

MONDAY										
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-4:15pm					Lane Swim 6:00am-9:00am				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM							CardioFit- Studio B 8:15am-9:00am			
8:30 AM										
9:00 AM			Drop In Pickleball 9:00am-11:45am		Child Minding 9:00am- 10:15am			AquaFit 9:15am-10:00am	Open Swim 9:00am-11:45am	
9:30 AM										
10:00 AM							Child Minding 10:30am- 11:45am	Balance+ - Studio B 10:15am-11:00am		
10:30 AM								Yoga-Studio A 10:30am-11:30am		Water Walking/Lane Swim 10:15am-12:15pm
11:00 AM										
11:30 AM										
12:00 PM		Closed for Cleaning 12:00-1:00			Cyclefit- Studio C 12:15pm-1:00pm		Splasher Bubbler 12:00pm- 12:30pm			
12:30 PM										
1:00 PM		Drop In Basketball 1:00pm-4:45pm				Lane Swim 10:15am- 3:45pm	Open Swim 12:45pm-3:45pm			
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Soccer Level 1 (6-9yrs) - Single Gym A - 4:30pm-5:30pm				Kids Yoga (6-12yrs) 4:30pm- 5:30pm - Meeting Room B					
5:00 PM			Drop in Badminton 5:00pm-8:00pm		Kids Yoga (3-5yrs) 5:45pm- 6:30pm - Meeting Room B				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
5:30 PM	Pickleball (10-14yrs)- 5:45-6:45pm - Single Gym									
6:00 PM										
6:30 PM						Strength & Conditioning Studio B- 5:45pm-6:30pm				
7:00 PM					Yoga - Studio A 6:45pm- 7:45pm					
7:30 PM										
8:00 PM	Open Gym 7:00pm-10:30pm				ViPR - Studio B 6:45pm- 7:30pm	Lane Swim/ Open Swim 7:45pm-10:00pm	Open Swim 7:45pm-9:30pm			
8:30 PM			Drop In Basketball 8:00pm-9:45pm							
9:00 PM										
9:30 PM										
10:00 PM										

TUESDAY										
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-10:45am					Lane Swim 6:00am-9:00am				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM							Musclefit- Studio B 8:15am-9:00am			
8:30 AM										
9:00 AM			Drop In Pickleball 9:00am-11:45am					Hydrotherapy 9:15am-10:00am	Open Swim 9:00am-3:45pm	
9:30 AM										
10:00 AM							YMCA Play Pals (Parented Drop In) 10:15am-11:45am			Adult- Learn to Swim 10:30-11:15am
10:30 AM		YMCA Play Pals (Parented Drop In) 10:15am-11:45am						Yoga - Studio A 10:30am-11:30am		Adult Learn to Swim 11:15pm- 12:00pm
11:00 AM										
11:30 AM										
12:00 PM	Drop in Volleyball 12:00pm- 1:00pm	CLOSED for Cleaning 12:00-1:00		Child Minding - Youth Zone 12:00pm-1:15pm		Lane Swim 10:15am-3:45pm				
12:30 PM					Healthy Hearts- Studio B 12:30pm-2:00pm					
1:00 PM										
1:30 PM				Child Minding - Youth Zone 1:30pm-2:45pm						
2:00 PM	Open Gym 1:15pm-3:45pm									
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM		Drop in Pickleball 4:00pm-7:00pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm			
4:30 PM	Yes+ Program 4:00-5:45							ViPR for Golf- Studio B *starting April 14- 6:00-6:45		
5:00 PM										
5:30 PM								Learn to Cycle- Studio C 5:15pm-6:00pm		
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				Zumba- Studio A 5:15-6:00pm	Adult Learn to Swim 7:45pm- 8:30pm				
7:30 PM										
8:00 PM	Open Gym 8:00pm-10:30pm		Drop In Volleyball 7:30pm-9:45pm		Yoga - Studio A 6:15pm-7:15pm	Lane Swim/ Open Swim 7:45pm-10:00pm	Open Swim 7:45pm-9:30pm			
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

WEDNESDAY										
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
6:00 AM	Open Gym 6:00am-4:00pm					Lane Swim 6:00-9:00				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM			Drop in Pickleball 9:00am-11:45am		Child Minding - Youth Zone 9:00am-10:15am		Pilates-Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am	Open Swim 9:00am-3:45pm	
10:00 AM								Water Walking/Lane Swim 10:15am-12:15pm		
10:30 AM							Child Minding - Youth Zone 10:30am-11:45am	Yoga - Studio A 10:30am-11:30am		
11:00 AM										
11:30 AM										
12:00 PM		CLOSED for Cleaning 12:00-1:00								
12:30 PM										
1:00 PM					Cyclefit - Studio C 12:15pm-1:00pm	Lane Swim 10:15am-3:45pm				
1:30 PM		Drop in Badminton 1:00pm-3:45pm								
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Soccer (10-12yrs) - 4:30-5:30pm Single Gym A	Laurier International - Gym A 4:30pm-6:30pm	Youth Fusion- Gym B 4:00pm-5:00pm							
5:00 PM	Floor Hockey (6-9yrs) - 4:30- 5:30pm Single Gym B									
5:30 PM				NXT Program Drop In- Gym B 5:00pm-6:00pm		ViPR - Studio A 5:30pm-6:15pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
6:00 PM	Basketball Level 1 (6-9yrs) -5:45- 6:45pm Single Gym A Floor Hockey (10-12yrs) - 5:45- 6:45pm Single Gym B					Yoga - Studio A 6:30pm-7:30pm				
6:30 PM										
7:00 PM										
7:30 PM		Pickup Basketball- Double Gym A 7:00pm-9:00pm ages 15+	Pickup Youth Basketball- 7:00pm-9:00pm ages 10-14							
8:00 PM	Drop in Volleyball 7:00pm- 10:30pm					Lane Swim/ Open Swim 7:45pm-10:00pm	Open Swim 7:45pm-9:30pm			
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM										

