

Schedule at a Glance - Ron Edwards Family YMCA

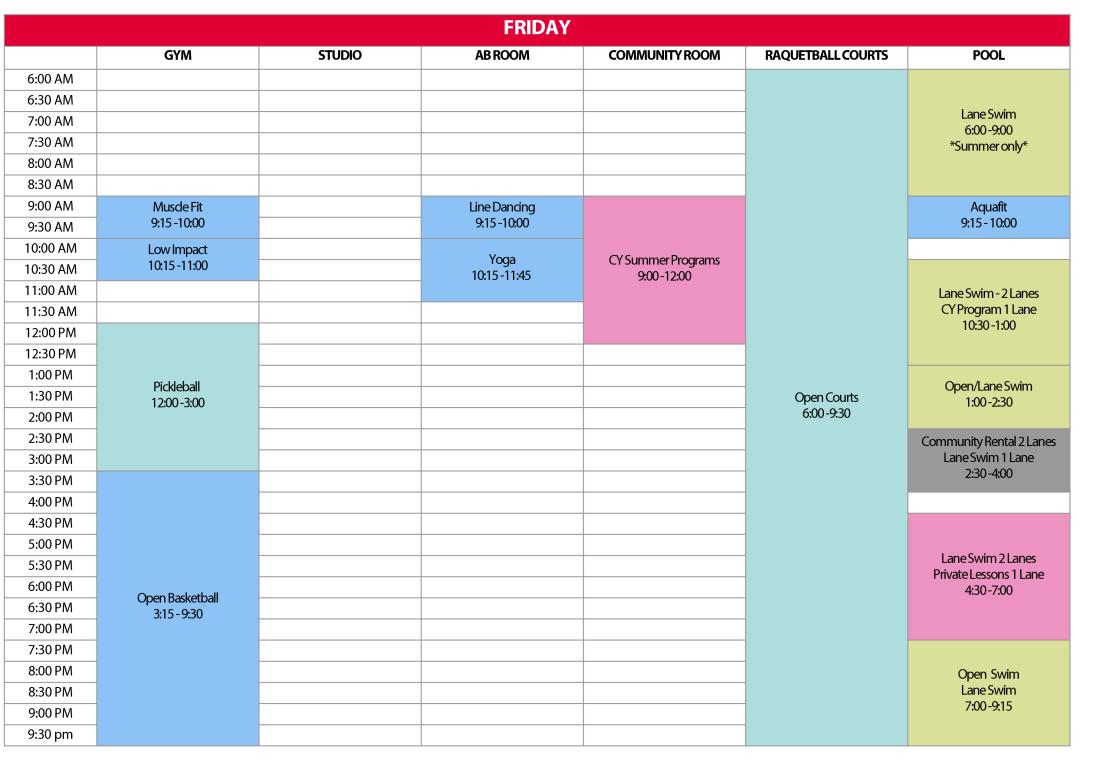
June 30, 2025 to September 7, 2025

| | MONDAY | | | | | | | |
|----------|--|--------|---------------------|----------------------------------|-----------------------------|--|--|--|
| | GYM | STUDIO | AB ROOM | COMMUNITYROOM | RAQUETBALL COURTS | POOL | | |
| 6:00 AM | | | | | | | | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | | | | | | Lane Swim 6:00-9:00 *Summer only* | | |
| 7:30 AM | | | | | - | | | |
| 8:00 AM | | | | | | · | | |
| 8:30 AM | | | | | - | | | |
| 9:00 AM | НІТ | | | | | Aquafit | | |
| 9:30 AM | 9:15 -10:00 | | | | | 9:15 - 10:00 | | |
| 10:00 AM | Musde Fit | | | CVC | | | | |
| 10:30 AM | 10:15 -11:00 | | Yoga | CY Summer Programs 9:00-12:00 | | | | |
| 11:00 AM | Walk Fit | | 10:15 - 11:45 | 3100 12100 | | Lane Swim - 2 Lanes CY Program 1 Lane | | |
| 11:30 AM | 11:15 - 12:00 | | | | | | | |
| 12:00 PM | Open Pickleball and Basketball | | | | | 10:30 -1:00 | | |
| 12:30 PM | 12:15 - 1:00 ½ Gym each | | | | | | | |
| 1:00 PM | | | Balance+ | | | O / C i | | |
| 1:30 PM | Pickleball | | | Open Courts | Open/Lane Swim 1:00-2:30 | | | |
| 2:00 PM | 1:00-3:00 | | | | 6:00-9:30 | | | |
| 2:30 PM | | | | | | Community Rental 2 Lanes | | |
| 3:00 PM | | | | | | Lane Swim 1 Lane | | |
| 3:30 PM | Open Basketball | | | | | 2:30-4:00 | | |
| 4:00 PM | 3:15 -4:30 | | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | Soccer LVL 1 6-12 YRS | | | HIIT | | | | |
| 5:30 PM | 5:00-6:00 | | Back to Living Well | 5:10-5:40 | | Swim Lessons Whirlpool and Sauna Closed | | |
| 6:00 PM | Soccer LVL 216-12 YRS | | 5:30-6:45 | Core Fit | | 4:30-7:30 | | |
| 6:30 PM | 6:00-7:00 | | | 5:45 -6:15 | | | | |
| 7:00 PM | Dodgeball 8-13YRS | | | | | | | |
| 7:30 PM | 7:00 -8:00 | | | | | Aquafit Hight Intensity | | |
| 8:00 PM | | | | | | 7:30 - 8:10 | | |
| 8:30 PM | Open Dick I In Deckethall | | | | | Lane Swim | | |
| 9:00 PM | Open Pick Up Basketball 8:30-9:30 Full Court | | | | | 8:15 - 9:15 | | |
| 9:30 PM | Sist Fist all Court | | | | | | | |

