



Laurier Brantford YMCA September 13, 2021 to November 7, 2021\*

\*Updated Monday September 20, 2021

# FALL SCHEDULE

## MONDAY

|    | Gym  |                              |          | Youth Zone                                      | Studio                     |   |   | Pool                         |                                     |
|----|--|------------------------------|----------|---|----------------------------|---|---|------------------------------|-------------------------------------|
|    | Single                                     | Double A                     | Double B |   | A                          | B | C | Lap Pool                     | Leisure Pool                        |
| AM | Basketball (2)<br>7:00-8:00                |                              |          |   |                            |   |   | Lane Swim (6)<br>6:30-7:30   |                                     |
|    | Basketball (2)<br>8:30-9:30                |                              |          |   | Bodyfit (10)<br>9:30-10:15 |   |   | Lane Swim (6)<br>7:45-8:45   | Family Swim (10)<br>9:00-10:00      |
|    | Basketball (2)<br>10:00-11:00              |                              |          |   | Yoga (9)<br>10:00-11:00    |   |   | Aquafit (15)<br>9:15-10:00   | Family Swim (10)<br>11:30-12:30     |
|    | Basketball (2)<br>11:30-12:30              |                              |          |   |                            |   |   | Lane Swim (6)<br>10:30-11:30 | Splasher/Bubbler* (5)<br>12:30-1:00 |
| PM | Basketball (2)<br>1:00-2:00                |                              |          |   |                            |   |   | Lane Swim (6)<br>11:45-12:45 | Family Swim (10)<br>1:00-2:00       |
|    | Basketball (2)<br>2:30-3:30                |                              |          |   |                            |   |   | Lane Swim (6)<br>1:15-2:15   | Family Swim (10)<br>2:30-3:30       |
|    | Soccer Fundamentals* 3-5yrs<br>4:15-5:15   | Basketball (2)<br>4:00-5:00  |          | Art Spark* 6-9yrs<br>4:30-5:30 (Meeting Room A) |                            |   |   | Cyclefit (8)<br>6:00-6:45    | Family Swim (10)<br>2:30-3:30       |
|    | Soccer Fundamentals* 6-9yrs<br>5:45-6:45   | Pickleball (20)<br>6:00-7:30 |          | Art Spark* 3-5yrs<br>6:00-7:00                  |                            |   |   | Swim Lessons<br>4:00-7:30    | Swim Lessons<br>4:00-7:30           |
|    | Soccer Fundamentals* 10-12yrs<br>7:00-8:00 |                              |          |   |                            |   |   | Pool Closes @ 7:30pm         | Pool Closes @ 7:30pm                |

## TUESDAY

|    | Gym   |          |                             | Youth Zone                         | Studio                                    |   |                                     | Pool                             |                                 |
|----|---|----------|-----------------------------|------------------------------------|---|---|-------------------------------------|----------------------------------|---------------------------------|
|    | Single  | Double A | Double B                    |                                    | A   | B | C                                   | Lap Pool                         | Leisure Pool                    |
| AM | Basketball (2)<br>7:00-8:00                       |          |                             |                                    |   |   |                                     | Lane Swim (6)<br>6:30-7:30       | Family Swim (10)<br>9:00-10:00  |
|    | Basketball (2)<br>8:30-9:30                       |          |                             |                                    |   |   |                                     | Lane Swim (6)<br>7:45-8:45       | Family Swim (10)<br>10:30-11:30 |
|    | Basketball (2)<br>10:00-11:00                     |          |                             |                                    |   |   |                                     | Lane Swim (6)<br>9:00-10:00      | Family Swim (10)<br>12:00-1:00  |
|    | Basketball (2)<br>11:30-12:30                     |          |                             |                                    |   |   | Express Cyclefit (8)<br>12:15-12:45 | Hydrotherapy (15)<br>10:45-11:30 |                                 |
| PM | Basketball (2)<br>2:30-3:30                       |          |                             | Discovery Lab* 3-5yrs<br>4:15-5:15 |   |   |                                     | Lane Swim (6)<br>12:00-1:00      | Swim Lessons<br>1:30-4:00       |
|    | Basketball (2)<br>4:00-5:00                       |          |                             | Discovery Lab* 6-9yrs<br>5:30-6:30 |   |   |                                     | Swim Lessons<br>4:00-7:30        | Swim Lessons<br>4:00-7:30       |
|    | Karate Fundamentals* (25)<br>6-12yrs<br>6:00-6:45 |          | Badminton<br>6:00-7:30 (10) |                                    | Strength & Conditioning (15)<br>6:00-6:45 |   |                                     | Pool Closes @ 7:30pm             | Pool Closes @ 7:30pm            |
|    | Karate Fundamentals* (25)<br>6-12yrs<br>7:00-7:45 |          |                             |                                    |   |   |                                     |                                  |                                 |

