



SUNDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM	Open Basketball 8:00-8:45					Open Courts 8:00-4:00	Lane Swim 8:00-9:15
8:30 AM							"Summer months only"
9:00 AM	Karate FUND 6-12 YRS 9:00-9:45						
9:30 AM			Yoga 9:15-10:15				Lane Swim 7:30-9:00
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						Swim Lessons 9:30-1:00pm
10:30 AM			Strong Nation 10:30-11:15				
11:00 AM	Karate ADV 6-12 YRS / 13+ 11:00-11:45						
11:30 AM							
12:00 PM							
12:30 PM	Open Basketball 12:30-3:30						Open Family Swim 1:15-2:15
1:00 PM							
1:30 PM							
2:00 PM							Open/Lane Swim 2:45-3:45
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							

FACILITY HOURS
Mon-Fri: 6:00 am - 9:30 pm
Sat 8:00 am to 5:30 pm & Sun: 8:00 am - 4:00 pm
Holiday's as posted
Sauna & whirlpool closed during Swim Lessons
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.

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 2 widths of continuous front crawl in shallow water.

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.



Ron Edwards Family YMCA - Schedule at a Glance

May 5, 2025 to June 29, 2025

MONDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-9:30	Lane Swim 6:00-7:30 "Summer months only"
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Lane Swim 7:30-9:00
8:30 AM							
9:00 AM	HIT 9:15-10:00						AquaFit 9:15-10:00
9:30 AM							
10:00 AM	Muscle Fit 10:15-11:00		Yoga 10:15-11:45				Lane Swim 10:30-1:00
10:30 AM							
11:00 AM	Walk Fit 11:15-12:00						
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:30 PM							
1:00 PM	Pickleball 1:00-3:00		Balance + 1:00-2:00				Open/Lane Swim 1:00-4:00
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball 3:15-4:30						Swim Lessons 4:30-7:30
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Little Tumblers 4-7 YRS 5:00-5:45		Back to Living Well 5:30-6:00	HIT 5:10-5:40			
5:30 PM							
6:00 PM	Soccer LVL 1 6-12 YRS 6:00-7:00			Core Fit 5:45-6:15			AquaFit High Intensity 7:30-8:10
6:30 PM							
7:00 PM	Soccer LVL 1 6-12 YRS 7:00-8:00			Body Fit 6:30-7:15			Community Rental 8:15-9:15
7:30 PM							
8:00 PM							
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30						
9:00 PM							
9:30 PM							

TUESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:30	Lane Swim 6:00-7:30 *Summer months only*
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00					
9:30 AM							
10:00 AM	Low Impact 10:15-11:00		Gentle Fit 10:15-11:00				
10:30 AM							
11:00 AM							
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM							
12:30 PM			Healthy Hearts 12:30-1:00				
1:00 PM	Home School Program 1:30-3:00						Hydrotherapy 1:15-2:00
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Basketball 3:00-4:30					Lane Swim 2:30-4:00	
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Soccer LVL 1 3-5 YRS 5:00-5:45		Zumba Kids JR 4-7 YRS 5:00-5:45			Swim Lessons 4:30-7:30	
5:30 PM	Basketball LVL 1 6-12 YRS 5:00-6:00						
6:00 PM	Floor Hockey 6-12 YRS 6:00-7:00	TRX 6:00-7:00	Zumba Kids 8-12 YRS 6:00-6:45		League All Courts 5:30-7:00		
6:30 PM							
7:00 PM	Zumba 7:15-8:15		Yoga 7:00-8:30	Ball, Band, Bosu 7:15-8:00		Swim Lessons 4:30-7:30	
7:30 PM							
8:00 PM		Triathlon 8:00-8:30			Open Courts 7:00-9:30		Lane Swim 7:45-9:15
8:30 PM	Open Pickup Basketball 8:30-9:30			Pilates/Yoga 8:15-9:00			
9:00 PM							
9:30 PM							

