



Shine On LAURIER Laurier Brantford YMCA - Schedule at a Glance June 30, 2025 to August 31, 2025

			MONDAY			
	SINGLE GYM	DOUBLE GYM (A, B)	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Drop In Basketball				Lane Swim	
7:00 AM	5:30am-8:45am	Day Camp-Extended Care		HIIT-Harmony Square	6:00am-9:00am	
7:30 AM	Sisteria di Isari	6:30am-9:30am	Day Camp-Extended Care	7:15am-8:00am		
8:00 AM		oloddi'i yloddi'i	6:45am-9:00am	*starts July 7		
8:30 AM				Day Camp-Studio B-7:00-9:00		
9:00 AM				Balance + Studio B	Aguafit	
9:30 AM				10:15am-11:00am	9:15-10:00	Open Swim
10:00 AM	5 6			Yoga-Studio A		9:00am-11:45am
10:30 AM	Day Camp 9:00am-12:00pm			10:30-11:30		9.00d11F11.43d11
11:00 AM	9.00din-12.00pin					
11:30 AM		Day Camp	Day Camp		Lane Swim/ Open Swim 10:15-12:45	
12:00 PM		9:30am-2:00pm	9:30am-2:00pm			Splasher Bubblers 12:00p
12:30 PM						12:30pm
1:00 PM	Open Gym				Day Camp Swim	
	12:15pm-2:00pm					
1:30 PM 2:00 PM						Day Camp Swim
2:30 PM					1:00pm-3:00pm	1:00pm-3:00pm
3:00 PM	Day Camp	Open Gym				
	2:15pm-4:00pm	2:15pm-3:45pm			Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45
3:30 PM					Larie/ Open Swii 11 3.00-3.43	Open 5/45
4:00 PM	Basketball Level 1-3-5yrs 4:30pm-5:15pm			Day Camp Extended Care-		
4:30 PM				Studio B 4:00-6:00		
5:00 PM	Basketball Level 1-	Day Camp-Extended Care		4.00-0.00		
5:30 PM	5:30pm-6:30pm	4:00pm-6:30pm		Strength & Conditioning		Swim Lessons
6:00 PM	Basketball - Level 2			Studio A-5:45-6:30	4:00pm-7:30pm	4:00pm-7:30pm
6:30 PM	6:45pm-7:45pm			ViPR-Studio B		
7:00 PM		Open Gym 6:45-7:30		6:45pm-7:30pm		
7:30 PM		орспаутоль 750		Yoga-Studio A		
8:00 PM	Drop In Basketball			6:45-7:45		
8:30 PM	8:00pm-9:45pm	Cricket Club (LSO)			Lane Swim/Open Swim	Open Swim
9:00 PM		7:45pm-9:45pm			7:45pm-9:30pm	7:45pm-9:00pm
9:30 PM						
10:00 PM						

	SINGLEGYM					
	SINGLEGINI	DOUBLEGYM	CHILD&YOUTH-YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Drop In Basketball				Lane Swim 6:00am-9:00am	
7:00 AM	5:30am-8:45am			Day Camp-Extended Care-		
7:30 AM		Day Camp-Extended Care		Studio B		
8:00 AM		6:30am-9:30am		6:30am-9:30am		
8:30 AM						
9:00 AM	Day Camp- 9:00-10:00		Summer Fun 101-4-12yrs		Hydrotherapy 9:15am-10:00am	Open Swim
9:30 AM			9:00-10:30		9.13d11-10.00d111	9:00-10:15
10:00 AM	Summer Fun 101-4-12yrs	Drop In Pickleball				
10:30 AM	10:00-11:00	9:30-11:30			Adult Lessons 10:00-10:30 / 10:30-11:00	Day Camp Swim
11:00 AM	Open Gym		Summer Fun 101 (Swim)			10:30-11:30
11:30 AM	11:15-12:15		11:00-12:00		Day Camp Swim	
12:00 PM					10:30-11:30	Splasher Bubblers
12:30 PM	Youth Fusion (Rental)- Gym	Day Camp-		Healthy Hearts-Studio A	Lane Swim/ Open Swim 11:30-1:45	12:00-12:30
1:00 PM	12:15-1:00	11:45-1:15	Day Camp	12:30-2:00		Open Swim
1:30 PM			1:00-3:00			12:45-1:45
2:00 PM	Day Camp	Open Gym		Day Camp Swim	Day Camp Swim	
2:30 PM	1:00-3:45	1:30-2:45		Day Camp Extended Care-	2:00-3:00	2:00-3:00
3:00 PM				Studio B 4:00-6:00	Lane/Open Swim 3:00-3:45	Open Swim 3:00-3:45
3:30 PM		Day Camp 3:00-4:00				
4:00 PM				Yes Program - Meeting Room		
4:30 PM	Yes Program (Rental)			4:00-6:00		
5:00 PM	4::00-5:45	Day Camp-Extended Care		Zumba- Studio A 5:15-6:00	Swim Lessons	Swim Lessons
5:30 PM	V . F	4:00pm-6:30pm			4:00-7:30	4:00-7:30
	Karate Fundamentals 6-12yrs 6:00pm-6:45pm			Yoga-Harmony Square 6:15-7:00		
6:30 PM				0:15-7:00		
7:00 PM K	Karate Fundamentals 6-12yrs					
7:30 PM	7:00pm-7:45pm					
8:00 PM		Drop In Pickleball			Open Sw Lane Swim/ Open Swim 7:45-9:	Open Swim
8:30 PM	On on Cum	6:45-9:45				7:45-9:00
9:00 PM	Open Gym 8:00pm-945pm	0.10 2.10			7:45-9:30	77.15 5160
9:30 PM	Cloopin's ispin					
10:00 PM						



