

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 5:30am-4:15pm													
5:30AM														
6:00 AM														
6:30 AM								Gravity- MPR 6:00-6:30am* *coming November 2026	Lane Swim 5:30-9:00am					
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														Balance + Studio B 10:15-11:00am
10:30 AM														
11:00 AM								Yoga- Studio A 10:30-11:30am						
11:30 AM														
12:00 PM					Closed for Cleaning 12:00-1:00pm			Cyclefit - Studio C 12:00-12:30pm		Lane/Open Swim 10:15am-3:45pm	Splasher Bubblers 12:00-12:30pm			
12:30 PM														
1:00 PM					Drop In Basketball 1:00- 4:15pm							Open Swim 12:45-3:45pm		
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)						Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm					
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 November 2026							
5:30 PM	Drop In Basketball 6:45-10:45pm											Strength & Conditioning Studio B- 5:45-6:30	Gravity- MPR 6:00-6:30* *coming November 2026	
6:00 PM														
6:30 PM					ViPR- Studio B 6:45-7:30pm	Gravity- MPR 6:45-7:15pm* *coming November 2026								
7:00 PM														
7:30 PM					Yoga- Studio A 6:45-7:45pm									
8:00 PM					Laurier Programming 7:00-10:45pm								Lane Swim/ Open Swim 7:45-10:30pm	Open Swim 7:45-9:00pm
8:30 PM														
9:00 PM														
9:30 PM							Laurier Cheerleading - Studio B 9:45-10:45pm							
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.

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

WEDNESDAY										
	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 5:30-8:15am									
5:30 AM										
6:00 AM										
6:30 AM						Gravity- MPR 6:00-6:30am*	Lane Swim 5:30-9:00am			
7:00 AM						*coming November 2026				
7:30 AM			Drop In Basketball 7:00-8:15am	Open Gym 7:00-8:15am						
8:00 AM						HIIT- Studio B 8:15-9:00am				
8:30 AM	Laurier Faculty of Education 8:30-11:30am									
9:00 AM					Pilates-Studio B 9:30-10:15am		AquaFit 9:15-10:00am	Open Swim 9:00am-3:45pm		
9:30 AM			Drop in Pickleball 9:00-11:45am			Gentlefit- Studio B 10:15-11:00am				
10:00 AM						Yoga- Studio A 10:30-11:30am				
10:30 AM										
11:00 AM										
11:30 AM	Open Gym 11:45am-4:15pm									
12:00 PM			CLOSED for Cleaning 12:00-1:00pm						Lane/Open Swim 10:15am-3:45pm	
12:30 PM										
1:00 PM			Laurier Faculty of Education 1:00-4:00pm				VIPR - Studio B 12:00-12:30pm			
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
	Sports Adventure 4:30-5:15pm (3-5yrs)	Sports Adventure 4:30-5:30pm (6-9yrs)	Drop In Soccer 4:30-6:45pm	Youth Fusion- Gym B 4:00-6:00	Youth Strength & Conditioning JR. 4:30-5:15pm - Studio A (10-12)	Strength & Conditioning- Studio B 5:15-6:00				
4:30 PM										
5:00 PM	Pickleball 5:45-6:45pm (10-14yrs)						Youth Strength & Conditioning 5:30- 6:15pm - Studio A (13-15)	Gravity- MPR 5:15-5:45pm*	Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm
5:30 PM								*coming November 2026		
6:00 PM					Artventures 5:30-6:30pm (6-9yrs)	Yoga- Studio A 6:30-7:30pm	Gravity- MPR 6:00-6:30pm*			
6:30 PM							*coming November 2026			
7:00 PM	Drop in Volleyball 7:00-10:30pm		Laurier Programming 7:00-10:45pm							
7:30 PM										
8:00 PM										
8:30 PM								AquaFit 7:45-8:30pm	Open Swim 7:45-9:00pm	
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										Lane / Open Swim 8:45-10:30pm
11:00 PM										

School Swims:

On the following dates, we will have school groups joining us for an open swim

October 28 & 29

November 26 & 27

December 16& 17

The pool deck will remain open, but will be busier than normal. Thank you for your understanding

