
10:00 AM							
10:30 AM		Drop in Pickleball 9:00am-11:45am					
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00pm-1:00pm			Yoga - Studio A 12:15pm-12:45pm	Lane/ Open Swim 10:15am-1:30pm	
12:30 PM							
1:00 PM		Family Open Gym 1:00pm-1:45pm					
1:30 PM							
2:00 PM							

THURSDAY DECEMBER 25<sup>TH</sup> 2025  
CLOSED

SUNDAY DECEMBER 28 <sup>TH</sup> 2025 - 8:00am-6:00pm							
	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-9:00am					Lane Swim 8:00-8:45	
8:30 AM							
9:00 AM							
9:30 AM	Family Open Gym 9:00am-12:00pm	Open Pickleball 9:00-11:30			Cycle Fit - Studio C - 9:00am-9:45am	Aquafit - 9:00am-9:45am	Open Swim 9:00am-4:00pm
10:00 AM							
10:30 AM							
11:00 AM					Yoga - Studio A - 9:30am-10:30am		
11:30 AM							
12:00 PM							
12:30 PM	Open Gym 12:15pm-5:45pm	Family Pickleball 11:30-12:30				Lane Swim/ Open Swim 10:15am-5:30pm	
1:00 PM		Drop in Volleyball 1:00pm-5:30pm					
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							