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	SINGLE GYM	DOUBLE GYM	CHILD&YOUTH-YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Drop In Basketball				Lane Swim	
7:00 AM	5:30am-8:45am			0.10.11	6:00am-9:00am	
7:30 AM 8:00 AM		Day Camp- Extended Care		Bodyfit-Harmony Square 7:15am-8:00am		
8:30 AM		6:30am-9:30am		Day Camp- Studio B- 7:00-9:00		
9:00 AM				Pilates-Studio A		Open Swim
9:30 AM				9:30-10:15	Aquafit	9:00-10:15
10:00 AM					9:15-10:00	
10:30 AM	Day Camp					Splasher Bubblers 10:30-11:0
11:00 AM	9:00am-12:00pm	Day Camp	Day Camp			
11:30 AM		9:30am-1:00pm	9:30am-2:00pm		Lane Swim/Open Swim	Open Swim
12:00 PM					10:15-12:45	11:15-12:45
12:30 PM						
1:00 PM	Open Gym					
1:30 PM	12:15pm-2:00pm	Youth Fusion (Rental)				Day Camp Swim
2:00 PM		1:00-2:00				1:00pm-3:00pm
2:30 PM						
3:00 PM	Day Camp	Open Gym (Gym B)		Day Camp Extended Care-	Lane/Open Swim 3:00-3:45	Open Swim 3:00-3:45
3:30 PM	2:15pm-4:15pm	2:15pm-3:45pm		Studio B		
4:00 PM				4:00-6:00		
4:30 PM	Soccer Level 1-3-5yrs		Brain Builders- 6-12yrs	Cardio Kickbox-Studio A		
5:00 PM	4:30pm-5:15pm	Day Camp-Extended Care	4:30pm-5:30pm	5:15pm-6:00pm	Swim Lessons	Swim Lessons
5:30 PM 6:00 PM	Soccer Level 1-6-12yrs 5:30pm-6:30pm	4:00pm-6:30pm Gym A-5:00-6:00	Brain Builders- 3-5yrs	Core Express- Studio A 6:00pm-6:30pm	4:00-7:30	4:00-7:30
6:30 PM		,	5:45pm-6:30pm			
7:00 PM	Soccer Level 2-6-12yrs	NXT Drop In-Gym B				
7:30 PM	6:45pm-7:45pm	5:00-6:00				
8:00 PM						
8:30 PM		Laurier International- Gym B 6:30-8:30			Laura Conina / Orana Conina	Open Swim 7:45-9:00
9:00 PM	Open Volleyball 8:00-9:45	0.50-0.50			7:45-9:30	7.43-3.00
9:30 PM	0.00 7.73	Drop In Badminton 6:45-9:45				
10:00 PM		Gym A				

			THURSDAY	·		
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH-YOUTH ZONE	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Donale Destanted				Lane Swim	
7:00 AM	Drop In Basketball 5:30am-8:45am				6:00-9:00	
7:30 AM	J.Joann-otJann				0.00 3.00	
8:00 AM		Day Camp-Extended Care		Day Camp- Extended Care		
8:30 AM		6:30am-9:30am		6:30am-9:30am		
9:00 AM	Day Camp- 9:00-10:00		Summer Fun 101-4-12yrs		Hydrotherapy	Open Swim
9:30 AM	Day Camp 3.00 10.00		9:00-10:30		9:15am-10:00am	9:00-10:15
10:00 AM	Summer Fun 101-4-12yrs					
10:30 AM	10:00-11:00	Drop In Pickleball				
11:00 AM	Open Gym	9:30-11:30	Summer Fun 101 (Swim)		Day Camp Swim- 10:30-11:30	Day Camp Swim- 10:30-11:3
11:30 AM	11:15-12:15	9.50-11.50	11:00-12:00		Day Camp Swift 10.50-11.50	Day Camp Swift 10.50-11.5
12:00 PM	11.13 12.13					
12:30 PM	Youth Fusion (Rental)- Gym			Healthy Hearts-Studio B	Lane Swim/Open Swim	Open Swim 11:45-1:45
1:00 PM	12:15-1:00	Day Camp-		12:30-2:00	11:45-1:45	
1:30 PM	Day Camp	11:45-1:15	Day Camp			
2:00 PM	1:00-2:45		1:00-3:00	Yes Program - Meeting Room 2:00-3:00	Day Camp Swim	Day Camp Swim
2:30 PM	1.00 2.15	Open Gym	1.00 5.00		2:00-3:00	2:00-3:00
3:00 PM	Yes Program (Rental)	1:30-2:45			Lane/Open Swim	Open Swim
3:30 PM	3:00-4:00			Day Camp Extended Care-	3:15-3:45	3:15-3:45
4:00 PM		Day Camp 3:00-4:00		Studio B		
4:30 PM				4:00-6:00		
5:00 PM				Circuit- Studio B		
5:30 PM		Day Camp-Extended Care		5:15-6:00	Swim Lessons	Swim Lessons
6:00 PM		4:00pm-6:30pm		Yoga Fundamentals-Studio A	4:00-7:30	4:00-7:30
6:30 PM	Open Gym			6:30-7:15pm		
7:00 PM	4:15pm-9:45pm					
7:30 PM	inopin shopin					
8:00 PM						
8:30 PM	Drop In Pickleball	Drop In Pickleball				Lane Swim/Open Swim
9:00 PM		6:45pm-9:45pm			Lane Swim/Open Swim	7:45-9::00
9:30 PM					7:45-9:30	
10:00 PM						