Registered Programs

Drop In Group Fitness

Open Gym/Open Swim

Community Rental Aquatics Programs

Drop in Recreational Programs



WEDNESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-9:30	Lane Swim 6:00-7:30 *Summer months only*
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Lane Swim 7:30-9:00
8:30 AM							
9:00 AM	20/20/20 9:15-10:15						AquaFit 9:15-10:00
9:30 AM							
10:00 AM			Chair Yoga 10:15-11:00				
10:30 AM							Lane Swim 10:30-1:00
11:00 AM	Walk Fit 11:15-12:00						
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:30 PM							
1:00 PM			Balance + 1:00-2:00				Open / Lane Swim 1:00-2:55
1:30 PM	Pickleball 1:00-3:00						
2:00 PM							
2:30 PM							Community Rental 3:00-4:00
3:00 PM	Open Basketball 3:15-4:00						
3:30 PM							
4:00 PM	Open Basketball/ Community Group - 1/2 Gym 4:00-5:00						Swim Lessons 4:30-7:30
4:30 PM							
5:00 PM	Basketball LVL 13-5 YRS 5:00-5:45			Art Sparks 6-12 YRS 5:00-6:00			
5:30 PM							
6:00 PM	Sports Adventure 6-12 YRS 6:00-7:00		Back to Living Well 5:30-6:45		Art Sparks 3-5 YRS 5:00-5:45		
6:30 PM							
7:00 PM							
7:30 PM		Cycle Fit 7:00-8:00	20/20/20 7:15-8:15	YLD 7:15-8:15			AquaFit Zumba 7:30-8:10
8:00 PM							
8:30 PM							
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30						Community Rental 8:15-9:15
9:30 PM							

THURSDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:00	Lane Swim 6:00-7:30 *Summer months only*
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00					
9:30 AM							
10:00 AM							Lane Swim 7:30-1:00
10:30 AM			Gentle Fit 10:15-11:00				
11:00 AM							
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM							
12:30 PM			Healthy Hearts 12:30-1:00				Hydrotherapy 1:15-2:00
1:00 PM							
1:30 PM							
2:00 PM							Lane Swim 2:30-3:30
2:30 PM	Open Basketball 2:00-4:30						Adult Swim Lessons 3:30-4:00
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Dodgeball 8-13 YRS 5:00-6:00		Karate FUND 6-12 YRS 5:00-5:45			League All Courts	Swim Lessons 4:30-7:30
5:30 PM							
6:00 PM	Dodgeball 8-13 YRS 6:00-7:00	Boxing Fitness 6:00-6:45	Karate FUND 6-12 YRS 6:00-6:45			Open Courts 7:00-9:30	Adult Lessons and H2O Leaders 7:45-9:15
6:30 PM							
7:00 PM						Open Courts 7:00-9:30	
7:30 PM	Zumba 7:15-8:15		Karate ADV 13 + 7:00-7:45				
8:00 PM							
8:30 PM							
9:00 PM	Open Basketball 8:30-9:30						
9:30 pm							



FRIDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-9:30	Lane Swim 6:00-7:30 *Summer months only*
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Lane Swim 7:30-9:00
8:30 AM							
9:00 AM	Muscle Fit 9:15-10:00		Line Dancing 9:15-10:00				AquaFit 9:15-10:00
9:30 AM							
10:00 AM	Low Impact 10:15-11:00						
10:30 AM			Yoga 10:15-11:45				
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Pickleball 12:00-3:00						Lane Swim 10:30-3:45
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							Private Lessons / 2 Lane Swim 4:00-7:00
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							Lane/Open Swim 7:00-9:15
9:00 PM							
9:30 pm							

SATURDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL
8:00 AM		TRX 8:15-9:00				Open Courts 8:00-10:00	Lane Swim 8:00-9:15
8:30 AM							
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle Fit 9:15-10:00				Youth Raquetball 6-12 YRS 10:00-10:45	
9:30 AM							
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00			Brain Builders 6-12 YRS 10:00-11:00			Swim Lessons 9:30-1:00
10:30 AM							
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15		Zumba 10:30-11:30	Brain Builders 3-5 YRS 11:15-12:00		Open Courts 11:00-5:30	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	Birthday Parties 1:00-2:00						Lane Swim 1:15-2:15
2:00 PM							
2:30 PM				Birthday Parties 2:00-3:00			Open/Lane Swim 2:45-3:45
3:00 PM							
3:30 PM	Open Basketball 2:30-5:00						
4:00 PM							
4:30 pm							Open Family Swim 4:00-5:15
5:00 pm							
5:30 pm							

Registered Programs

Open Gym/Open Swim

Drop In Recreational Programs

Drop In Group Fitness

Community Rental or Aquatics Programs