

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 6:00am-4:15pm														
5:30AM															
6:00 AM															
6:30 AM								Gravity- MPR 6:00-6:30am* *coming October 2026	Lane Swim 6:00-9:00am						
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															
10:30 AM															
11:00 AM															
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					Drop In Basketball 1:00- 4:15pm							Lane/Open Swim 10:15am-3:45pm	Open Swim 12:45-3:45pm		
1:00 PM															
1:30 PM															
2:00 PM															
2:30 PM															
3:00 PM															
3:30 PM															
4:00 PM															
4:30 PM	Basketball Skills & Drills 4:30-5:15pm (3-5yrs)	Soccer Skills & Drills 4:30-5:30pm (6-9yrs)													
5:00 PM	Soccer Skills & Drills 5:30-6:45pm (10-12yrs)		Drop In Badminton 4:30-6:45pm				Gravity- MPR 5:15-5:45pm* *coming October 2026	Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm						
5:30 PM	Drop In Basketball 6:45-10:45pm											Strength & Conditioning Studio A- 5:45-6:30	Gravity- MPR 6:00-6:30* *coming October 2026		
6:00 PM															
6:30 PM															
6:30 PM															
7:00 PM	Drop In Basketball 6:45-10:45pm						Gravity- MPR 6:45-7:15pm* *coming October 2026								
7:30 PM															
8:00 PM															
8:30 PM															
9:00 PM							Laurier Programming 7:00-10:45pm							Lane Swim/ Open Swim 7:45-9:30pm	Open Swim 7:45-9:00pm
9:30 PM															
10:00 PM															
10:30 PM															
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.

Laurier University Dodgeball Tournament November 13th, 2026 from 8:00am-6:00pm in the Double Gym. All programs will be cancelled.

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											
6:00 AM								Lane Swim 6:00-9:00am			
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 Volleyball 11:00am-1:00pm		Drop In Pickleball 9:00-11:45am					Hydrotherapy 9:15-10:00am	Open Swim 9:00-11:45am		
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								Adult- Lessons 11:00-11:30am			
11:30 AM									Lane /Open Swim 10:15am-3:45pm	Open Swim 9:00-11:45am	
12:00 PM				CLOSED for Cleaning 12:00-1:00pm				Gravity- MPR 12:00-12:30pm* *coming October 2026			Splasher Bubblers 12:00-12:30pm
12:30 PM							Healthy Hearts- Studio B 12:30-2:00pm				
1:00 PM	Open Gym 1:15-3:45pm		TEACH Rental 1:00-3:00pm							Open Swim 12:45-3:45pm	
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM	Y Kids Drop In (6-9yrs) 4:15-5:30pm		Drop in Pickleball 4:00-7:00pm			Kids Yoga 4:30- 5:00pm (3-6yrs) - Studio A		Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm		
4:30 PM						Kids Yoga 5:15- 6:00pm (7-12yrs) - Studio A					
						CardioFit - Studio C 5:00-5:45pm					
5:00 PM											
5:30 PM	Karate Fundamentals (6-12yrs) 6:00-6:45pm					ViPR: Sports Conditioning - Studio B 6:00- 6:45pm	Gravity- MPR 6:15-6:45pm* *coming October 2026				
6:00 PM											
6:30 PM						Yoga- Studio A 6:15-7:15pm					
7:00 PM	Karate Fundamentals (6-12yrs) 7:00-7:45pm		Laurier Programming 7:00-10:45pm				Gravity- MPR 7:00-7:30pm* *coming October 2026	Adult Learn to Swim 7:30-8:00pm	Open Swim 7:45-9:00pm		
7:30 PM											
8:00 PM	Open Gym 8:00-10:45pm									Lane Swim/ Open Swim 7:45-9:30pm	
8:30 PM											
9:00 PM											
9:30 PM											
10:00 PM											
10:30 PM											
11:00 PM											

