



LAURIER
Inspiring Lives.

Laurier Brantford YMCA

FALL SCHEDULE

November 8, 2021 to December 19, 2021

MONDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30						Lane Swim* 6:30-7:30			
	Open Gym 9:00-11:00			Explorers* 3-5 yrs 9:00-10:00	Yoga 10:00-11:00		Lane Swim* 7:45-8:45	Open Swim 9:00-12:15		
	Open Gym 11:30-1:30						Aquaft 9:15-10:00	Splasher/ Bubbler* 12:30-1:00		
PM	Open Gym 2:00-4:00						Lane Swim* 11:45-12:45	Open Swim 1:00-3:30		
	Soccer Fund* 3-5 yrs 4:30-5:15	Pickleball* (32) 5:30-7:30		Art Spark* 6-9 yrs 4:30-5:30 (Meeting Room A)			Lane Swim* 2:30-3:30	Swim Lessons* 4:00-7:30		
	Soccer Fund* 3-5 yrs 5:30-6:30			Art Spark* 3-5 yrs 5:45-6:45		Cyclefit* (8) 6:00-6:45	Swim Lessons* 4:00-7:30	Closed 7:30		
	Open Gym 6:45-8:45						Closed 7:30			

TUESDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00			Varsity Women's Soccer 6:30-8:00 (LSO)				Lane Swim* 6:30-7:30		
	Open Gym 11:30-1:30			Pickleball* (32) 9:00-11:30				Lane Swim* 7:45-8:45		
PM	Open Gym 2:00-4:00							Open Swim 9:00-1:00		
	Open Gym 4:15-5:45			Badminton 5:45-7:15				Lane Swim* 11:45-12:45		
	Karate Fund* 6-9 yrs 6:00-6:45			Extramural Co-ed Volleyball 7:30-9:00 (LSO)	Zumba 5:15-6:00	Strength & Conditioning 6:00-6:45		Lane Swim* 2:30-3:30		
	Karate Fund* 6-12 yrs 7:00-7:45							Swim Lessons* 1:30-4:00		

WEDNESDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00			Women's Flag Football 6:45-7:45 (LSO)				Lane Swim* 6:30-7:30		
	Open Gym 11:30-1:30			Pickleball* (32) 9:00-11:30				Lane Swim* 7:45-8:45		
PM	Open Gym 2:00-4:00							Open Swim 9:00-1:00		
	Basketball Fund* 3-5 yrs 4:30-5:15			Intramural Pick-up Basketball 12:00-2:00 (LSO)				Lane Swim* 10:30-11:30		
	Basketball Fund* 6-9 yrs 5:30-6:30			Open Gym 3:00-6:00	Yoga 6:00-7:00	HIIT 5:15-6:00		Lane Swim* 11:45-12:45		
	Open Gym 7:00-8:45			Extramural Basketball 7:30-9:00 (LSO)				Lane Swim* 1:15-2:15		

THURSDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00							Lane Swim* 6:30-7:30		
	Open Gym 11:30-1:30							Lane Swim* 7:45-8:45		
PM	Open Gym 2:00-4:00							Open Swim 9:00-1:00		
	Floor Hockey Fundamentals* 6-12 yrs 4:30-5:30			Pickleball* (32) 4:30-6:30	Discovery Lab* 3-5 yrs 4:30-5:30			Lane Swim* 1:15-2:15		
	Basketball Advanced* 6-9 yrs 5:45-6:45			Varsity Indoor Soccer 6:45-9:00 (LSO)	Discovery Lab* 6-9 yrs 5:45-6:45	Bootcamp 6:00-6:45		Lane Swim* 2:30-3:30		
	Open Gym 7:00-8:45							Lane Swim* 3:45-4:45		

*Swim Club is a Laurier Sports Club—Students Only

FRIDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00							Lane Swim* 6:30-7:30		
	Open Gym 11:30-1:30			Pickleball* (32) 9:00-11:30	Pilates (LiveWell) 9:30-10:15			Lane Swim* 7:45-8:45		
PM	Open Gym 2:00-4:00							Open Swim 9:00-12:15		
	Open Gym 4:30-6:30			Youth Leadership Development 5:30-7:00	Yoga 6:00-7:00	KAOS Dance 4:00-9:00 (LSO)		Lane Swim* 11:45-12:45		
	Open Gym 6:45-8:45							Lane Swim* 1:15-2:15		
								Lane Swim* 2:30-3:30		

SATURDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00							Lane Swim* 8:00-9:00		
	Open Gym 11:30-1:30			Pickleball* (32) 9:00-11:30	Strength & Conditioning 9:00-9:45	Dance* 3-5 yrs 9:00-9:45		Swim Lessons* 9:15-12:45		
PM	Open Gym 2:00-4:00							Open Swim 9:00-1:00		
	Open Gym 4:30-6:30							Lane Swim* 1:15-2:15		
	Open Gym 6:45-8:45							Lane Swim* 2:30-3:30		
								Lane Swim* 3:45-4:45		

SUNDAY

	Gym			Youth Zone		Studio			Pool	
	Single	Double A	Double B	A	B	C	Lap	Leisure		
AM	Open Gym 6:30-8:30									
	Open Gym 9:00-11:00							Lane Swim* 8:00-9:00		
	Open Gym 11:30-1:30			Pickleball* (32) 9:00-11:30		Yoga 10:00-11:00		Lane Swim* 9:15-10:15		
PM	Open Gym 2:00-4:00							Open Swim 9:00-12:15		
	Open Gym 4:30-6:30							Lane Swim* 10:30-11:30		
	Open Gym 6:45-8:45							Lane Swim* 11:45-12:45		
								Lane Swim* 1:15-2:15		

SWIM LESSON INFORMATION

Registration & Membership Required

Lessons are 30 minutes in length with a 15 minute transition and sanitization time between lessons.

Children Under 10 years of Age must be signed in and out of Swim Lessons by a parent or guardian (min. 14 yrs)

Reporting Absences: Please notify us if your child will be absent. Three consecutive absences will result in withdrawal from class. Absences must be reported by email.

laurierbrantford.absence@ymcahbb.ca

Recreational Swim—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 years—If unable to pass facility swim test must be supervised by a guardian (min. 14 yrs) in the water (2:1 ratio). If able to pass the facility swim test, children may swim independently. Adult or guardian (min. 14 yrs) must be on pool deck.

10+ yrs—are welcome to use the pool subject to swimming ability.

100 Water Street
Brantford, ON N3T 0P1
P: 519-512-4891 F: 519-513-5898
laurierbrantford.membership@ymcahbb.ca
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www.ymcahbb.ca

FACILITY HOURS:
Monday– Friday:
6:00am-9:00pm
Saturday:
8:00am-4:00pm
Sunday:
8:00am-4:00pm

* Program requires pre-registration.

(LSO) Laurier Students Only—Sports clubs, intramural, extramural and Varsity.