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### Ron Edwards Family YMCA • December 22, 2025 - January 4, 2026

## HOLIDAY SCHEDULE

		Monday Dece	mber 22, 20	24 6:00 am - 9:	30 pm	
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						6:00-7:30
6:30 AM						Community Rental
7:00 AM						
7:30 AM						7:30-9:00
8:00 AM						Lane Swim
8:30 AM						
9:00 AM	HIIT					Aquafit
9:30 AM	9:15 -10:00			Child and Youth		9:15 - 10:00
10:00 AM	Muscle Fit		Yoga	Winter 1/2 Day		
10:30 AM	10:15 - 11:00		10:15 - 11:45	Program 9:00 - 12:00		
11:00 AM	Walk Fit			9:00-12:00		Lane Swim
11:30 AM	11:15 - 12:00					10:30-2:00
12:00 PM	Open Pickleball and					CY Program
12:30 PM	Basketball 12:15 -1:00 1/2 Gym each					1 Lane 11:00-12:00
1:00 PM						
1:30 PM	Pickleball				Open 6:00 - 9:30	
2:00 PM	1:00 -3:00				0.00-9.50	
2:30 PM						Open Swim
3:00 PM						2:00 -4:00
3:30 PM						
4:00 PM				Community Rental		4:00-5:30
4:30 PM				3:45 - 5:45		Community Rental
5:00 PM	Open Basketball					· ·
5:30 PM	3:15-8:00					
6:00 PM						Family Swim
6:30 PM						5:45-7:30
7:00 PM		Cycle Fit Train	Body Fit			
7:30 PM		7:00 -7:45	7:00-7:45			
8:00 PM		Seasonal				Aquafit High Intensity
8:30 PM						7:30-8:10
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30					Lane Swim
9:30 PM	rull Court 8:30-9:30					8:15 -9:15

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						6:00-7:30
6:30 AM						Community Rental
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Body Fit	Cycle Fit				
9:30 AM	9:15 -10:00	9:15 -10:00		Child and Youth		Lane Swim
10:00 AM	LowImpact		Gentle Fit	Winter ½ Day		7:30-1:00 CY Program
10:30 AM	10:15 - 11:15		10:15 - 11:00	Program 9:00 - 12:00		1 Lane
11:00 AM				9.00-12.00		11:00-12:00
11:30 AM	Healthy Hearts					
12:00 PM	11:30 - 12:00					
12:30 PM			Healthy Hearts			
1:00 PM			12:30 -1:00			
1:30 PM					Open	Hydrotherapy
2:00 PM					6:00 -9:30	1:15 -2:00
2:30 PM						Lane Swim
3:00 PM						2:30-3:30
3:30 PM						
4:00 PM	Open Gym					
4:30 PM	2:00 -6:30					Community Rental
5:00 PM						4:00 -5:30
5:30 PM						
6:00 PM		TRX				FII-C
6:30 PM		6:00 -7:00				Family Swim 5:45 - 7:00
7:00 PM	Zumba		Yoga			55 7.00
7:30 PM	7:15-8:15		7:00 -8:00			
8:00 PM						
8:30 PM						Lane Swim 7:00-9:15
9:00 PM	Open Basketball 8:30-9:30					7.00 5.15
9:30 PM	0.30-530					

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM				Child and Youth Winter ½ Day Program		Laws Codes
9:30 AM						Lane Swim 7:30 - 11:00
10:00 AM	Open 6:00 -2:00				Open 6:00 -2:00	7.50-11.00
10:30 AM	0.00 2.00					
11:00 AM				9:00 -12:00		
11:30 AM						
12:00 PM						
12:30 PM						- 1
1:00 PM						Family Swim 11:00 - 1:45
1:30 PM						11.00-1.45
2:00 PM						

Thursday December 25, 2025 CLOSED								
GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL			

