Laurier Brantford YMCA - Schedule at a Glance

September 8, 2026 to December 20, 2026 (updated October 6th, 2026)

MONDAY

	SINGLE GYM - A	SINGLE GYM - B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTIPURPOSE ROOM	LAP POOL	LEISURE POOL
5:00 AM	Open Gym 5:30am-4:15pm								
5:30AM								Lane Swim 5:30-9:00am	
6:00 AM							Gravity- MPR 6:00-6:30am* *coming November 2026		
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM						CardioFit- Studio B 8:15-9:00am			
8:30 AM									
9:00 AM			Drop In Pickleball 9:00-11:45am					Aquafit 9:15-10:00am	Open Swim 9:00-11:45am
9:30 AM									
10:00 AM						Balance + Studio B 10:15-11:00am			
10:30 AM								Lane/Open Swim 10:15am-3:45pm	
11:00 AM						Yoga- Studio A 10:30-11:30am			
11:30 AM									
12:00 PM			Closed for Cleaning 12:00-1:00pm			Cyclefit - Studio C 12:00-12:30pm			Splasher Bubblers 12:00-12:30pm
12:30 PM									
1:00 PM			Drop In Basketball 1:00- 4:15pm						Open Swim 12:45-3:45pm
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM								Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
4:30 PM		Basketball Skills & Drills 4:30-5:15pm (3-5yrs)							
5:00 PM		Soccer Skills & Drills 5:30-6:45pm (6-12yrs)	Drop In Badminton 4:30-6:45pm				Gravity- MPR 5:15-5:45pm* *coming November 2026		
5:30 PM	Drop In Basketball 6:45-10:45pm					Strength & Conditioning Studio B- 5:45-6:30			
6:00 PM							Gravity- MPR 6:00-6:30* *coming November 2026		
6:30 PM						ViPR- Studio B 6:45-7:30pm			
7:00 PM			Laurier Programming 7:00-10:45pm				Gravity- MPR 6:45-7:15pm* *coming November 2026		
7:30 PM						Yoga- Studio A 6:45-7:45pm			
8:00 PM								Lane Swim/ Open Swim 7:45-10:30pm	Open Swim 7:45-9:00pm
8:30 PM						Laurier Dance - Studio B 7:45-9:45pm			
9:00 PM									
9:30 PM						Laurier Cheerleading - Studio B 9:45-10:45pm			
10:00 PM									
10:30 PM						Laurier Dance - Studio A 9:30-10:30pm			
11:00 PM									

Tuesday September 8th, 2026 to Friday September 11th, 2026 Laurier University will be hosting their Orientation Week events in branch. This will cause some scheduling changes and closures. Please make sure to look out for the notices in the branch and online.

