



MONDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk		
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM				Yoga 9:00am - 9:50am	
9:30 AM					
10:00 AM		YMCA Childcare 10:00am - 11:00am			
10:30 AM					
11:00 AM					
12:00 PM	Pickle Ball 11:30am-1:30pm *Beginners 11:30am-1230pm	Open Gym 11:00am - 3:00pm			Queenex 12:15pm - 1:00pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Badminton 3:00pm - 6:00pm		Wellness Orientation 4:15pm - 5:15pm		
5:00 PM					
5:30 PM	Open Gym 1:45pm - 9:15pm			Cycle Fit 5:15pm - 6:00pm	
6:00pm					
6:30 PM				Pilates 6:15pm - 7:00pm	
7:00 PM					
7:30 PM				Zumba 7:15pm - 8:15pm	
8:00 PM		Open Gym 6:00pm - 9:15pm			
8:30 PM					
9:00 PM					

- | TUESDAY  |                             |                                     |   |   |   |                                 |
|----------|-----------------------------|-------------------------------------|---|---|---|---------------------------------|
|          | MAIN GYM                    | AUX GYM                             | COURTS  | FITNESS FLOOR                           | STUDIO  |                                 |
| 6:00 AM  | Open Gym<br>6:00am - 9:15pm | Open Gym<br>6:00am - 10:00am        | Squash, Raquetball,<br>Handball, Table Tennis<br>Courts Available<br><br>6:00am - 9:30pm<br><br>Equipment available<br>at Membership Desk |   |   |                                 |
| 7:00 AM  |                             |                                     |   |   |   |                                 |
| 8:00 AM  |                             |                                     |   |   |   |                                 |
| 9:00 AM  |                             |                                     |   |   |   |                                 |
| 10:00 AM |                             | YMCA Childcare<br>10:00am - 11:00am |   |   |   | Gentle Fit<br>10:00am - 10:45am |
| 10:30 AM |                             |                                     |   |   |   |                                 |
| 11:00 AM |                             |                                     |   |   |   |                                 |
| 11:30 AM |                             |                                     |   |   |   |                                 |
| 12:00 PM |                             |                                     |   |   |   |                                 |
| 12:30 PM |                             |                                     |   |   |   |                                 |
| 1:00 PM  |                             |                                     |   |   |   |                                 |
| 2:00 PM  |                             |                                     |   |   |   |                                 |
| 3:00 PM  |                             |                                     |   |   |   |                                 |
| 3:30 PM  |                             |                                     |   |   |   |                                 |
| 4:00 PM  |                             |                                     |   |   |   |                                 |
| 5:00 PM  |                             |                                     |   | Wellness Orientation<br>4:15pm - 5:15pm |   |                                 |
| 5:30 PM  |                             |                                     |   |   |   |                                 |
| 6:00 PM  |                             |                                     |   |   | Yoga<br>5:30pm - 6:30pm                       |                                 |
| 6:30 PM  |                             |                                     |   |   |   |                                 |
| 7:00 PM  |                             |                                     |   |   | Strength and Conditioning<br>6:45 pm - 7:30pm |                                 |
| 7:30 PM  |                             |                                     |   |   |   |                                 |
| 8:00 PM  |                             |                                     | Squash League<br>6:30pm - 9:30pm<br>(Squash Courts)   |   |   |                                 |
| 8:30 PM  |                             | Volleyball<br>7:00pm- 9:15pm        |   |   | Zumba<br>7:45pm - 8:45pm                      |                                 |
| 9:00 PM  |                             |                                     |   |   |   |                                 |

WEDNESDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk		
7:00 AM					
8:00 AM					
9:00 AM					
9:30 AM					
9:45AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	Pickle Ball 11:30am-1:30pm	Open Gym 11:00am - 3:00pm			
12:30 PM					
1:30 PM	Open Gym 1:45pm - 9:15pm	Badminton 3:00pm - 6:00pm			
2:00 PM					
3:00 PM					
4:30PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					

THURSDAY						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am-6:45pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:30pm  Equipment available at Membership Desk			
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM		YMCA Childcare 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am	
10:30 AM						
11:00 AM		Open Gym 11:00am - 3:45pm				
11:30 AM						
12:00 PM					Express Circuit 12:15 pm- 1:00pm	
12:30 PM						
1:00 PM						
2:00 PM						
3:00 PM	Soccer 7:00pm-9:15pm	Volleyball 4:00 pm- 6:00pm			CycleFit 4:30pm - 5:15pm	
3:30 PM						
4:00 PM						
4:30pm						
5:00 PM		Open Gym 6:15 pm- 9:15pm			Pilates 5:30pm - 6:15pm	
5:15pm						
5:30 PM						
6:00pm						
6:15pm						
6:30 PM						
6:45pm						
7:00 PM					Strength & Conditioning 6:45 - 7:30pm	
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

FRIDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am- 9:15pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis Courts Available  6:00am - 9:15pm  Equipment available at Membership Desk		
7:00 AM					
8:00 AM					
9:00 AM					
10:00 AM		YMCA Childcare 10:00am - 11:00am			
10:30 AM					
11:00 AM		Open Gym 11:00am - 3:00pm			
11:30 AM					CycleFit 12:15pm - 1:00pm
12:00 PM					
12:30 PM					
1:00 PM					
1:15pm					Yoga 1:15pm - 2:00pm
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Badminton 3:00pm - 6:00pm				
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					
6:00 PM	Open Gym 6:00pm - 9:15pm				
6:30 PM			ViPR Pro 6:30pm - 7:15pm		
7:00 PM					
7:30 PM					
8:00 PM					
9:00 PM					

SATURDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 5:15pm	Badminton 8:15am - 11:00am	Squash League 8:00am - 11:00am (Squash Courts)		Barre 9:30am - 10:15am
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM		Open Gym 11:15am - 3:15pm			Zumba 10:30am - 11:30am
11:00 AM					
11:30 AM			Squash, Racquetball, Handball, Table Tennis Courts Available  8:00am - 5:15pm		Strength & Conditioning 11:45am - 12:45pm
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM		Volleyball 3:30pm - 5:15pm			
4:00 PM					
5:00 PM					
5:30 PM					

FACILITY HOURS

Monday - Friday 6:00am - 9:30pm
Saturday 8:00am - 5:30pm
Sunday 8:00am - 4:00pm
Holidays: as posted

SWIM ADMISSION CRITERIA

**Children ages 0 – 5:**  
An adult parent or guardian (16 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

**Children ages 6 – 9 unable to Pass Swim Test:**  
If unable to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 years of age) in the water within arm’s reach at all times.  
Maximum ratio: 3 children: 1 adult; with lifejackets, maximum ratio: 6 children: 1 adult.

Children ages 6 – 9 unable to Pass Swim Test:  
Must be supervised by parent/guardian (min 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children to 1 adult.

**Ages 10 - 15 Years:**  
Muat pass a swim test to access deep-water. If they do not pass, they must stay in the shallow end.

**What is the Facility Swim Test?**  
To enter deep water and/or swim independently, swimmers must:

- 25 Meter non-stop front swim
- 30-second tread in deep end.

Adult Swim test - at the lifeguard’s discretion.