		Friday Dece	ember 26, 202	25 <mark>8:00 am -4:00</mark>	pm	
·	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		Cycle Fit				Lane Swim 8:00 - 12:00
9:30 AM		9:15 -10:00				
10:00 AM					-	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open 8:00 - 4:00				Raquetball Tournament	
12:30 PM	0.00 4.00					
1:00 PM						- "-
1:30 PM						Family Swim 12:00 -2:45
2:00 PM					_	12.00-2.40
2:30 PM						
3:00 PM						
3:30 PM						Lane Swim
4:00 PM						2:45 -3:45

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM		TRX				
8:30 AM		8:15 -9:00				
9:00 AM		CycleFit				Laura Gordon
9:30 AM		9:15 -10:00				Lane Swim 8:00 - 11:00
10:00 AM		C 51				0.00-11.00
10:30 AM		Core Fit 10:15 - 11:00				
11:00 AM		10.15-11.00	Zumba 10:30-11:30			
11:30 AM			1050-1150			
12:00 PM						
12:30 PM	Open Gym				Open	F "6"
1:00 PM	8:00 -5:00				8:00 - 5:30	Family Swim 11:00-3:00
1:30 PM					1	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						Lane Swim
4:30 PM						3:15-5:15
5:00 PM						
5:30 PM						

		Sunday D	ecember 28, 2	025 8:00 -4:00 p	m	
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM						
8:30 AM						Lane Swim
9:00 AM			Yoga			8:00 -10:00
9:30 AM			9:15-10:15			
10:00 AM		Endurance Cycle 9:30 - 11:00	Strong Nation			
10:30 AM		Seasonal	10:30-11:15			Famails (Consissa
11:00 AM						Family Swim 10:00 - 12:00
11:30 AM					_	1000 1200
12:00 PM	Open Gym 8:00-4:00				Open 8:00-4:00	
12:30 PM	0.00 4.00				0.00 4.00	
1:00 PM						
1:30 PM						
2:00 PM						Open/Lane Swim
2:30 PM	- - - -					12:00 -3:45
3:00 PM						
3:30 PM						
4:00 PM						

### **SWIM ADMISSION CRITERIA**

#### Children ages 0 - 5:

Must be directly supervised by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 2 children: 1 adult

#### Children ages 6 - 9:

[Unable to pass swim test] Must be accompanied by a parent/guardian (min. 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult

(with lifejackets)

Maximum ratio: 6 children: 1 adult

[Able to pass swim test] Must be supervised by a parent/guardian (min. 16 years of age) in the pool area (visual contact). Can swim in both pools.

Maximum ratio: 3 children: 1 adult

#### Youth ages 10 - 15:

Must pass a swim test to access deep water. If they do not pass, they must stay in the shallow water.

### What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25-meter non-stop front swim
- 30 second tread in deep end
- · Adult swim test: discretion of the lifeguard

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## Ron Edwards Family YMCA • December 22, 2025 - January 4, 2026

