



# SCHEDULE

## MONDAY

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

## TUESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cycle Fit 9:15 - 10:00			Y Thrive 6:00 - 7:15  Y Thrive 7:30 - 8:45	Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Lane Swim 8:30 - 9:30 Lane Swim 9:45 - 10:45 Lane Swim 11:00 - 12:00
PM	Cardiac Rehab Stretch 12:30 - 1:15  Zumba 6:30 - 7:15			Y Thrive 2:00 - 3:15	Lane Swim 12:30 - 1:30  Hydro Therapy 1:45 - 2:30  Lane Swim 3:00 - 4:00  Lane Swim 4:15 - 5:15  Lane Swim 5:30 - 6:30

## WEDNESDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Body Fit 9:15 - 10:00			Y Thrive 6:00 - 7:15  Y Thrive 7:30 - 8:45  Y Thrive 10:30 - 11:45	Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Lane Swim 8:30 - 9:15 Aquafit 9:30 - 10:15 Lane Swim 10:45 - 11:45
PM	Walk Fit 12:45 - 1:30  Yoga 6:45 - 7:45			Y Thrive 2:00 - 3:15	Lane Swim 12:30 - 1:30  Lane Swim 1:45 - 2:45  Lane Swim 3:00 - 4:00  Lane Swim 4:15 - 5:15  Lane Swim 5:30 - 6:30

## THURSDAY

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

## FRIDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Yoga 10:30 - 11:15			Y Thrive 6:00 - 7:15  Y Thrive 7:30 - 8:45	Lane Swim 6:00 - 7:00 Lane Swim 7:15 - 8:15 Lane Swim 8:30 - 9:15 Aquafit 9:30 - 10:15 Lane Swim 10:45 - 11:45
PM	Walk Fit 12:45 - 1:30			Y Thrive 3:30 - 4:45	Lane Swim 12:30 - 1:30  Lane Swim 1:45 - 2:45  Lane Swim 3:00 - 4:00  Lane Swim 4:15 - 5:15  Lane Swim 5:30 - 6:30

## SATURDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM	Cycle Fit 9:45 - 10:30			Y Thrive 8:00 - 9:15	Lane Swim 8:15 - 9:15  Aquafit 9:30 - 10:15  Lane Swim 10:45 - 11:45
PM				Y Thrive 12:30 - 1:45	Lane Swim 12:00 - 1:00

## SUNDAY

	Gymnasium	Studio	Community Room	AB Room	Pool
AM				Y Thrive 8:00 - 9:15	Lane Swim 8:15 - 9:15  Lane Swim 9:30 - 10:30  Lane Swim 10:45 - 11:45
PM				Y Thrive 12:30 - 1:45	Lane Swim 12:00 - 1:00

## 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](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:  
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](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