| TUESDAY | | | | | | | | |
|----------|------------------------------|-------------|-----------------------|----------------------------------|--------------------------|--|--|--|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL | | |
| 6:00 AM | | | | | | | | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | | | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | Lane Swim 6:00-10:30 | | |
| 8:30 AM | | | | | | *Summer only* | | |
| 9:00 AM | Body Fit | Cyde Fit | | | | | | |
| 9:30 AM | 9:15 - 10:00 | 9:15 -10:00 | | | | | | |
| 10:00 AM | Low Impact | | Gentle Fit | CVC I Ima ma air Dira aira mas | | | | |
| 10:30 AM | 10:15 -11:00 | | 10:15-11:00 | CY Summer Programs 9:00-12:00 | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30 -12:00 | | |
| 11:00 AM | Healthy Hearts | | | | Open Carrete | | | |
| 11:30 AM | 11:30-12:00 | | | | Open Courts 6:00-5:30 | | | |
| 12:00 PM | | | | | | | | |
| 12:30 PM | | | Healthy Hearts | | | Lane Swim | | |
| 1:00 PM | | | 12:30-1:00 | | | 12:00-1:00 | | |
| 1:30 PM | | | Cognitive Groove | | | Hydrotherapy | | |
| 2:00 PM | Open Basketball | | 1:30-2:30 | | | 1:15 -2:00 | | |
| 2:30 PM | 1:00-4:30 | | | | | Lane Swim | | |
| 3:00 PM | | | | | | 2:30-4:00 | | |
| 3:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | Soccer LVL 1 3-5 YRS | | Zumba Kids JR 4-7 YRS | | | 6.1.1 | | |
| 5:30 PM | Basketball 6-12 YRS | | 5:00 -5:45 | | | Swim Lessons Whirlpool and Sauna Close | | |
| 6:00 PM | 5:00-5:45 ½ Gym | TRX | Zumba 8-12 YRS | | Leauge | 4:30-7:30 | | |
| 6:30 PM | Floor Hockey 6-12 YRS | 6:00-7:00 | 6:00-6:45 | | 5:30 -7:00 | | | |
| 7:00 PM | 6:00 -7:00 | | Vogo | | | | | |
| 7:30 PM | Zumba | | Yoga 7:00-8:30 | | | | | |
| 8:00 PM | 7:15 -8:15 | | | Pilatos Maga | Open Courts | Lane Swim | | |
| 8:30 PM | Open Parkethall | | | Pilates/Yoga 8:15-9:00 | Open Courts 7:00-9:30 | 7:45-9:15 | | |
| 9:00 PM | Open Basketball 8:30-9:30 | | | | | | | |
| 9:30 PM | 3.55 2.65 | | | | | | | |

