



Ron Edwards Family YMCA • September 13 to November 7, 2021

FALL SCHEDULE

MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cardio Fit 9:00 -9:45		Explovers 9:00 - 10:00	Yoga 10:30 - 11:30	Lane Swim 6:00 -7:00 Lane Swim 7:15 -8:15 Lane Swim 8:30 -9:00
	Walk Fit 11:15 -12:00				Aquafit 9:15 -10:00 Lane Swim 10:30 -11:30
PM	Pickleball 1:00 -2:00				Lane Swim 12:30 -1:30 Lane Swim 1:45 -2:45 Lane Swim 3:00 -4:00
	Pickleball 2:15-3:15				
	Soccer (3-5 yrs) 4:15 -5:15 Soccer (6-9 yrs) 5:45-6:45		Art Spark (6-12 yrs) 4:15 - 5:15 Art Spark (3-5 yrs) 5:45-6:45		Swim Lessons 4:30 -7:15
	Bootcamp 7:00 -7:45				

TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	BodyFit 9:00 -9:45		Explovers 9:00 - 10:00		Lane Swim 6:00 -7:00 Lane Swim 7:15 -8:15 Lane Swim 8:30 -9:00 Lane Swim 9:15 -10:15 Lane Swim 10:30 -11:30
	Cycle Fit 10:00 -10:45			Gentle Fit 11:15 - 12:00	
PM	Open Basketball 3:00 -4:00				Lane Swim 12:30 -1:00 Hydrotherapy 1:15 -2:00
	Soccer (3-5 yrs) 4:15 -5:15			Dance (6-12 yrs) 4:15-5:00	Lane Swim 2:30 -3:30
	Soccer (10-12 yrs) 5:45 -6:45		Art Spark (6-12 yrs) 5:45-6:45	Dance (3-5 yrs) 5:15 - 6:00	Swim Lessons 4:30 -7:15
	Zumba 7:00 -7:45				

WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	HIIT 9:00 -9:45		Explovers 9:00 - 10:00		Lane Swim 6:00 -7:00 Lane Swim 7:15 -8:15 Lane Swim 8:30 -9:00
	Walk Fit 11:15 -12:00				Aquafit 9:15 -10:00 Lane Swim 10:30 -11:30
PM	Pickleball 1:00 -2:00	Cycle Fit 6:00 -6:45	Discovery Lab (3-5 yrs) 4:15-5:15		Lane Swim 12:30 -1:30 Lane Swim 1:45 -2:45 Lane Swim 3:00 -4:00
	Pickleball 2:15 -3:15		Discovery Lab (6-12 yrs) 5:45 -6:45		Swim Lessons 4:30 -7:15
	Floor Hockey (6-9 yrs) 4:15 -5:15				
	Floor Hockey (10-12 yrs) 5:45 -6:45				
	HIIT 7:00 -7:45				

THURSDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Body Fit 9:00 -9:45		Explovers 9:00 - 10:00		Lane Swim 6:00 -7:00 Lane Swim 7:15 -8:15 Lane Swim 8:30 -9:00 Lane Swim 9:15 -10:15 Lane Swim 10:30 -11:30
	Cycle Fit 10:00 -10:45			Gentle Fit 11:15 - 12:00	
PM	Open Basketball 3:00 -4:00				Lane Swim 12:30 -1:00 Hydrotherapy 1:15 -2:00
	Basketball (10-12 yrs) 4:15 -5:15				Lane Swim 2:30 -3:30
	Cycle Fit 6:00 -6:45			Karate (6-12 yrs) 5:00 - 7:45	Swim Lessons 4:30 -7:15
	Zumba 7:00 -7:45				

FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cycle Fit 9:00 -9:45		Explovers 9:00 - 10:00	Zumba 10:00 - 10:45	Lane Swim 6:00 -7:00 Lane Swim 7:15 -8:15 Lane Swim 8:30 -9:00
	Yoga 10:30 -11:30				Aquafit 9:15 -10:00 Lane Swim 10:30 -11:30
PM	Pickleball 2:00 -3:00		Youht Leadership 6:00 -8:00	Youht Leadership 6:00 -8:00	Lane Swim 12:30 -1:00
	Pickleball 3:15-4:15				Aquafit 1:15 -2:00
					Lane Swim 2:30 -3:30
					Lane Swim 3:45 -4:45
					Lane Swim 5:00 -6:00 Lane Swim 6:15 -7:15

SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Basketball (6-9 yrs) 9:00 -10:00	Cycle Fit 9:00 -9:45	Discovery Lab (3-5 Yrs) 9:00 -10:00	HIIT 10:15 -11:00	Lane Swim 8:00 -9:00 Swim Lessons 9:15 - 12:00
	Basketball (3-5 yrs) 10:30 -11:30		Discovery Lab (6-12 Yrs) 10:30 -11:30		
PM	Basketball (10-12) 12:00 -1:00				Lane Swim 12:15 01:15

SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Karate (6-12 yrs) 9:00 -11:45			Yoga 9:15 - 10:15	Lane Swim 8:00 -9:00 Swim Lessons 9:15 - 12:00
PM	Basketball 12:00 -1:00				Lane Swim 12:15 01:15
	Basketball 1:00 -2:00				

SWIM LESSON SCHEDULE

Registration & Membership Required

Lessons are 30 minutes in length with 5 minute transition times between lessons. For a complete Swim Lesson Schedule, please visit the YMCA Membership Desk or visit ymcahbb.ca.

Recreational Swimming - Aquatic Admission Criteria¹

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.

Whirlpool Spa Admission Criteria

MUST be 12 years of age or accompanied by an adult or guardian (minimum 16 years of age). Under 10 years of age, parent or guardian must supervise in water. Not recommended for children under 5 years of age. The Whirlpool and Sauna may be closed during Family Swim Lesson times. Please contact branch for details.

Child Minding

Fees:
Single Child Card (8 Hours): \$32
Family Card - 2 or more children (8 hours): \$44

Hours of Service:

Not Available

The Underground (Youth Centre - 12-19 yrs)

Not Available

500 Drury Lane
Burlington, ON L7R 2X2
phone: (905) 632-5000
fax: (905) 333-1767
burlington.membership@ymcahbb.ca
www.ymcahbb.ca

Facility Hours:

Mon-Fri: 6:00 -8:00 pm
Saturday: 8:00 -2:00 pm
Sunday: 8:00 -2:00 pm
Holiday: Closed