## WEDNESDAY

|    | Gym  |                              |                                | Youth Zone                       | Studio |   |                             | Pool                         |                                 |
|----|--|------------------------------|--------------------------------|----------------------------------|--------|---|-----------------------------|------------------------------|---------------------------------|
|    | Single                                       | Double A                     | Double B                       |                                  | A      | B | C                           | Lap Pool                     | Leisure Pool                    |
| AM | Basketball (2)<br>7:00-8:00                  |                              |                                |                                  |        |   |                             | Lane Swim (6)<br>6:30-7:30   |                                 |
|    | Basketball (2)<br>8:30-9:30                  |                              |                                |                                  |        |   |                             | Lane Swim (6)<br>7:45-8:45   | Family Swim (10)<br>10:30-11:30 |
|    | Basketball (2)<br>12:00-1:00                 |                              | Pickleball (20)<br>10:00-11:30 |                                  |        |   |                             | Aquafit (15)<br>9:15-10:00   | Family Swim (10)<br>12:00-1:00  |
| PM | Basketball (2)<br>1:30-2:30                  |                              |                                |                                  |        |   |                             | Lane Swim (6)<br>11:45-12:45 | Family Swim (10)<br>1:30-2:30   |
|    | Basketball (2)<br>3:00-4:00                  |                              |                                | Art Spark* 6-9yrs<br>4:15-5:15pm |        |   | Gentlefit (10)<br>1:45-2:30 | Lane Swim (6)<br>1:15-2:15   | Family Swim (10)<br>3:00-4:00   |
|    | Basketball Fundamentals* 3-5yrs<br>4:15-5:15 | Basketball (4)<br>4:00-5:00  |                                | Art Spark* 3-5yrs<br>5:45-6:45   |        |   | Yoga (9)<br>6:00-7:00       | Lane Swim (6)<br>2:30-3:30   | Family Swim (10)<br>4:30-5:30   |
|    | Basketball Fundamentals* 6-9yrs<br>5:45-6:45 | Pickleball (20)<br>5:30-6:45 |                                |                                  |        |   | HIIT(9)<br>5:15-6:00        | Lane Swim (6)<br>3:45-4:45   | Family Swim (10)<br>6:00-7:00   |
|    |  |                              |                                |                                  |        |   |                             | Lane Swim (6)<br>5:00-6:00   | Pool Closes @ 7:15pm            |

