



Ron Edwards Family YMCA • November 8 to December 19, 2021

# WINTER SCHEDULE

## MONDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cardio Fit 9:00 -9:45		Explorers REG* 9:00 -10:00		Lane Swim *REG* 6:00 -7:00 Lane Swim *REG* 7:15 -8:15 Lane Swim *REG* 8:30 -9:00
	Yoga 10:30 -11:30				Aquafit 9:15 -10:00
	Walk Fit 12:00-12:45				Lane Swim *REG* 10:30 -11:30
PM	Pickle ball *REG* 1:00 -3:00				Lane Swim *REG* 12:30 -1:30 Lane Swim *REG* 1:45 -2:45 Lane Swim *REG* 3:00 -4:00
	Open Basketball 3:15 -4:00				Dance *REG* (6-12 yrs) 4:15-5:00 Dance *REG* (3-5 yrs) 5:15 -6:00
	Soccer *REG* Fund (3-5 yrs) 4:30 -5:15		Art Spark *REG* (3-5 yrs) 5:45-6:45		Swim Lessons *REG* 4:30 -7:15
	Soccer *REG* Fund (6-9 yrs) 5:30 -6:30				Swim Lessons *REG* 4:30 -7:15
	Bootcamp 7:00 -7:45				Yoga 6:30 -7:30

## TUESDAY

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

## WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	HIIT 9:00 -9:45				Lane Swim *REG* 6:00 -7:00 Lane Swim *REG* 7:15 -8:15 Lane Swim *REG* 8:30 -9:00
	Walk Fit 12:00 -12:45				Aquafit 9:15 -10:00 Lane Swim *REG* 10:30 -11:30
PM	Pickle ball *REG* 1:00 3:00	Cycle Fit *REG* 6:00 -6:45	Discovery Lab *REG* (3-5 yrs) 4:15-5:15		Lane Swim *REG* 12:30 -1:30 Lane Swim *REG* 1:45 -2:45 Lane Swim *REG* 3:00 -4:00
	Open Basketball 3:15 -4:00		Discovery Lab *REG* (6-9 yrs) 5:45 -6:45		Swim Lessons *REG* 4:30 -7:15
	Floor Hockey Advance*REG (6-12 yrs) 4:15 -5:15				
	Floor Hockey - Fund *REG* (6-12 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				Lane Swim *REG* 6:00 -7:00 Lane Swim *REG* 7:15 -8:15 Lane Swim *REG* 8:30 -9:00 Lane Swim *REG* 9:15 -10:15 Lane Swim *REG* 10:30 -11:30
	Cycle Fit *REG* 10:00 -10:45			Gentle Fit 11:15 - 12:00	
PM	Open Basketball 3:00 -4:00				Lane Swim *REG* 12:30 -1:00
	Basketball *REG* (10-12 yrs) 4:15 -5:15				Hydrotherapy 1:15 -2:00 Lane Swim *REG* 2:30 -3:30
	Zumba 7:00 -7:45			Karate *REG* (6-12 yrs) 5:00 - 7:45	Swim Lessons *REG* 4:30 -7:15

## FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cycle Fit *REG* 9:00 -9:45		Explorers REG* 9:00 -10:00		Lane Swim *REG* 6:00 -7:00 Lane Swim *REG* 7:15 -8:15 Lane Swim *REG* 8:30 -9:00
	Yoga 10:30 -11:30				Aquafit *REG* 9:15 -10:00
					Lane Swim *REG* 10:30 -11:30
PM	Pickle ball *REG* 1:00 -3:00		Youth Leadership *REG* 6:00 -8:00	Youth Leadership *REG* 6:00 -8:00	Lane Swim *REG* 12:30 -1:00
	Open Basketball 5:00 -7:00 pm				Lane Swim 1:15 -2:00
					Lane Swim *REG* 2:30 -3:30
					Lane Swim *REG* 3:45 -4:45
					Lane Swim *REG* 5:00 -6:00 Lane Swim *REG* 6:15 -7:15

## SATURDAY

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

## SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Karate *REG* (6-12 yrs) 9:00 -11:45			Yoga 9:15 - 10:15	Lane Swim *REG* 8:00 -9:00 Swim Lessons *REG* 9:15 - 12:00
PM	Open Basketball 12:00 -1:30				Lane Swim *REG* 12:15 - 1:15

## 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](http://ymcahbb.ca).

### Recreational Swimming - Aquatic Admission Criteria<sup>1</sup>

**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:

Available at Membership

### 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](mailto:burlington.membership@ymcahbb.ca)  
[www.ymcahbb.ca](http://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