

MONDAY						
	SINGLE GYM	DOUBLE GYM (A, B)	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am	Day Camp- Extended Care 6:45am-9:00am			
6:00 AM						
6:30 AM						
7:00 AM				HITT- Harmony Square 7:15am-8:00am *starts July 7	Lane Swim 6:00am-9:00am	
7:30 AM						
8:00 AM				Day Camp- Studio B- 7:00-9:00		
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-2:00pm	Day Camp 9:30am-2:00pm	Balance + Studio B 10:15am-11:00am	Aquafit 9:15-10:00	Open Swim 9:00am-11:45am
9:00 AM						
9:30 AM				Yoga- Studio A 10:30-11:30		
10:00 AM						
10:30 AM						
11:00 AM	Open Gym 12:15pm-2:00pm				Lane Swim/ Open Swim 10:15-12:45	
11:30 AM						
12:00 PM						Splasher Bubblers 12:00pm-12:30pm
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM					Day Camp Swim 1:00pm-3:00pm	Day Camp Swim 1:00pm-3:00pm
2:30 PM	Day Camp 2:15pm-4:00pm	Open Gym 2:15pm-3:45pm				
3:00 PM						
3:30 PM					Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45
4:00 PM	Basketball Level 1- 3-5yrs 4:30pm-5:15pm	Day Camp- Extended Care 4:00pm-6:30pm		Day Camp Extended Care- Studio B 4:00-6:00	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
4:30 PM						
5:00 PM	Basketball Level 1- 5:30pm-6:30pm			Strength & Conditioning Studio A- 5:45-6:30		
5:30 PM						
6:00 PM	Basketball - Level 2 6:45pm-7:45pm			VIPR- Studio B 6:45pm-7:30pm		
6:30 PM				Yoga- Studio A 6:45-7:45		
7:00 PM	Drop In Basketball 8:00pm-9:45pm	Open Gym 6:45-7:30				
7:30 PM						
8:00 PM						
8:30 PM		Cricket Club (LSO) 7:45pm-9:45pm			Lane Swim/ Open Swim 7:45pm-9:30pm	Open Swim 7:45pm-9:00pm
9:00 PM						
9:30 PM						
10:00 PM						

TUESDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am		Day Camp- Extended Care- Studio B 6:30am-9:30am		
6:00 AM						
6:30 AM					Lane Swim 6:00am-9:00am	
7:00 AM						
7:30 AM						
8:00 AM	Day Camp- 9:00-10:00					
8:30 AM						
9:00 AM					Hydrotherapy 9:15am-10:00am	Open Swim 9:00-10:15
9:30 AM						
10:00 AM	Summer Fun 101- 4-12yrs 10:00-11:00	Drop In Pickleball 9:30-11:30	Summer Fun 101- 4-12yrs 9:00-10:30		Adult Lessons 10:00-10:30 / 10:30-11:00	Day Camp Swim 10:30-11:30
10:30 AM						
11:00 AM	Open Gym 11:15-12:15		Summer Fun 101 (Swim) 11:00-12:00		Day Camp Swim 10:30-11:30	
11:30 AM						
12:00 PM						Splasher Bubblers 12:00-12:30
12:30 PM	Youth Fusion (Rental)- Gym 12:15-1:00	Day Camp- 11:45-1:15	Day Camp 1:00-3:00	Healthy Hearts- Studio A 12:30-2:00	Lane Swim/ Open Swim 11:30-1:45	Open Swim 12:45-1:45
1:00 PM						
1:30 PM						
2:00 PM	Day Camp 1:00-3:45	Open Gym 1:30-2:45			Day Camp Swim 2:00-3:00	Day Camp Swim 2:00-3:00
2:30 PM				Day Camp Extended Care- Studio B 4:00-6:00		
3:00 PM		Day Camp 3:00-4:00			Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45
3:30 PM						
4:00 PM	Yes Program (Rental) 4:00-5:45	Day Camp- Extended Care 4:00pm-6:30pm		Yes Program - Meeting Room 4:00-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
4:30 PM						
5:00 PM				Zumba- Studio A 5:15-6:00		
5:30 PM				Yoga- Harmony Square 6:15-7:00		
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm					
6:30 PM						
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm					
7:30 PM						
8:00 PM	Open Gym 8:00pm-9:45pm	Drop In Pickleball 6:45-9:45			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

### WEDNESDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM	Drop In Basketball 5:30am-8:45am						
6:00 AM					Lane Swim 6:00am-9:00am		
6:30 AM							
7:00 AM		Day Camp- Extended Care 6:30am-9:30am		Bodyfit- Harmony Square 7:15am-8:00am			
7:30 AM							
8:00 AM			Day Camp- Studio B- 7:00-9:00				
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-1:00pm	Day Camp 9:30am-2:00pm	Pilates-Studio A 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-10:15	
9:00 AM						Splasher Bubblers 10:30-11:00	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Open Gym 12:15pm-2:00pm	Day Camp 9:30am-1:00pm	Day Camp 9:30am-2:00pm		Lane Swim/ Open Swim 10:15-12:45	Open Swim 11:15-12:45	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM		Youth Fusion (Rental) 1:00-2:00			Day Camp Swim 1:00pm-3:00pm	Day Camp Swim 1:00pm-3:00pm	
2:00 PM							
2:30 PM	Day Camp 2:15pm-4:15pm	Open Gym (Gym B) 2:15pm- 3:45pm					
3:00 PM					Day Camp Extended Care- Studio B 4:00-6:00	Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45
3:30 PM							
4:00 PM							
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm	Day Camp- Extended Care 4:00pm- 6:30pm Gym A- 5:00-6:00	Brain Builders- 6-12yrs 4:30pm-5:30pm	Cardio Kickbox- Studio A 5:15pm-6:00pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM	Soccer Level 1- 6-12yrs 5:30pm- 6:30pm						Core Express- Studio A 6:00pm-6:30pm
5:30 PM							
6:00 PM			Brain Builders- 3-5yrs 5:45pm-6:30pm				
6:30 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm	NXT Drop In- Gym B 5:00-6:00					
7:00 PM							
7:30 PM							
8:00 PM	Open Volleyball 8:00-9:45	Laurier International- Gym B 6:30-8:30			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
8:30 PM		Drop In Badminton 6:45-9:45 Gym A					
9:00 PM							
9:30 PM							
10:00 PM							






### THURSDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM	Drop In Basketball 5:30am-8:45am				Lane Swim 6:00-9:00		
6:00 AM							
6:30 AM							
7:00 AM		Day Camp- Extended Care 6:30am-9:30am		Day Camp- Extended Care 6:30am-9:30am			
7:30 AM							
8:00 AM							
8:30 AM					Open Swim 9:00-10:15		
9:00 AM	Day Camp- 9:00-10:00	Drop In Pickleball 9:30-11:30	Summer Fun 101- 4-12yrs 9:00-10:30	Hydrotherapy 9:15am- 10:00am			
9:30 AM							
10:00 AM	Summer Fun 101- 4-12yrs 10:00-11:00						
10:30 AM							
11:00 AM	Open Gym 11:15-12:15		Summer Fun 101 (Swim) 11:00-12:00		Day Camp Swim- 10:30-11:30	Day Camp Swim- 10:30-11:30	
11:30 AM							
12:00 PM							
12:30 PM	Youth Fusion (Rental)- Gym 12:15-1:00	Day Camp- 11:45-1:15	Day Camp 1:00-3:00	Healthy Hearts- Studio B 12:30-2:00	Lane Swim/ Open Swim 11:45-1:45	Open Swim 11:45-1:45	
1:00 PM							
1:30 PM	Day Camp 1:00-2:45						
2:00 PM				Yes Program - Meeting Room 2:00-3:00	Day Camp Swim 2:00-3:00	Day Camp Swim 2:00-3:00	
2:30 PM		Open Gym 1:30-2:45					
3:00 PM	Yes Program (Rental) 3:00-4:00				Lane/ Open Swim 3:15-3:45	Open Swim 3:15-3:45	
3:30 PM				Day Camp Extended Care- Studio B 4:00-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
4:00 PM	Open Gym 4:15pm-9:45pm	Day Camp 3:00-4:00					
4:30 PM							
5:00 PM		Day Camp- Extended Care 4:00pm- 6:30pm		Circuit- Studio B 5:15-6:00			
5:30 PM				Yoga Fundamentals - Studio A 6:30-7:15pm			
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM		Drop In Pickleball 6:45pm-9:45pm					
8:30 PM					Lane Swim/ Open Swim 7:45-9:30	Lane Swim/ Open Swim 7:45-9:00	
9:00 PM							
9:30 PM							
10:00 PM							

FRIDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00-9:00	
6:00 AM						
6:30 AM						
7:00 AM				Cardiofit- Harmony Square 7:15am-8:00am		
7:30 AM						
8:00 AM				Day Camp- Studio B- 7:00-9:00		
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-2:00pm	Day Camp 9:30am-2:00pm	Pilates- Studio A 9:30-10:15	Aquafit 9:15-10:00	Open Swim 9:00-12:45
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM					Lane Swim/ Open Swim 10:15-12:45	
11:30 AM						
12:00 PM	Open Gym 12:15pm-2:00pm	Open Gym 2:15pm- 3:45pm				
12:30 PM						
1:00 PM	Day Camp 2:15pm-4:15pm				Day Camp Swim 1:00-3:00	Day Camp Swim 1:00-3:00
1:30 PM						
2:00 PM	Open Gym 4:30-8:45	Day Camp- Extended Care 4:00pm- 6:30pm			Open Swim 3:15-8:00	Open Swim 3:15-8:30
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM				Day Camp Extended Care- Studio B 4:00-6:00	Adult- Learn to Swim 4:00-4:45	
4:30 PM					H2O Beginner- 4:45-5:30	
5:00 PM					H2O Intermediate- 5:30-6:15	
5:30 PM					Adult- Learn to Swim 6:30-7:15	
6:00 PM					Adult Intermediate/Advanced 7:15-8:00	
6:30 PM	Drop In Badminton 6:45-8:45				Open Swim/ Lane Swim 8:00pm-8:30pm	
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

SATURDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Family Open Gym 8:00am-9:45am	Drop In Pickleball 9:00-11:30			Lane Swim 8:00-8:45	
8:30 AM						
9:00 AM				Strength & Conditioning- Studio B- 9:00-9:45	Swim Lessons 8:45-1:00	Swim Lessons 8:45-1:00
9:30 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am			Yoga- Studio A 10:00am-11:00am		
10:00 AM						
10:30 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am	Family Pickleball 11:30-12:30				
11:00 AM						
11:30 AM	Karate- Advanced- 6-12yrs 12:00-12:45pm					
12:00 PM						
12:30 PM	Birthday Parties 1:00-3:00	Drop In Badminton- Gym A 1:00-3:30pm Drop In Basketball- Gym B 1:00-3:30pm	Birthday Parties- Meeting Room 1:00-3:00		Lane Swim./ Open Swim 1:15-7:30	Open Swim 1:15-7:00
1:00 PM						
1:30 PM	Open Gym 3:15-7:45	Open Soccer 3:45pm-5:45pm				
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Drop In Basketball 6:00-7:45pm					
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						

SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00				Lane Swim / Privates 8:00-10:15	
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Family Open Gym 10:00-12:00	Drop In Pickleball 9:00-11:30			Private Swim Lessons 10:00-12:15	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Gym 12:00-1:00	Family Pickleball 11:30-12:30			Lane Swim / Open Swim 10:15am-5:30pm	Open Swim 9:00am-4:00pm
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties 1:00-3:00			
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 3:15-5:45	Drop In Volleyball 1:00-5:30				
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

 Registered Programs	 Open Gym/ Open Swim	 Drop In Recreational Sports
 Drop In Group Fitness	 Registered Aquatic Leadership Programs	

FACILITY HOURS
Mon-Thurs: 5:30 am - 10:00pm
Fri: 5:30 am - 9:00pm
Sat: 8:00 am - 8:00 pm
Sun: 8:00 am - 6:00 pm
Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons Whirlpool closed second Tuesday of each month for cleaning.  
Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.  
Annual Pool Shutdown- August 23 at 1:00pm, reopening September 1 at 8:00am

#### SWIM ADMISSION CRITERIA (effective April 7, 2025)

##### Children ages 5 years and under:

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, or 1 adult to 4 children if all children are in lifejackets.

##### Children ages 6 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

##### Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

##### Youth under 10 years, unable to pass the swim test:

If not able to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 yrs) in the water within arms reach at all times. Ratio 3 children: 1 adult; or 1 adult: 6 children with lifejackets

##### Ages 10-15yrs

must pass a swim test to access deep water. If the test is not passed, must stay within shallow water

##### What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim one (1) length of continuous front crawl from shallow to deep end in the Lap pool, then tread water for 30 seconds

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant's safety.