

Schedule at a Glance - Laurier Brantford YMCA

December 22, 2025 to January 4, 2026

		MONE	DAY DECEMBER	22 ND 2025- 5:3	0am - 10:00pm					TUESI	DAY DECEMBER	R 23 RD 2025 - 5:3	0am- 10:00pm		
	SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM								5:30 AM							
6:00 AM								6:00 AM							
6:30 AM								6:30 AM							
7:00 AM	Open Gym 6:00am-					Lane Swim		7:00 AM	Open Gym 6:00am-					Lane Swim 6:00am-	
7:30 AM	8:45am	Drop In E				6:00am-9:00am		7:30 AM	8:45am		Open Gym 7:00am-			9:00am	
8:00 AM		7:00am	-8:45am		Cardiofit-Studio B			8:00 AM		7:00am-8:45am	8:45am		Musclefit-Studio B		
8:30 AM					8:15am-9:00am			8:30 AM					8:15am-9:00am		
9:00 AM	H-KDH-Ed					Aquafit 9:15am-		9:00 AM	Half Day Holiday					Hydrotherapy	
9:30 AM	Half Day Holiday Program 9:00am-					10:00am		9:30 AM	Program 9:00am-				Yoga - Studio A -	9:15am-10:00am	
10:00 AM	10:15am	Open P	ickleball					10:00 AM	10:15am	Drop in Picklobal	19:00am-11:45am		9:30am-10:30am		
10:30 AM	10.150111		11:45am	Half Day Holiday				10:30 AM		Diop in ickiebai	19.00di11-11.45di11	Half Day Holiday Program 10:15am-			
11.00.444				Program 10:15am- 11:00am	Yoga - Studio A			11:00 AM				11:00am			
11:00 AM				11.00dill	10:30am-11:30am			11:30 AM	Drop in Volleyball					-	
11:30 AM							Open Swim	12:00 PM	11:00am-1:00pm	CLOSED (CL)	12.00 1.00				
12:00 PM 12:30 PM	Family Open Gym	Closed for Clea	ning 12:00-1:00		Cycle fit - Studio C -	Lane / Open Swim	9:00am-3:45pm	12:30 PM	THOOLIT HOOPIN	CLOSED for Cleanir	ng 12:00pm-1:00pm			Lane Swim	
1:00 PM	11:00am-2:00pm				12:15pm-1:00pm	10:15am-3:45pm		1:00 PM						10:15am-3:30pm	
						•		1:30 PM		-				-	
1:30 PM								2:00 PM	_					-	
2:00 PM		Drop in Basketball 1:15pm-3:45pm			_		2:30 PM	Family Open Gym	Drop in Basketba	ll 1:00pm-4:00pm			-	Open Swim	
2:30 PM								3:00 PM	1:00pm-4:00pm						9:00-8:30
3:00 PM								3:30 PM							
3:30 PM								4:00 PM					Beginner Cycle-		
4:00 PM													Studio C		
4:30 PM								4:30 PM					5:00pm-5:45pm		
5:00 PM		Drop In I	Pickleball					5:00 PM		Drop in Pickleba	ll 4:00pm-7:00pm		Zumba-Studio A		
5:30 PM		4:00-7	':00pm		Strength &	Swim Lessons	Swim Lessons	5:30 PM					5:15-6:00		
6:00 PM	0				Conditioning -	4:00pm-7:30pm	4:00pm-7:30pm	6:00 PM	06100				Yoga-Studio A	1(06 :	
	Open Gym 2:00pm-9:45pm				Studio A - 5:45pm-			6:30 PM	Open Gym 4:00pm- 9:45pm	•			6:15pm-7:15pm	Lane/Open Swim 3:45pm-9:30pm	
6:30 PM	2.00pm-3.43pm				6:30pm			7:00 PM	элэріп					3.13piii 3.30piii	
7:00 PM					ViPR - Studio B - 6:45pm-7:30pm			7:30 PM							
7:30 PM								8:00 PM		Dron in Volleyha	ll 7:00pm-9:45pm				
8:00 PM		Drop in Badminto	n 7:15pm-9:45pm		Yoga - Studio A - 6:45pm-7:45pm		Open Swim 7:45pm-	8:30 PM		Diopin voileyba	ii 7.00piii 7.70piii				
8:30 PM					0.43pm-7.43pm	Lane/ Open Swim	8:30pm	9:00 PM							
9:00 PM						7:45pm-9:30pm		9:30 PM							
9:30 PM			I					10:00 PM							
10:00 PM															
			NAV DECEMBER	a a TH a same of	4.00					CATLI	DAY DECEMBE	D 27TH 2025 - 7	.00 6.00		