| | | | W | EDNESDAY | | | |
|----------|-------------------------------------|-------------------------|------------------------|----------------------------------|--------------------|--------------------------|-----------------------------|
| | GYM | STUDIO | ABROOM | COMMUNITY ROOM | COMMUNITY ROOM B | RAQUETBALL COURTS | POOL |
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | - | Lane Swim 6:00 -9:00 |
| 7:30 AM | | | | | | | *Summer only* |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | 20/20/20 | | | | | | Aquafit |
| 9:30 AM | 9:15 -10:15 | | | | | | 9:15 - 10:00 |
| 10:00 AM | | | Chair Yoga | CVC D | | | |
| 10:30 AM | | | 10:15 -11:00 | CY Summer Programs 9:00-12:00 | | | |
| 11:00 AM | WalkFit | | | 3.00 12.00 | | | Lane Swim - 2 Lanes |
| 11:30 AM | 11:15 -12:00 | | | | | | CY Program 1 Lane |
| 12:00 PM | Open Pickleball and Basketball | | | | | | 10:30 -1:00 |
| 12:30 PM | 12:15 - 1:00 ½ Gym each | | | | | | |
| 1:00 PM | | | Balance+ | | | Open Courts 6:00-9:30 | On and I am a Continu |
| 1:30 PM | Pickleball | | 1:00 -2:00 | | | | Open/Lane Swim 1:00-2:30 |
| 2:00 PM | 1:00-3:00 | | | | | | 1100 2.50 |
| 2:30 PM | | | | | | | Community Rental 2 Lane |
| 3:00 PM | | | | | | | Lane Swim 1 Lane |
| 3:30 PM | | | | | | | 2:30 -4:00 |
| 4:00 PM | Open Basketball | | | | | | |
| 4:30 PM | 3:15 -5:30 | | | | | | |
| 5:00 PM | | | | Art Sparks 6-12 YRS | Art Sparks 3-5 YRS | | Swim Lessons |
| 5:30 PM | | | Back to Living Well | 5:00-6:00 | 5:00-5:45 | | Whirlpool and Sauna |
| 6:00 PM | C | | 5:30-6:45 | | | | Closed |
| 6:30 PM | Sports Adventure 6-12 YRS 6:00-7:00 | | | | | | 4:30-7:30 |
| 7:00 PM | 0.00 7.00 | G 1 51. | 00/00/00 | | | | |
| 7:30 PM | | Cycle Fit 7:15 -8:00 | 20/20/20 7:15 -8:15 | | | | Aqua Zumba |
| 8:00 PM | | 7.15 0.00 | 7.15 0.15 | | | | 7:30-8:10 |
| 8:30 PM | Open Pick UP Basketball | | | | | | LaneSwim |
| 9:00 PM | 8:00-9:30 Full Court | | | | | | 8:15-9:15 |
| 9:30 PM | | | | | | | |

| THURSDAY THURSDAY | | | | | | | | |
|-------------------|--------------------|---------------------|-----------------------------|----------------------------------|--------------------------|---|--|--|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL | | |
| 6:00 AM | | | | | | | | |
| 6:30 AM | | | | | _ | | | |
| 7:00 AM | | | | | | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | | | | | | Lane Swim 6:00-10:30 | | |
| 8:30 AM | | | | | _ | *Summer only* | | |
| 9:00 AM | Body Fit | Cycle Fit Cycle Fit | | | | ŕ | | |
| 9:30 AM | 9:15 - 10:00 | 9:15 -10:00 | | | | | | |
| 10:00 AM | | | Conductiv | CVC | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30 - 12:00 | | |
| 10:30 AM | | | Gentle Fit 10:15 - 11:00 | CY Summer Programs 9:00-12:00 | | | | |
| 11:00 AM | | | 10.15 11.00 | 5,00 12,00 | | | | |
| 11:30 AM | Healthy Hearts | | | | Open Courts 6:00-5:30 | | | |
| 12:00 PM | 11:30-12:00 | | | | 0.00 5.50 | | | |
| 12:30 PM | | | Healthy Hearts | | - | Lane Swim | | |
| 1:00 PM | | | 12:30 -1:00 | | | 12:00-1:00 | | |
| 1:30 PM | | | Cognitive Groove | | - | Hydrotherapy | | |
| 2:00 PM | _ | | 1:30-2:30 | | - | 1:15 -2:00 | | |
| 2:30 PM | Open Basketball | | | | - | | | |
| 3:00 PM | 1:00-4:30 | | | | - | Lane Swim 2:30-4:00 | | |
| 3:30 PM | | | | | - | 2,30 4,00 | | |
| 4:00 PM | | | | | - | | | |
| 4:30 PM | | | | | - | | | |
| 5:00 PM | Dodgeball 8-13 YRS | | Karate FUND 6-12 YRS | | - | | | |
| 5:30 PM | 5:00-6:00 | | 5:00-5:45 | | | Swim Lessons | | |
| 6:00 PM | Dodgeball 8-13 YRS | | Karate FUND 6-12 YRS | | League | Whirlpool and Sauna Close 4:30-7:30 | | |
| 6:30 PM | 6:00-7:00 | | 6:00-6:45 | | 5:30 -7:00 | 1.30 7.30 | | |
| 7:00 PM | Zumba | | Karate Teen 13-16 YRS | | | | | |
| 7:30 PM | 7:15 - 8:15 | | 7:00-7:45 | | | | | |
| 8:00 PM | | | | | | Lane Swim | | |
| 8:30 PM | | | | | Open Courts | 7:45-9:15 | | |
| 9:00 PM | Open Basketball | | | | 7:00-9:30 | | | |
| 9:30 pm | 8:30-9:30 | | | | | | | |



| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
|----------|---------------------------|-------------|-------------|-------------------------|-------------------|--|
| 8:00 AM | | TRX | | | | |
| 8:30 AM | | 8:15 -9:00 | | | _ | Lane Swim 8:00-9:15 |
| 9:00 AM | Basketball FUND 6-9 YRS | Cyde Fit | | | | |
| 9:30 AM | 9:00-10:00 | 9:15 -10:00 | | | | |
| 10:00 AM | Basketball FUND 3-5 YRS | | | Brain Builders 6-12 YRS | | |
| 10:30 AM | 10:15 -11:00 | | Zumba | 10:00 11:00 | | Swim Lessons Whirlpool and Sauna Clos |
| 11:00 AM | Basketball FUND 10-12 YRS | | 10:30-11:30 | | | |
| 11:30 AM | 11:15 - 12:15 | | | Brain Builders 3-5 YRS | | 9:30-1:00 |
| 12:00 PM | | | | 11:15-12:00 | | |
| 12:30 PM | | | | | Open Courts | |
| 1:00 PM | | | | | 8:00 -5:30 | |
| 1:30 PM | Birthday Parties | | | | | Lane Swim |
| 2:00 PM | 1:00-3:00 | | | Birthday Parties | | 1:15-2:15 |
| 2:30 PM | | | | 2:00-3:00 | | Lane/Open Swir |
| 3:00 PM | | | | | | 2:45 -3:45 |
| 3:30 PM | | | | | - | |
| 4:00 PM | Open Basketball | | | | _ | Open Family Swim 4:00-5:15 |
| 4:30 pm | 2:30-5:30 | | | | | |
| 5:00 pm | | | | | - | |
| 5:30 pm | | | | | | |

POOL

Lane Swim

8:00-9:15

Swim Lessons

Whirlpool and Sauna Closed

9:30-1:00

Open Family Swim 1:15 -2:15

Lane/Open Swim

Livewell Registered Programs

Open Courts 8:00-4:00

| | | | | | | 9 | |
|------------------------|--|------------------|----------------------|----------------|--------------------------|----------|---------------------|
| | | 9:30 AM | 9:00 - 9:45 | | 9:15 - | -10:15 | |
| Open Swim | | 10:00 AM | Karate FUND 6-12 YRS | | | y Nation | |
| Lane Swim | | 10:30 AM | 10:00 - 10:45 | | 10:30 | -11:15 | |
| 7:00-9:15 | | 11:00 AM | Teen Karate 1-16 YRS | | | | |
| | | 11:30 AM | 11:00-11:45 | | | | |
| | | 12:00 PM | | | | | |
| | | 12:30 PM | | | | | |
| | | 1:00 PM | Open Basketball | | | | |
| | | 1:30 PM | 12:00-3:30 | | | | |
| | | 2:00 PM | | | | | |
| m | | 2:30 PM | | | | | |
| | | 3:00 PM | | | | | |
| | | 3:30 PM | | | | | |
| | | 4:00 PM | | | | | |
| | | | | | | | |
| | | | | | | | |
| ed second Tuesday of | | | | | | | |
| | | | | | | | |
| 0 minutes post closing | | Regist | ered Programs | Open Gym/ Open | Swim | Drop In | Recreational Sports |
| Drop Ir | | In Group Fitness | Community Rentals | | Drop In Livewell Program | | |
| | | | | - | | | |
| | | | | | | | |

8:00 AM

9:00 AM

Karate FUND 6-12 YRS

| SWIM ADMISSIONS CRITERIA | | FACILITY HOURS |
|--|-------------------------------|--|
| | | Mon - Fri: |
| Children ages 0 – 6: | 6:00am - | - 9:30pm - POOL opens at 7:30 am |
| 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. | | Saturday: |
| Children ages 7 – 9: | | 8:00am - 5:30pm |
| 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 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. | from the pool deck. If they | Sunday: 8:00am - 4:00pm |
| Youth and adults 10 years and over: | Sauna & whirlpool closed duri | ng Swim Lessons Whirlpool closed second Tuesday of |
| Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities. | each month for cleaning. | |
| What is the Facility Swim Test? | Pool closes 15 minutes before | facility closure. Members have 10 minutes post closing |
| To enter deep water and/or swim independently, swimmers must: | time, to gather belongings. | |
| Show comfort in the water and | | |

[•] Swim one (1) length of continuous front crawl from shallow to deep end in the Lap pool

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.