TUESDAY

	SINGLE GYM - A	SINGLE GYM - A	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTIPURPOSE ROOM	LAP POOL	LEISURE POOL
5:00 AM	Open Gym 5:30 -10:45am								
5:30 AM								Lane Swim 5:30-9:00am	
6:00 AM									
6:30 AM									
7:00 AM			Drop In Basketball 7:00-8:45am	Open Gym 7:00-8:45am					
7:30 AM									
8:00 AM						Musclefit- Studio B 8:15-9:00am			
8:30 AM									
9:00 AM			Drop In Pickleball 9:00-11:45am			Healthy Hearts- Studio B 9:00-10:30am		Hydrotherapy 9:15-10:00am	Open Swim 9:00am-3:45pm
9:30 AM									
10:00 AM									
10:30 AM						Yoga- Studio A 10:30-11:30am		Adult- Lessons 10:30-11:00am	
11:00 AM	Drop in Volleyball 11:00am-1:00pm							Adult- Lessons 11:00-11:30am	
11:30 AM								Lane /Open Swim 10:15am-3:45pm	
12:00 PM			CLOSED for Cleaning 12:00-1:00pm				Gravity- MPR 12:00-12:30pm* *coming November 2026		
12:30 PM						Healthy Hearts- Studio B 12:30-2:00pm			
1:00 PM			TEACH Rental 1:00-3:00pm						
1:30 PM	Open Gym 1:15-3:45pm								
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM	YES Program 4:00-5:00pm		Drop in Pickleball 4:00- 6:45pm			Kids Yoga 4:30-5:00pm (3-5yrs) - Studio A		Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
4:30 PM									
5:00 PM	Y Kids Drop In 5:00-6:00pm					CardioFit - Studio B 5:00-5:45pm			
5:30 PM						ViPR : Sports Conditioning - Studio B 6:00-6:45pm			
6:00 PM	Karate Fundamentals (6-12yrs) 6:00-6:45pm						Gravity- MPR 6:15-6:45pm* *coming November 2026		
6:30 PM						Yoga- Studio A 6:15-7:15pm			
7:00 PM	Karate Fundamentals (6-12yrs) 7:00-7:45pm						Gravity- MPR 7:00-7:30pm* *coming November 2026		
7:30 PM			Laurier Programming 7:00-10:45pm			Laurier Dance - Studio B 7:00-9:30pm		Adult Learn to Swim 7:30-8:00pm	Open Swim 7:45-9:00pm
8:00 PM	Open Gym 8:00-10:45pm							Lane Swim/ Open Swim 7:45-10:30pm	
8:30 PM									
9:00 PM						Laurier Dance - Studio A 9:30-10:30pm			
9:30 PM									
10:00 PM						Laurier Cheerleading - Studio B 10:00-10:45pm			
10:30 PM									
11:00 PM									

WEDNESDAY									
	SINGLE GYM - A	SINGLE GYM - B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTI PURPOSE ROOM	LAP POOL	LEISURE POOL
5:00 AM	Open Gym 5:30-8:15am								
5:30 AM								Lane Swim 5:30-9:00am	
6:00 AM							Gravity- MPR 6:00-6:30am* *coming November 2026		
6:30 AM									
7:00 AM			Drop In Basketball 7:00-8:15am	Open Gym 7:00-8:15am					
7:30 AM									
8:00 AM						HIIT- Studio B 8:15-9:00am			
8:30 AM	Laurier Faculty of Education 8:30-11:30am								
9:00 AM			Drop in Pickleball 9:00-11:45am			Pilates-Studio B 9:30-10:15am		Aquafit 9:15-10:00am	Open Swim 9:00am-3:45pm
9:30 AM									
10:00 AM						Gentlefit- Studio B 10:15-11:00am		Lane/Open Swim 10:15am-3:45pm	
10:30 AM									
11:00 AM						Yoga- Studio A 10:30-11:30am			
11:30 AM	Open Gym 11:45am-4:15pm								
12:00 PM			CLOSED for Cleaning 12:00-1:00pm						
12:30 PM									
1:00 PM			Laurier Faculty of Education 1:00-4:00pm			ViPR - Studio B 12:00-12:30pm			
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM								Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
4:00 PM				Youth Fusion- Gym B 4:00-6:00	Youth Strength & Conditioning JR. 4:30-5:15pm - Studio A (10-12)	Strength & Conditioning- Studio B 5:15-6:00			
4:30 PM	Sports Adventure 4:30-5:30pm (3-9)		Drop In Soccer 4:30-6:45pm						
5:00 PM						Youth Strength & Conditioning 5:30-6:15pm - Studio A (13-15)	Gravity- MPR 5:15-5:45pm* *coming November 2026		
5:30 PM	Pickleball 5:45-6:45pm (10-14yrs)								
6:00 PM							Gravity- MPR 6:00-6:30pm* *coming November 2026		
6:30 PM						Yoga- Studio A 6:30-7:30pm			
7:00 PM	Drop in Volleyball 7:00-10:30pm		Laurier Programming 7:00-10:45pm						
7:30 PM									
8:00 PM								Aquafit 7:45-8:30pm	Open Swim 7:45-9:00pm
8:30 PM									
9:00 PM								Lane / Open Swim 8:45-10:30pm	
9:30 PM									
10:00 PM									
10:30 PM									
11:00 PM									