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 5:30-8:15am							Lane Swim 5:30-9:00am		
5:30 AM										
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM	Laurier Faculty of Education 8:30-11:30am					CoreFit- Studio B- 8:15-9:00am		Lane Swim 5:30-9:00am		
9:00 AM										
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM	Drop in Volleyball 11:45am-1:45pm							Lane Swim 5:30-9:00am		
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Open Gym 2:00-3:45pm							Lane Swim 5:30-9:00am		
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM	Open Gym 6:45-10:45pm							Lane Swim 5:30-9:00am		
7:30 PM										
8:00 PM										
8:30 PM										
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 5:30-10:00am										
5:30 AM											
6:00 AM							Gravity- MPR 6:00-6:30am* *coming November 2026	Lane Swim 5:30-9:00am			
6:30 AM											
7:00 AM											
7:30 AM							Cyclefit- Studio C 8:15-9:00am				
8:00 AM											
8:30 AM											
9:00 AM			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	Walkfit 10:15-11:15am			Yoga- Studio A 10:30-11:30am							
11:00 AM	Open Gym 11:30am-5:45pm		Closed for Cleaning 12:00- 1:00pm			ViPR- Studio B 12:00-12:30		Lane Swim/ Open Swim 10:15am-3:45pm			
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	Youth Drop In Night 6:00-8:00pm (10-16yrs)	Drop In Badminton 4:30-9:45pm			Youth Leadership Development (Meeting Room) 6:00-7:00pm			Swim Lessons 4:00-8:00pm	Swim Lessons 4:00-6:00pm		
6:30 PM											
7:00 PM	Youth Leadership Development 7:00-8:00pm										
7:30 PM											
8:00 PM										Tri-Swim Program 6:30-7:15pm	Open Swim 6:30-9:30pm
8:30 PM	Drop In Basketball 8:15-10:45pm									Open Swim/ 7:30-9:30pm	
9:00 PM											
9:30 PM											
10:00 PM											

The Double Gym will be closed on Friday November 13, 2026 for our Laurier Extramural Dodgeball Tournament

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					Lane Swim 7:00-8:45am	
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	Family Open Gym 9:00-9:45am		Drop In Pickleball 9:00-10:00am			Strength & Conditioning- Studio B- 9:00-9:45am	Gravity- MPR 8:30-9:00am* *coming November 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 - Gym A 10:00-10:45am- (3-5yrs)	Drop In Pickleball Gym B 10:00am-12:00pm		Yoga- Studio A 10:00-11:00am			
10:30 AM	Karate Fundamentals- (6-12yrs) 11:00-11:45am		Y Kids Drop In- Gym A 11:00am-12:00pm (6-9yrs)						
11:00 AM									
11:30 AM	Karate- Advanced- (6-12yrs) 12:00-12:45pm		Laurier Cricket 12:15-1:45pm					Lane Swim/ Open Swim 1:15-7:30pm	Open Swim 1:15-7:00pm
12:00 PM									
12:30 PM	Birthday Parties 1:15-3:00pm		Drop in Badminton (Gym A) 2:00-4:30pm		Birthday Parties 1:00-3:00pm				
1:00 PM									
1:30 PM	Open Gym 3:15-7:45pm		Drop in Basketball (Gym B) 2:00-4:30pm						
2:00 PM									
2:30 PM			Drop in Soccer 4:45-5:45pm					Lane Swim/ Open Swim 1:15-7:30pm	Open Swim 1:15-7:00pm
3:00 PM									
3:30 PM			Drop In Basketball 6:00-7:45pm						
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									

The Double Gym will be closed on Sunday November 22, 2026 for a private rental

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			Private/ Teen Swim Lessons 10:00am-12:15pm	
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			Open Swim 9:00am-5:00pm		
10:30 AM						Yoga- Studio A 9:30-10:30am					
11:00 AM	Adult Karate (13+) 11:00-11:45am		Basketball Skills & Drills 11:00am- 12:00pm (10-12yrs)	Drop In Pickleball 11:00am-12:00pm (Gym B)							
11:30 AM											
12:00 PM	Open Gym 12:00-1:00pm		Family Pickleball 12:00-1:00pm (Gym B)				Gravity- MPR 12:00pm-12:30pm* *coming November 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											