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	SINGLEGYM	DOUBLE GYM	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM						Lane Swim	
7:30 AM			etball 7:00am-			6:00-9:00	
8:00 AM		8:4	5am				
8:30 AM							
9:00 AM						Aquafit	
9:30 AM	Open Gym					9:15-10:00	
10:00 AM	6:00am-		eball 9:00am-				Open Swim
10:30 AM	1:45pm	11:4	5am				9:00am-12:30pm
11:00 AM							
11:30 AM						Lane/Open Swim	
12:00 PM		Closed for	r Cleaning		Yoga - Studio A -	10:15am-1:30pm	
12:30 PM			n-1:00pm		12:15pm- 12:45pm	romount noopin	
1:00 PM		Family Open	Gym 1:00pm-				
1:30 PM		1:45	5pm				
2:00 PM							

THURSDAY DECEMBER 25[™] 2025 CLOSED

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE PO
8:00 AM	Open Gym 8:00am-9:00am					Lane Swim 8:00-8:45	
8:30 AM	0.00a111-9.00a111				C. J. Fr	0.00-0.43	
9:00 AM 9:30 AM					Cycle Fit - Studio C - 9:00am-9:45am	Aquafit - 9:00am-9:45am	
10:00 AM	Gym	•	ickleball 11:30		Yoga - Studio A - 9:30am-		
10:30 AM	9:00am- 12:00pm				10:30am		
11:00 AM							
11:30 AM							Open Sw
12:00 PM		Family Pickleball 11:30-12:30				Lane Swim./	9:00am-4:00p
12:30 PM						Open Swim	
1:00 PM						10:15am- 5:30pm	
1:30 PM						Sisopini	
2:00 PM	Open Gym						
2:30 PM	12:15pm-		yball 1:00pm-				
3:00 PM	5:45pm	5:30)pm				
3:30 PM 4:00 PM							
4:00 PM							
5:00 PM							
5:30 PM							
6:00 PM							

		FRIDAY	DECEMBER 26 [™]	^H 2025 - 8:00ar	n- 4:00pm		
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM							
8:30 AM							
9:00 AM	Open Gym 8:00am-10:00am				Step & Sculpt - Studio B 9:15am-		
9:30 AM	Giocaini Tolocaini				10:00am		
10:00 AM		Drop in Pickleball	9:00am-11:45am				
10:30 AM							
11:00 AM	Family Open Gym 10:00am-1:00pm					1/0	
11:30 AM						Lane/Open Swim 8:00am-	Open Swim
12:00 PM		Closed for Clea	ning 12:00-1:00			3:30pm	9:00am-3:30pm
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	0 6						
2:30 PM	Open Gym 1:00pm-3:45pm	Drop in Basketball 1:00pm-3:45pm					
3:00 PM							
3:30 PM							
4:00 PM							

			SATU	KDAT DECEME	DER 27 2025 -	7:00am- 6:00p	Ш	
		SINGLEGYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
+	7:00 AM							
	7:30 AM	Open Gym	Drop in Basketball					
	8:00 AM	7:00am-8:30am	7:00am-8:45am					
	8:30 AM			Open Gym				
	9:00 AM			7:00am-10:00am		Strength &		
	9:30 AM	Family Open Gym	Open Pickleball -			Conditioning - Studio B - 9:00am- 9:45am		
	10:00 AM	8:30am-12:00pm	Gym A 9:00-11:30			Yoga-Studio A		
	10:30 AM					10:00-11:00am		
	11:00 AM							
	11:30 AM							
	12:00 PM		CLOSED for Clea	aning 12:00-1:00			Lane/Open Swim	
	12:30 PM						7:15am-5:30pm	Open Swim
	1:00 PM							9:00am-5:30pm
	1:30 PM							
	2:00 PM			Soccer				
	2:30 PM	Open Gym	1:15pm	-4:15pm				
	3:00 PM	12:00pm-5:45pm						
	3:30 PM							
	4:00 PM							
1	4:30 PM		Open Badminton	Drop in Basketball				
	5:00 PM		4:30pm-5:45pm	4:30pm-5:45pm				
	5:30 PM							
	6:00 PM							



7:00 AM 7:30 AM

8:00 AM 8:30 AM 9:00 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 5:00 PM 5:30 PM