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 5:30-11:15am								
5:30 AM									
6:00 AM									
6:30 AM									
7:00 AM			Drop In Basketball 7:00-8:45am	Open Gym 7:00-8:45am				Lane Swim 6:00-9:00am	
7:30 AM									
8:00 AM						CoreFit- Studio B- 8:15-9:00am			
8:30 AM			Drop in Pickleball 9:00-11:45am			Cardio Kickbox- Studio B- 9:15-10:00am		Hydrotherapy 9:15- 10:00am	
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM						Yoga- Studio A 10:30-11:30am			
11:30 AM	Drop in Volleyball 11:30am-1:30pm		Closed for Cleaning 12:00-1:00pm						
12:00 PM									
12:30 PM			TEACH Rental 1:00-3:00pm			Healthy Hearts- Studio B 12:30-2:00pm	Gravity- MPR 12:00-12:30pm* *coming October 2026	Lane/Open Swim 10:15am-3:45pm	Open Swim 9:00am- 3:45pm
1:00 PM									
1:30 PM									
2:00 PM						Synergy Circuit 12:00-12:30pm			
2:30 PM	Open Gym 1:45-3:45pm								
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM	Basketball Skills & Drills 4:30-5:15pm (3-5yrs)		Drop In Pickleball 4:30-7:00pm		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 5:30-6:30pm (6-9yrs)				Discovery Den 5:30-6:30pm (6-9yrs)			Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
6:00 PM						Yoga- Studio B 6:15-7:15pm	Gravity- MPR 6:15-6:45pm* *coming October 2026		
6:30 PM							Gravity- MPR 7:00-7:30pm* *coming October 2026		
7:00 PM	Open Gym 6:45-10:45pm		Laurier Programming 7:00-10:45pm						
7:30 PM									
8:00 PM									
8:30 PM								Lane Swim/ Open Swim 7:45-9:30pm	Lane Swim/ Open Swim 7:45-9:00pm
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	Open Gym/ Open Swim	Drop In Recreational Sports
Drop In Group Fitness	Registered Aquatic Leadership Programs	

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 6:00-10:00am													
5:30 AM														
6:00 AM														
6:30 AM								Gravity- MPR 6:00-6:30am* *coming October 2026	Lane Swim 6:00-9:00am					
7:00 AM														
7:30 AM														
8:00 AM														
8:30 AM														
9:00 AM	Walkfit 10:15-11:15am		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														
10:30 AM	Open Gym 11:30am-5:45pm		Closed for Cleaning 12:00- 1:00pm			Yoga- Studio A 10:30-11:30am		Lane Swim/ Open Swim 10:15am-3:45pm						
11:00 AM														
11:30 AM														
12:00 PM						ViPR- Studio B 12:00-12:30								
12:30 PM			Drop In Soccer 1:15-4:15pm			Yoga- Studio A 12:15-12:45pm								
1:00 PM														
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 Drop In 6:00-7:00pm (10-16yrs)					Youth Leadership Development (Meeting Room) 6:00-7:00pm		Tri-Swim Program 6:30-8:00pm	Open Swim 6:30-9:30pm					
6:30 PM	Youth Leadership Development 7:00-8:00pm													
7:00 PM														
7:30 PM														
8:00 PM														
8:30 PM	Supervised Rec. Basketball 8:15-10:45pm							Open Swim/ 6:30-9:30pm						
9:00 PM														
9:30 PM														
10:00 PM														

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						
7:30 AM									
8:00 AM									
8:30 AM								Lane Swim 7:15-8:45am	
9:00 AM	Family Open Gym 9:00-9:45am					Strength & Conditioning- Studio B- 9:00-9:45am	Gravity- MPR 8:30-9:00am* *coming October 2026	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		Y Kids Drop In 10:00-10:45am (3-5yrs)			Yoga- Studio A 10:00-11:00am			
10:30 AM									
11:00 AM	Karate Fundamentals- (6-12yrs) 11:00-11:45am		Y Kids Drop In 11:00am-12:00pm (6-9yrs)						
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				
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									

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							Cyclefit- Studio C 9:00-9:45am		
9:30 AM									
10:00 AM	Karate Fundamentals 10:00-10:45am (6-12)		Drop In Pickleball 9:00-11:00am		Artventures 10:00-10:45am (3-5yrs)	Laurier Dance - Studio B 9:00-11:00am		Private/ Teen Swim Lessons 10:00am-12:15pm	Open Swim 9:00am-4:00pm
10:30 AM						Yoga- Studio C 9:30-10:30am			
11:00 AM					Adult Karate (13+) 11:00-11:45am		Basketball Skills & Drills 11:00am-12:00pm (10-12)	Drop In Pickleball 11:00am-12:00pm (Gym B)	
11:30 AM									
12:00 PM	Open Gym 12:00-1:00pm		Y Sports 12:15-1:15pm (10-14)	Family Pickleball 12:00-1:00pm (Gym B)			Gravity- MPR 12:00pm-12:30pm* *coming October 2026	Lane Swim/ Open Swim 10:00am-5:30pm	
12:30 PM									
1:00 PM	Birthday Parties 1:00-3:00pm				Birthday Parties 1:00-3:00pm				
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Open Gym 3:15-5:45pm		Drop In Volleyball 1:00-5:30pm						
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									