# HOLIDAY SCHEDULE

10:30 AM		GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
Community Reservation   Comm	6:00 AM						
7.30 AM	6:30 AM						
800 AM	7:00 AM						Community Kentai
R30 AM	7:30 AM						
830 AM	8:00 AM						
930 AM   9.15-10.00   9.15-10.00   9.15-10.00     10:00 AM   Muscle Fit   10:30 AM   10:15-11:00   10:15-11:45     11:00 AM   Vallk Fit   11:15-12.00   10:15-11:45     12:00 PM   Open Pickleball and Basketball   10:00-3:00   10:00-3:00   10:00-3:00     230 PM   Pickleball   10:00-3:00   10:00-3:00   10:00-3:00     230 PM   230 PM   4:00 PM	8:30 AM						Lane Swim
10:00 AM	9:00 AM	HIIT					Aquafit
10:30 AM	9:30 AM	9:15 -10:00					9:15 - 10:00
10:30 AM	10:00 AM	Muscle Fit		Yoga			
11:30 AM	10:30 AM	10:15 -11:00					
130 PM   1200 PM   1200 PM   1200 PM   1215-1300 1/2 Gymeach   1230 PM   1215-1300 1/2 Gymeach   1230 PM   1200 -3300   1230 PM   1300 PM   1	11:00 AM	Walk Fit					
1230 FM   1215-1301/2 Gymeach   1030-200     1300 FM   200 FM   1000-300     230 PM   330 PM   400 PM     430 PM   430 PM     530 PM   630 PM     630 PM   7.00 PM     7.30 PM     7.30 PM     830 PM     7.00 P	11:30 AM	11:15 - 12:00					
1230 PM	12:00 PM	Open Pickleball and					Lane Swim
130 PM	12:30 PM						10:30 -2:00
1:00 -3:00   1:0	1:00 PM						
230 PM   100 - 300 PM   230 PM	1:30 PM	Pickleball					
3:30 PM   4:00 PM   4:30 PM   5:30 PM   6:30 PM   6:30 PM   7:30 PM   7:30 PM   8:30 PM   0	2:00 PM	1:00 -3:00				6:00-9:30	
330 PM	2:30 PM						O // Ci
3.30 PM   4.00 PM   4.30 PM   5.00 PM   5.30 PM   6.00 PM   6.00 PM   6.30 PM   7.00 PM   7.00 PM   7.00 PM   7.00 PM   7.00 PM   8.30 PM   8.30 PM   8.30 PM   8.30 PM   8.30 PM   0 Open Pickup Basketball   7.30 -8.10   7.30	3:00 PM						•
430 PM   5:00 PM   5:30 PM   6:00 PM   6:30 PM   7:00 PM   7:00 PM   7:30 PM   8:00 PM   8:00 PM   8:00 PM   8:00 PM   9:00	3:30 PM						2.00 4.00
S00 PM	4:00 PM						
Community Re	4:30 PM						
Signature   Sign	5:00 PM	On an Dankarthall					
Cycle Fit Train   Body Fit   7:00 -7:45   Seasonal   Aquafit High Interview   Aquafit High Interview   Appendix No. 2000   Aquafit High Interview   Aquafit High Intervie	5:30 PM						Community Renta
7:30 PM         Cycle FitTrain         Body Fit           7:30 PM         7:00 -7:45         7:00 -7:45           8:00 PM         Seasonal         Aquafit High Integration of the properties	6:00 PM	3.13 0.00					4:00 -7:00
7:30 PM 8:00 PM Seasonal Aquafit High International PM Open Pickup Basketball Open Pickup B	6:30 PM						
7:30 PM         7:00 -7:45         7:00 -7:45         Aquafit High Integration 1           8:00 PM         Open Pickup Basketball         Apple 1         7:30 -8:10	7:00 PM		Cycle Fit Train				
800 PM 830 PM Open Pickup Basketball Open Pickup Basketball Open Pickup Basketball	7:30 PM		7:00 -7:45	7:00 -7:45			
Open Pickup Basketball	8:00 PM		Seasonal				Aquafit High Intensi
	8:30 PM	On an Didon Dadon !					7:30-8:10
Eull Court 9:30-0:30	9:00 PM	Open Pickup Basketball Full Court 8:30-9:30					Lane Swim

	Wednesday December 31, 2025 6:00 am -2:00 pp								
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM						Lane Swim			
9:30 AM					_	7:30-11:00			
10:00 AM	Open 6:00 - 2:00				Open 6:00 - 2:00				
10:30 AM	0.00-2.00				0.00-2.00				
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM						Family Swim			
1:00 PM						11:00-1:45			
1:30 PM									
2:00 PM									

Thursday January 1, 2026 12:00 pm -4:00 pm									
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL			
12:00 PM									
12:30 PM						Open/Lane Swim 12:00-2:00			
1:00 PM					_				
1:30 PM									
2:00 PM	Open Gym 12:00-4:00				Open 12:00 -4:00				
2:30 PM					12.00 4.00	Lane Swim			
3:00 PM						2:00-3:45			
3:30 PM									
4:00 PM									