## THURSDAY

|    | Gym  |                             |          | Youth Zone                          | Studio |   |                                | Pool                             |                                 |
|----|--|-----------------------------|----------|-------------------------------------|--------|---|--------------------------------|----------------------------------|---------------------------------|
|    | Single   | Double A                    | Double B |                                     | A      | B | C                              | Lap Pool                         | Leisure Pool                    |
| AM | Basketball (2)<br>7:00-8:00                      |                             |          |                                     |        |   |                                | Lane Swim (6)<br>6:30-7:30       | Family Swim (10)<br>9:00-10:00  |
|    | Basketball (2)<br>8:30-9:30                      |                             |          |                                     |        |   | Express Cycle (8)<br>6:15-6:45 | Lane Swim (6)<br>7:45-8:45       | Family Swim (10)<br>10:30-11:30 |
|    | Basketball (2)<br>10:00-11:00                    |                             |          |                                     |        |   |                                | Lane Swim (6)<br>9:00-10:00      | Family Swim (10)<br>12:00-1:00  |
|    | Basketball (2)<br>11:30-12:30                    |                             |          |                                     |        |   |                                | Hydrotherapy (15)<br>10:45-11:30 |                                 |
| PM | Basketball (2)<br>2:30-3:30                      |                             |          | Discovery Lab* 3-5 yrs<br>4:30-5:30 |        |   |                                | Lane Swim (6)<br>12:00-1:00      | Family Swim (10)<br>1:30-2:30   |
|    | Floor Hockey Fundamentals* 6-9yrs<br>5:00-6:00   | Basketball (4)<br>4:00-5:00 |          | Discovery Lab* 6-9yrs<br>6:00-7:00  |        |   |                                | Lane Swim (6)<br>1:30-2:30       | Family Swim (10)<br>3:00-4:00   |
|    | Floor Hockey Fundamentals* 10-12yrs<br>6:30-7:30 | Basketball (4)<br>5:30-6:30 |          |                                     |        |   | Bootcamp (15)<br>6:00-6:45     | Lane Swim (6)<br>2:45-3:45       | Pool Closed @ 4:00pm            |
|    |  |                             |          |                                     |        |   |                                | Pool Closed @ 4:00pm             | Pool Closed @ 4:00pm            |

## FRIDAY

|    | Gym                            |          |          | Youth Zone | Studio  |   |   | Pool                         |                               |
|----|--------------------------------|----------|----------|------------|---|---|---|------------------------------|-------------------------------|
|    | Single                         | Double A | Double B |            | A   | B | C | Lap Pool                     | Leisure Pool                  |
| AM | Basketball (2)<br>7:00-8:00    |          |          |            |   |   |   | Lane Swim (6)<br>6:30-7:30   |                               |
|    | Basketball (2)<br>8:30-9:30    |          |          |            | Pilates (9) (LiveWell)<br>9:30-10:15                            |   |   | Lane Swim (6)<br>7:45-8:45   |                               |
|    | Pickleball (10)<br>10:00-11:30 |          |          |            | Express Synergy (6)<br>12:00-12:30                              |   |   | Aquafit (15)<br>9:15-10:00   |                               |
| PM | Basketball (2)<br>12:00-1:00   |          |          |            |   |   |   | Lane Swim (6)<br>10:30-11:30 |                               |
|    | Basketball (2)<br>2:00-3:00    |          |          |            |   |   |   | Lane Swim (6)<br>11:45-12:45 | Family Swim (10)<br>4:00-5:00 |
|    | Basketball (2)<br>3:30-4:30    |          |          |            |   |   |   | Lane Swim (6)<br>1:15-2:15   | Family Swim (10)<br>5:30-6:30 |
|    | Basketball (2)<br>5:00-6:00    |          |          |            | Yoga (9)<br>6:00-7:00   |   |   | Lane Swim (6)<br>2:30-3:30   | Pool Closes @ 6:30pm          |
|    |                                |          |          |            | Youth Leadership Development* (Oct 15)<br>10-18yrs<br>6:00-8:00 |   |   | Lane Swim (6)<br>3:45-4:45   |                               |