			FRIDAY			
	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Drop In Basketball				Lane Swim	
7:00 AM	5:30am-8:45am	Day Carray Francisco Carr		Cardiofit-Harmony Square	6:00-9:00	
7:30 AM	Sisteria di Isarri	Day Camp-Extended Care 6:30am-9:30am		7:15am-8:00am	0.00 3.00	
8:00 AM		0.500111 7.500111		Day Camp-Studio B- 7:00-9:00		
8:30 AM				Day Camp-Studio b-7.00-9.00		
9:00 AM				Pilates- Studio A	Aquafit	
9:30 AM				9:30-10:15	9:15-10:00	
10:00 AM	Day Camp					Open Swim
10:30 AM	9:00am-12:00pm	Day Camp				9:00-12:45
11:00 AM		9:30am-2:00pm	Day Camp		Lane Swim/Open Swim 10:15-12:45	
11:30 AM			9:30am-2:00pm			
12:00 PM						
12:30 PM						
1:00 PM	Open Gym					Day Camp Swim
1:30 PM	12:15pm-2:00pm				Day Camp Swim	
2:00 PM		Open Gym			1:00-3:00	1:00-3:00
2:30 PM 3:00 PM	D. C	2:15pm-3:45pm				
	Day Camp 2:15pm-4:15pm				Open Swim 3:15-8:00	
3:30 PM 4:00 PM	2.139111 1.139111			Day Camp Extended Care-		
4:30 PM				Studio B	Adult-Learn to Swim 4:00-4:45	Open Swim
5:00 PM		Day Camp-Extended Care		4:00-6:00	H2O Beginner-4:45-5:30	
5:30 PM		4:00pm-6:30pm			H2O Intermediate- 5:30-6:15	
6:00 PM					Adult-Learn to Swim 6:30-7:15	
6:30 PM	Open Gym				Adult Intermediate/Advanced	
7:00 PM	4:30-8:45				7:15-8:00	
7:30 PM		5 15111				
8:00 PM		Drop In Badminton 6:45-8:45			Open Swim/Lane Swim 8:00pm-8:30pm	
8:30 PM		0.45-0.45			олоригозори	
9:00 PM						

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

Registered Programs

Drop In Group Fitness

Open Gym/ Open Swim

Registered Aquatic Leadership Programs

Drop In Recreational Sports



			SUNDAY			
	SINGLE GYM	DOUBLE GYM	CHILD&YOUTH-YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM						
8:30 AM	Open Gym				Lane Swim / Privates 8:00-10:15	
9:00 AM	8:00-10:00			Cyclefit-Studio A	Lane Swiff / Trivates 6.00 To.15	
9:30 AM		Dran la Diddahall		9:00-9:45		
10:00 AM		Drop In Pickleball 9:00-11:30			Private Swim Lessons	
10:30 AM	Family Open Gym	3.00 11.50			10:00-12:15	
11:00 AM	10:00-12:00					Open Swim 9:00am-4:00pm
11:30 AM		Family Pickleball				
12:00 PM	Open Gym	11:30-12:30				
12:30 PM	12:00-1:00	11.50 12.50				
1:00 PM						
1:30 PM	Birthday Parties		Birthday Parties			
2:00 PM	1:00-3:00		1:00-3:00			
2:30 PM					Lane Swim/Open Swim	
3:00 PM		Drop In Volleyball			10:15am-5:30pm	
3:30 PM		1:00-5:30				
4:00 PM	Open Gym					
4:30 PM	3:15-5:45					
5:00 PM	3.13 3.13					
5:30 PM						
6:00 PM						

Registered Programs	Open Gym/ Open Swim	Drop In Recreational Sports
Drop In Group Fitness	Registered Aquatic Leadership Programs	Diop in necreational sports

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.