School Swims:
On the following dates, we will have school groups joining us for an open swim
October 28 & 29
November 26 & 27
December 16& 17
The pool deck will remain open, but will be busier than normal. Thank you for your understanding

THURSDAY

	SINGLE GYM - A	SINGLE GYM- B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTI PURPOSE ROOM	LAP POOL	LEISURE POOL
5:00 AM	Open Gym 5:30-8:15am								
5:30 AM								Lane Swim 5:30-9:00am	
6:00 AM									
6:30 AM									
7:00 AM			Drop In Basketball 7:00-8:45am	Open Gym 7:00-8:45am					
7:30 AM									
8:00 AM						CoreFit- Studio B- 8:15-9:00am			
8:30 AM	Laurier Faculty of Education 8:30-11:30am		Drop in Pickleball 9:00-11:45am						Open Swim 9:00am- 3:45pm
9:00 AM						Cardio Kickbox- Studio B- 9:15-10:00am		Hydrotherapy 9:15- 10:00am	
9:30 AM									
10:00 AM						Healthy Hearts 9:00-10:30am			
10:30 AM								Lane/Open Swim 10:15am-3:45pm	
11:00 AM						Yoga- Studio A 10:30-11:30am			
11:30 AM									
12:00 PM	Drop in Volleyball 11:45am-1:45pm		Closed for Cleaning 12:00-1:00pm			Healthy Hearts- Studio B 12:30-2:00pm	Gravity- MPR 12:00-12:30pm* *coming November 2026		
12:30 PM									
1:00 PM			Laurier Faculty of Education 1:00-4:00pm						
1:30 PM									
2:00 PM	Open Gym 2:00-3:45pm								
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM								Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
4:30 PM	Basketball Skills & Drills 4:30-5:30pm (6-9yrs)		Drop In Pickleball 4:30-6:45pm		Discovery Den 4:30-5:15pm (3-5yrs)				
5:00 PM						Strength & Conditioning- Studio B 5:15-6:00pm			
5:30 PM	Basketball Skills & Drills 5:45-6:30pm(3-5yrs)				Discovery Den 5:30-6:30pm (6-9)				
6:00 PM						Yoga- Studio A 6:15-7:15pm	Gravity- MPR 6:15-6:45pm* *coming November 2026		
6:30 PM									
7:00 PM	Open Gym 6:45-10:45pm						Gravity- MPR 7:00-7:30pm* *coming November 2026		
7:30 PM			Laurier Programming 7:00-10:45pm			Laurier Dance - Studio B 7:30-10:00pm			
8:00 PM								Lane Swim/ Open Swim 7:45-10:30pm	Lane Swim/ Open Swim 7:45-9:00pm
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									
10:30 PM									
11:00 PM									

FACILITY HOURS

Mon-Thurs: 5:00 am - 11:00pm

Fri: 5:00 am - 10:00pm

Sat: 7:00 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.

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

FRIDAY									
	SINGLE GYM - A	SINGLE GYM - B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTI PURPOSE ROOM	LAP POOL	LEISURE POOL
5:00 AM	Open Gym 5:30-10:00am								
5:30 AM								Lane Swim 5:30-9:00am	
6:00 AM							Gravity- MPR 6:00-6:30am* *coming November 2026		
6:30 AM									
7:00 AM									
7:30 AM						Cyclefit- Studio C 8:15-9:00am			
8:00 AM									
8:30 AM									
9:00 AM			Drop In Pickleball 9:00-11:45am			Pilates- Studio B 9:30-10:15am		Aquafit 9:15-10:00am	Open Swim 9:00am-3:45pm
9:30 AM									
10:00 AM								Lane Swim/ Open Swim 10:15am-3:45pm	
10:30 AM	Walkfit 10:15-11:15am					Yoga- Studio A 10:30-11:30am			
11:00 AM									
11:30 AM	Open Gym 11:30am-8:00pm								
12:00 PM			Closed for Cleaning 12:00- 1:00pm			ViPR- Studio B 12:00-12:30			
12:30 PM									
1:00 PM			Drop In Soccer 1:15-4:15pm			Laurier Dance - Studio B 12:45-2:30pm			
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM								Swim Lessons 4:00-8:00pm	Swim Lessons 4:00-6:00pm
4:30 PM			Drop In Badminton 4:30-9:45pm						
5:00 PM									
5:30 PM									
6:00 PM	Youth Leadership Development 6:00-8:00pm				Youth Leadership Development (Meeting Room) 6:00-7:00pm				
6:30 PM									Open Swim 6:30-9:30pm
7:00 PM									
7:30 PM								Tri-Swim Program 6:30-7:15pm	
8:00 PM									
8:30 PM	Drop In Basketball 8:15-9:45pm							Open Swim/ 7:30-9:30pm	
9:00 PM									
9:30 PM									
10:00 PM									