## SATURDAY

|    | Gym   |                                |          | Youth Zone                                  | Studio |   |   | Pool                       |                            |
|----|---|--------------------------------|----------|---|--------|---|---|----------------------------|----------------------------|
|    | Single  | Double A                       | Double B |   | A      | B | C | Lap Pool                   | Leisure Pool               |
| AM | Basketball Fundamentals* 6-9yrs<br>9:00-10:00   |                                |          |   |        |   |   | Lane Swim<br>8:00-9:00     | Swim Lessons<br>9:00-12:45 |
|    | Basketball Fundamentals* 3-5yrs<br>10:30-11:30  | Pickleball (20)<br>10:00-11:30 |          | Strength and Conditioning (15)<br>9:00-9:45 |        |   |   | Swim Lessons<br>9:15-12:45 | Pool Closes @ 12:45pm      |
|    | Basketball Fundamentals* 10-12yrs<br>12:00-1:00 | Basketball (4)<br>12:00-1:00   |          | Intro to Dance* 3-5 yrs<br>9:00-9:45        |        |   |   |                            |                            |
| PM | Basketball Fundamentals* 10-12yrs<br>12:00-1:00 | Basketball (4)<br>1:00-2:00    |          | Intro to Dance* 6-12yrs<br>10:00-10:45      |        |   |   |                            |                            |

## SUNDAY

|    | Gym                           |          |          | Youth Zone | Studio |   |   | Pool                         |                                 |
|----|-------------------------------|----------|----------|------------|--------|---|---|------------------------------|---------------------------------|
|    | Single                        | Double A | Double B |            | A      | B | C | Lap Pool                     | Leisure Pool                    |
| AM | Basketball (2)<br>9:00-10:00  |          |          |            |        |   |   | Lane Swim (6)<br>8:00-9:00   | Family Swim (10)<br>8:00-9:00   |
|    | Basketball (2)<br>10:15-11:15 |          |          |            |        |   |   | Lane Swim (6)<br>9:15-10:15  | Family Swim (10)<br>9:30-10:30  |
|    | Basketball (2)<br>11:30-12:30 |          |          |            |        |   |   | Lane Swim (6)<br>10:30-11:30 | Family Swim (10)<br>11:00-12:00 |
| PM | Basketball (2)<br>12:45-1:45  |          |          |            |        |   |   | Lane Swim (6)<br>11:45-12:45 | Family Swim (10)<br>12:30-1:30  |
|    |                               |          |          |            |        |   |   | Lane Swim (6)<br>12:00-1:00  |                                 |
|    |                               |          |          |            |        |   |   | Pool Closes @ 2:00pm         |                                 |

## SWIM LESSON INFORMATION

Registration & Membership Required

**Reporting Absences:** Please notify us if your child will be absent. Three missed classes will result in withdrawal from the class. Absences can be reported by email: [laurierbrantford.absence@ymcahbb.ca](mailto:laurierbrantford.absence@ymcahbb.ca)

### Recreational Swimming - Aquatic Admission Criteria

**0-6 yrs** - Must be supervised by an adult or guardian (min. 14 yrs) in the water. *Max 2:1 ratio*  
**7-9 yrs** - If unable to pass a facility swim test, must be supervised by a guardian (min. 14 yrs of age) in the water (2:1 ratio). If able to successfully pass the facility swim test, children may swim independently. Adult or guardian (min. 14 years of age) must be on pool deck.  
**10 + yrs** are welcome to use the pool, subject to their swimming abilities.  
 Please ensure that you stop at the Membership Desk for the appropriate colour wrist band before entering the pool deck.

100 Water Street  
 Brantford, ON N3T 0P1  
 p: 519.512.4891 | f: 519.753.5898  
[laurierbrantford.membership@ymcahbb.ca](mailto:laurierbrantford.membership@ymcahbb.ca)  
[laurierbrantford.absence@ymcahbb.ca](mailto:laurierbrantford.absence@ymcahbb.ca)  
[www.ymcahbb.ca](http://www.ymcahbb.ca)

**Facility Hours:**  
**Mon-Fri:** 6:00am -8:00pm  
**Saturday:** 8:00am-2:00pm  
**Sunday:** 8:00am-2:00pm