	1	uesday Decemb	er 30, 2025 <mark>6:00 am</mark>	1 - 9:30 pm	
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					6:00 -7:30
6:30 AM					Community Rental
7:00 AM					, , , , , , , , , , , , , , , , , , , ,
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Body Fit	Cycle Fit			
9:30 AM	9:15 -10:00	9:15 -10:00			LaneSwim
10:00 AM	Low Impact		G 4 51		7:30-1:00 CY Program
10:30 AM	10:15-11:00		Gentle Fit 10:15 - 11:00		1 Lane
11:00 AM	Healthy Hearts		16/15 11/160		11:00-12:00
11:30 AM	11:30-12:00				
12:00 PM					
12:30 PM			Healthy Hearts		
1:00 PM			12:30-1:00		
1:30 PM					Hydrotherapy
2:00 PM					1:15 -2:00
2:30 PM					
3:00 PM					Lane Swim 2:30 -3:30
3:30 PM	Open Gym				2.30-3.30
4:00 PM	2:00-6:30				
4:30 PM					
5:00 PM					Community Rental
5:30 PM			Community Rental		4:00 -7:00
6:00 PM		TRX	5:30 - 7:00		
6:30 PM		6:00 - 7:00			
7:00 PM	Zumba		Yoqa		
7:30 PM	7:15-8:15		7:00-8:30		
8:00 PM					LaneSwim
8:30 PM	Open Basketball				7:00-9:15
9:00 PM	8:30-9:30				
9:30 PM					

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						6:00 -7:30
6:30 AM						Community Renta
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim
8:30 AM						7:30 - 9:00
9:00 AM	Muscle Fit			Line Dancing		
9:30 AM	9:15 -10:00			9:15 - 10:00		Aquafit
10:00 AM	Low Impact		Yoga			9:15 -10:-00
10:30 AM	10:15 - 11:00		10:15 - 11:45			
11:00 AM						
11:30 AM						Lane Swim
12:00 PM						
12:30 PM						10:30-2:30
1:00 PM	Pickleball					
1:30 PM	12:00-3:00				Open	
2:00 PM					6:00 - 9:30	
2:30 PM						
3:00 PM						Open Swim
3:30 PM						2:30 -3:30
4:00 PM						
4:30 PM						
5:00 PM						Community Rental
5:30 PM	On an Bankatharil					4:00 -7:00
6:00 PM	Open Basketball 3:15-9:15					
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						Lane/Open Swim
8:30 PM						7:30-9:15
9:00 PM						
9:30 PM						

Saturday January 3, 2026 8:00 am -5:30 pm										
	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALLCOURTS	POOL				
8:00 AM	Open Gym 800-1:00	TRX			Open 8:00-5:30	LaneSwim 8:00-9:15				
8:30 AM		8:15 -9:00								
9:00 AM		Cycle Fit 9:15 -10:00								
9:30 AM						Community Rental 930-1:00				
10:00 AM										
10:30 AM			Zumba 10:30-11:30							
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM	Open Basketball 1:00-5:15									
1:30 PM						Family Swim 1:15-3:00				
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM						Lane Swim 3:15-5:15				
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										

Sunday January 4, 2026 8:00 am -4:00 pm									
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALLCOURTS	POOL			
8:00 AM	Open Basketball 8:00-12:30				Open 8:00-4:00 -				
8:30 AM						Lane Swim 8:00 -10:00			
9:00 AM			Yoga						
9:30 AM			9:15 -10:15						
10:00 AM		Endurance Cycle 9:30 - 11:00	Strong Nation 1030-11:15			Family Swim 10:00 - 12:00			
10:30 AM		Seasonal							
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM	Open Basketball 12:30 - 3:30					Open/LaneSwim 12:00-3:45			
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									

### **Holiday Hours**

Christmas Eve 6:00 am - 2:00 pm

Christmas Day Closed

Boxing Day 8:00 am -4:00 pm

New Years Eve 6:00 am -2:00 pm

New Years Day 12:00 pm -4:00 pm