The Double Gym will be closed on Friday November 19, 2026 for our Laurier Extramural Dodgeball Tournament

SWIM ADMISSION CRITERIA

Children ages 0 – 6:
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, or 1 adult to 4 children if all children are in lifejackets.

Children ages 7 – 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.

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.

SATURDAY

	SINGLE GYM - A	SINGLE GYM - B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTIPURPOSE ROOM	LAP POOL	LEISURE POOL
7:00 AM			Open Gym 7:00-8:45am					Lane Swim 7:00-8:45am	
7:30 AM									
8:00 AM									
8:30 AM							Gravity- MPR 8:30-9:00am* *coming November 2026		
9:00 AM	Family Open Gym 9:00-9:45am		Drop In Pickleball 9:00-12:00pm			Strength & Conditioning- Studio B- 9:00-9:45am		Swim Lessons 9:00am-1:00pm	Swim Lessons 8:45am-1:00pm
9:30 AM									
10:00 AM	Karate Fundamentals- (6-12yrs) 10:00-10:45am					Yoga- Studio A 10:00-11:00am			
10:30 AM									
11:00 AM	Karate Fundamentals- (6-12yrs) 11:00-11:45am								
11:30 AM									
12:00 PM	Karate- Advanced- (6-12yrs) 12:00-12:45pm		Laurier Cricket 12:15-1:45pm						
12:30 PM									
1:00 PM	Birthday Parties 1:15-3:00pm				Birthday Parties 1:00-3:00pm			Lane Swim./ Open Swim 1:15-7:30pm	Open Swim 1:15-7:00pm
1:30 PM									
2:00 PM			Drop in Badminton (Gym A) 2:00-4:30pm	Drop in Basketball (Gym B) 2:00-4:30pm					
2:30 PM									
3:00 PM	Open Gym 3:15-7:45pm								
3:30 PM									
4:00 PM			Drop in Soccer 4:45-5:45pm						
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM			Drop In Basketball 6:00-7:45pm						
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									

The Double Gym will be closed on Sunday November 22, 2026 for a private rental

SUNDAY

	SINGLE GYM - A	SINGLE GYM - B	DOUBLE GYM- A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	MULTIPURPOSE ROOM	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00am							Lane Swim 8:00-10:00am	
8:30 AM									
9:00 AM			Drop In Pickleball 9:00-11:45am			Cyclefit- Studio C 9:00-9:45am			Open Swim 9:00am-5:00pm
9:30 AM									
10:00 AM	Karate Fundamentals 10:00-10:45am (6-12)							Private/ Teen Swim Lessons 10:00am-12:15pm	
10:30 AM						Yoga- Studio A 10:00-11:00am			
11:00 AM	Adult Karate (13+) 11:00-11:45am							Lane Swim/ Open Swim 10:00am-5:30pm	
11:30 AM									
12:00 PM	Open Gym 12:00-1:00pm		Family Pickleball 12:00-1:00pm (Gym B)				Gravity- MPR 12:00pm-12:30pm* *coming November 2026		
12:30 PM									
1:00 PM	Birthday Parties 1:00-3:00pm				Birthday Parties 1:00-3:00pm				
1:30 PM			Drop In Volleyball 1:00-5:30pm						
2:00 PM									
2:30 PM									
3:00 PM	Open Gym 3:15-5:45pm								
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									