THURSDAY											
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL				
6:00 AM	Open Gym 6:00am-11:45am					Lane Swim 6:00-9:00					
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM							Core & Conditioning- Studio B- 8:15am-9:00am		Open Swim 9:00am- 3:45pm		
9:00 AM			Drop in Pickleball 9:00am-11:45am					Hydrotherapy 9:15am- 10:00am			
9:30 AM											
10:00 AM								Gentlefit - Studio B 10:15am-11:00am			
10:30 AM								Yoga - Studio A 10:30am-11:30am			
11:00 AM											
11:30 AM											
12:00 PM		Closed for Cleaning 12:00pm-1:00pm									
12:30 PM	Drop in Volleyball 12:00pm-2:00pm				Healthy Hearts- Studio B 12:30pm-2:00pm	Lane Swim 10:15am-3:45pm					
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM	Open Gym 2:15pm-4:15pm										
3:30 PM											
4:00 PM		Drop in Pickleball 4:00pm-7:00pm									
4:30 PM	Soccer (3-5yrs) - 4:30-5:15pm Single Gym A			Discovery Den (6-9yrs) 4:30pm-5:30pm		Strength & Conditioning Studio B 5:15pm-6:00pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm			
5:00 PM	Basketball Level 1 (10-12yrs) - 4:30-5:30pm Single Gym B										
5:30 PM	Basketball (3-5yrs) - 5:30pm- 6:15pm Single Gym A			Discovery Den (10-12yrs) 5:45pm-6:45pm		Yoga Fundamentals- Studio A 6:15pm-7:15pm					
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM	Open Gym 6:00pm- 10:30pm										
8:00 PM		Drop In Soccer 7:30pm-9:45pm									
8:30 PM							Lane Swim/ Open Swim 7:45pm-10:00pm	Lane Swim/ Open Swim 7:45pm-9:30pm			
9:00 PM											
9:30 PM											
10:00 PM											

FRIDAY

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL				
6:00 AM	Open Gym 6:00-10:00					Lane Swim 6:00-9:00					
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM	Walkfit 10:15am-11:15am	Drop In Pickleball 9:00-11:45	Closed for Cleaning 12:00pm- 1:00pm	Child Minding- Youth Zone 9:00am-10:15am	Pilates- Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am	Open Swim 9:00am-3:45pm				
9:30 AM				Child Minding- Youth Zone 10:30am-11:45am	Yoga- Studio A 10:30am-11:30am	Lane Swim 10:15am-12:30pm					
10:00 AM	Open Gym 11:30am-5:45pm	Drop In Soccer 1:15pm-4:15pm	Youth Leadership Development 6:00-8:00			Lane Swim/ Open Swim 12:30pm-3:45pm		Swimming Lessons 4:00pm- 6:15pm	Swim Lessons 4:00pm- 6:15pm		
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
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											
5:00 PM											
5:30 PM											
6:00 PM											
6:30 PM	Youth Leadership Development - 10-18yrs 6:00-8:00	Drop In Badminton 4:30pm-9:30pm				Adult- Learn to Swim 6:30pm-7:15pm	Open Swim 6:30pm-9:00pm				
7:00 PM						Adult- Learn to Swim 6:30pm-7:15pm					
7:30 PM						Open Swim 6:30pm- 9:15pm					
8:00 PM											
8:30 PM	Open Gym 8:15pm-9:30pm										
9:00 PM											
9:30 PM											
10:00 PM											

SATURDAY

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

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



SUNDAY								
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00am-10:00am					Lane Swim 8:00-8:45am	Open Swim 9:00am-5:30pm	
8:30 AM								
9:00 AM								
9:30 AM	Karate Fundamentals 6-12yrs 10:00am-10:45am	Drop In Pickleball 9:00am-11:30am			Cyclefit-Studio C 9:00am-9:45am	Aquafit 9:00-9:45		
10:00 AM								
10:30 AM								
11:00 AM	Karate Fundamentals 6-12yrs 11:00am-11:45am	Family Pickleball 11:30am-12:30pm			Yoga - Studio A 10:00am-11:00am	Private Swim Lessons 10:00am-12:15pm		
11:30 AM								
12:00 PM	Open Gym 12:00pm-12:45pm							Teen Lessons 12:20pm-1:05pm
12:30 PM	Birthday Parties 1:00pm-3:00pm	Learn to Play Volleyball- 1:00pm-2:00pm		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm		
1:00 PM								
1:30 PM								
2:00 PM	Open Gym 3:15pm-5:30pm	Drop In Volleyball 2:30pm-5:30pm	Youth Drop In Volleyball ages 10-15yrs 2:30pm-5:30pm					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

Double Gym will be closed for tournament(s):
BGIS Pickleball- Friday May 8th, 2026 from 7:30am-5:30pm

Spring 2026 - Limited Pool Space Notice

For the following dates and programs, the pool will remain open however there will be limited space. With the Aquatics courses, they will be using whistles so the deck will be louder than normal as well.

Firefighter Training - April 2nd, 7th, 9th and 28th May 22nd and 26th June 9th and 24th from 11:00am-1:00pm.

School Visits - April 28, 29, 30, May 27, 28, 29, June 5, 18, 19, 22 from 12:00pm to 1:00pm.

Aquatics Courses - Bronze Cross - May 23rd, 24th, 30th, 31st 12:00pm-5:00pm, National Lifeguard - June 26th to 30th 9:00am-5:30pm

FACILITY HOURS

Mon-Thurs: 5:30 am - 10:00pm

Fri: 5:30 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.

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.