6:00 PM

6:30 PM

7:00am-8:30am

Family Open Gym

Open Gym

Open Gym 7:00am-9:00am

Open Picklehall - 9:00am-11:30am

CLOSED for Cleaning 12:00-1:00

Drop in Basketball 4:30pm-7:45pm

Strength & Conditioning - Studio B - 9:00am-9:45am

Schedule at a Glance - Laurier Brantford YMCA

December 22, 2025 to January 4, 2026

		N	MONDAY DECEME	BER 29 TH 2025- 5:	30am- 10:00pm					TUESD	AY DECEMBER	R 30 TH 2025- 5:	30am-10:00p	m	
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B,	C) LAPPOOL	LEISURE POOL		SINGLE GYM	DOUBLE GYM- A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM								5:30 AM							
6:00 AM								6:00 AM							
6:30 AM								6:30 AM							
7:00 AM	Open Gym 6:00am-					Lane Swim 6:00am	-	7:00 AM	Open Gym					Lane Swim	
7:30 AM	8:45am		n Basketball			9:00am		7:30 AM	6:00am-8:45am	Drop in Basketbal	Open Gym			6:00am-9:00am	
8:00 AM		7:00ai	m-8:45am		Cardiofit-Stud			8:00 AM		7:00am-8:45am	7:00am-8:45am		Musclefit-Studio		
8:30 AM					8:15am-9:00a								8:15am-9:00am		
9:00 AM	Half Day Holiday					Aquafit 9:15am- 10:00am		8:30 AM					6.15d111-9.00d111	I bealerath conserve	
9:30 AM	Program 9:00am-					IUxuuam		9:00 AM	Half Day Holiday					Hydrotherapy 9:15am-10:00am	
10:00 AM	10:15am		Pickleball					9:30 AM	Program 9:00am-				Yoga - Studio A -	9.13a11-10.00a111	-
10:30 AM		9:00ar	m-11:45am	Half Day Holiday Progr	Yoga - Studio			10:00 AM	10:134111	Drop in Picklebal	9:00am-11:45am	Half Day Holiday	9:30am-10:30am		
11:00 AM				10:15am-11:00am	10:30am-11:30			10:30 AM				Program 10:15am-			
11:30 AM								11:00 AM				11:00am			
12:00 PM	Family Open Gym	Closed for Clo	eaning 12:00-1:00		Cyclefit - Stud			11:30 AM	Drop in Volleyball						
12:30 PM	11:00am-2:00pm	Closed for Cit	earling 12.00-1.00		12:15pm-1:00	pm		12:00 PM	11:00am-1:00pm	CLOSED for Cle	aning 12:00pm-				
1:00 PM								12:30 PM		1:00	0pm			Lane Swim	
1:30 PM								1:00 PM						10:15am-3:30pm	
2:00 PM		Drop in Rasketh	oall 1:00pm-4:00pm					1:30 PM							
2:30 PM		Бюр іп важей	3411.00p1114.00p111					2:00 PM	Family Open Gym	Drop in Basketba	ll 1:00nm-4:00nm				
3:00 PM							Open Swim 9:00am-8:30pm	2:30 PM	1:00pm-4:00pm	Diop in busicetoe	штюории поории				Open Swim
3:30 PM						Lane/Open Swim		3:00 PM							9:00-8:30
4:00 PM						10:15am-9:30pm		3:30 PM							
4:30 PM		Drop li	n Pickleball					4:00 PM					Beginner Cycle-		
5:00 PM		4:00	-5:45pm										Studio C 5:00pm-5:45pm		
5:30 PM								4:30 PM		Duois in Dieldebe	ll 4:00pm-7:00pm		Zumba-Studio A		
6:00 PM					Strength 8 Conditioning - St			5:00 PM		Drop in Pickieba	114:00pm-7:00pm		5:15pm-6:00pm		
	Open Gym				- 5:45pm-6:30			5:30 PM 6:00 PM	-				Yoga-Studio A		
6:30 PM	2:00pm-9:45pm	Rental 6:0	00pm-8:00pm					6:30 PM	Open Gym				6:15pm-7:15pm	Lane/ Open Swim	
7:00 PM					ViPR-Studio B-6: 7:30pm	45pm-		7:00 PM	4:00pm-9:45pm				onspin mapin	3:45pm-9:30pm	
7:30 PM					7:50pm			7:30 PM						_	
8:00 PM					Yoga - Studio A - 6	45pm-		8:00 PM		5					
8:30 PM					7:45pm			8:30 PM		Drop in Soccer	7:00pm-9:45pm				
9:00 PM								9:00 PM							
9:30 PM								9:30 PM							
10:00 PM								10:00 PM							
			SATURDAY JANU	IARV 3 RD 2026 - 7	00am-8:00nm		<u> </u>		·		LINDAY IANHA	RY 4 TH 2026 - 8:	:00am 6:00am	<u> </u>	
	CINCLE CVM	<u> </u>			<u> </u>	LAPPOOL	LEISURE POOL		CINICI E CIVI					Lannage	I FIGURE DOC:
	SINGLE GYM	DOUBLEGYM-A	DOUBLEGYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISUKE PUUL	1	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL

Open Swim 9:00am-8:30pm

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
3:00 AM						Lane Swim 8:00am-8:45am	
3:30 AM		Open Pickleball	8:15am-9:45am				
9:00 AM					Cycle Fit - Studio C - 9:00am-9:45am	Aquafit - 9:15am- 10:00am	
9:30 AM	Family Open				9:00am-9:45am	10:00am	
0:00 AM	Gym						
0:30 AM	9:00am-	Rental 10:00	am-12:00pm				
1:00 AM	-						
1:30 AM							
2:00 PM							Open Swim 9:00an
2:30 PM							4:00pm
1:00 PM						Lane Swim/Open Swim 10:15am-5:30pm	
1:30 PM							
2:00 PM							
2:30 PM	Open Gym						
3:00 PM	12:15-7:45	Drop in Volleyba	l 1:00pm-5:30pm				
3:30 PM	12.13 7.43						
4:00 PM							
4:30 PM							
5:00 PM	-						
5:30 PM							
6:00 PM							

Registered Aquatic Leadership

Drop In Group Fitness

Sports

WEDNESDAY DECEMBER 31 ⁵¹ 2025 - 5:30am- 2:00pm										
	SINGLEGYM	DOUBLEGYM	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL			
5:30 AM										
6:00 AM										
6:30 AM		B								
7:00 AM		Drop in Basketball	Open Gym			Lane Swim 6:00am-9:00am				
7:30 AM		6:00am-9:00am	6:00am-9:00am							
8:00 AM										
8:30 AM										
9:00 AM						Aquafit	Open Swim			
9:30 AM	Open Gym		eball 9:00am- !5am			9:15-10:00	9:00-10:30am			
10:00 AM	6:00am-1:45pm									
10:30 AM	,	11:4				Lane/Open Swim				
11:00 AM						10:15am-11:30am				
11:30 AM										
12:00 PM					Yoga - Studio A					
12:30 PM			nton 12:00pm-		12:15pm-12:45pm					
1:00 PM		1:45	5pm							
1:30 PM										
2:00 PM										

	THURSDAY JANUARY 1 ST 2026- 12:00pm-4:00pm											
	SINGLE GYM	DOUBLEGYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL					
12:00 PM												
12:30 PM		Family Open Gym	Drop in Basketball									
1:00 PM		12:00pm-1:45pm	12:00pm-1:45pm									
1:30 PM	O C					Open Swim	Open Swim					
2:00 PM	Open Gym 12:00pm-3:45pm					12:00pm-3:30pm	12:00pm-3:30pm					
2:30 PM	12.00pHF3.43pH	Drop in Picklobal	11:45nm 2:45nm									
3:00 PM	-	Diopin rickiebai	Drop in Pickleball 1:45pm-3:45pm									
3:30 PM												
4:00 PM												

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
:00 AM							
':30 AM							
8:00 AM		Drop in Pack	etball 8:00am-				
8:30 AM		9:00					
9:00 AM		5.00	Jam				
9:30 AM							
10:00 AM	Walk Fit -	Drop in Pickle	aball 0:00am			_	
0:30 AM	10:15am-	•	5am		Yoga - Studio A -		
11:00 AM	11:15am	11.4.	Jaiii		10:30am-		
11:30 AM					11:30am		
12:00 PM	F 10	CLOSED for Clea	aning 12:00pm-				
12:30 PM	Family Open Gym	1:00)pm				
1:00 PM	11:30am2:00pm		•			Lane/Open Swim 7:00am- 9:30pm	
1:30 PM	11.50am2.00pm	- Drop in Badmi 4:00					
2:00 PM			inton 1:00nm-				
2:30 PM			•				Open Swim
3:00 PM			Юрии				9:00am-9:30p
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Open Gym	Drop in Picklebal	14:00pm-7:00pm				
6:00 PM	2:00pm-9:45pm						
6:30 PM							
7:00 PM							
7:30 PM 8:00 PM							
8:00 PM 8:30 PM		•	etball 7:00pm-				
9:00 PM		9:45	pm				
9:30 PM							
0:00 PM							