

MONDAY								
	SINGLE GYM	DOUBLE GYM (A, B)	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM	Open Gym 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am	Day Camp- Extended Care 6:45am-9:00am		Lane Swim 6:00am-9:00am			
7:30 AM						HIIT- Harmony Square 7:15am-8:00am *starts July 7		
8:00 AM								
8:30 AM								
9:00 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm		Aquafit 9:15-10:00	Open Swim 9:00am-11:45am		
9:30 AM					Balance+ Studio B 10:15am-11:00am			
10:00 AM						Yoga- Studio A 10:30-11:30	Lane Swim/ Open Swim 10:15-12:45	
10:30 AM							Swim Lessons 10:30am-12:15pm	Swim Lessons 10:30am-12:30pm
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym 12:15pm-2:00pm							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Day Camp 2:15pm-4:00pm							
3:30 PM					Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45		
4:00 PM	Soccer (3-5) - Single Gym A 4:30pm-5:15pm	Day Camp- Extended Care 4:00pm-6:30pm			Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
4:30 PM	Volleyball (10-12) - Single Gym B 4:30-5:15pm							
5:00 PM								
5:30 PM	Volleyball (6-9) - Single Gym A 5:30pm-6:30pm			Strength & Conditioning Studio B- 5:45-6:30				
6:00 PM	Basketball Lvl 2 (10-12) - Single Gym B 5:45pm-6:45pm							
6:30 PM				ViPR- Studio B 6:45pm-7:30pm				
7:00 PM	Teen Pickup Basketball 7:00pm-9:30pm	Drop in Badminton 6:45pm-8:00pm						
7:30 PM				Yoga- Studio A 6:45pm-7:45pm				
8:00 PM								
8:30 PM			Drop in Basketball 8:15pm-9:45pm			Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm	
9:00 PM								
9:30 PM								
10:00 PM								

TUESDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM							
6:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00am-9:00am		
7:00 AM							
7:30 AM							
8:00 AM							Musclefit- Studio B 8:15am-9:00am
8:30 AM							
9:00 AM	Day Camp- 9:00-10:00				Hydrotherapy 9:15am-10:00am	Open Swim 9:00-10:15	
9:30 AM			Summer Fun 101 (4-12yrs) 9:00am-12:00pm				
10:00 AM	Summer Fun 101 (4-12yrs) 9:00am-12:00pm	Drop In Pickleball 9:30am-11:30am		Healthy Hearts - Studio B/Mezz 9:00am-10:30am			
10:30 AM						Adult Learn to Swim 10:30am-11:15am Adult Learn to Swim 11:15am-12:00pm	Day Camp Swim 10:30-11:30
11:00 AM	Open Gym 11:15pm-12:45pm	Day Camp- 11:45-1:15	Day Camp 1:00-3:00	Yoga- Studio A 10:30am-11:30am	Day Camp Swim 10:30-11:30		
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM				Healthy Hearts- Studio A 12:30-2:00	Lane Swim/ Open Swim 11:30am-1:45pm	Open Swim 11:45am-1:45pm	
1:30 PM	Day Camp 1:00-3:45	Open Gym 1:30-2:45			Day Camp Swim 2:00-3:00pm	Day Camp Swim 2:00-3:00pm	
2:00 PM							
2:30 PM							
3:00 PM		Day Camp 3:00-4:00		Y.E.S Program - Meeting Room 3:00-4:00	Lane/ Open Swim 3:15-3:45	Open Swim 3:15-3:45	
3:30 PM							
4:00 PM							
4:30 PM	Y.E.S Program (Rental) 4:00-5:45	Day Camp- Extended Care 4:00pm-6:30pm			Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM				Zumba- Studio A 5:15-6:00			
5:30 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm			Yoga- Harmony Square 6:15-7:00			
6:00 PM							
6:30 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm						
7:00 PM							
7:30 PM		Drop in Volleyball 7:30pm-9:45pm			Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm	
8:00 PM							
8:30 PM	Open Gym 8:00pm-9:45pm						
9:00 PM							
9:30 PM							
10:00 PM							

WEDNESDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTHZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00am-9:00am	
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-1:00pm	Day Camp 9:30am-2:00pm	Bodyfit- Harmony Square 7:15am-8:00am	Swim Lesson Express 10:30am- 12:15pm	Open Swim 9:00am-12:45pm
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	Open Gym 12:15pm-2:00pm	Drop in Badminton Gym B- 1:15pm-3:45pm Drop in Basketball Gym A- 1:15pm-3:45pm		Pilates-Studio A 9:30am-10:15am	Lane Swim/ Open Swim 10:15-12:45	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Day Camp 2:15pm-4:15pm			Yoga - Studio A 10:30am-11:30am	Day Camp Swim 1:00pm-2:45pm	Day Camp Swim 1:00pm-2:45pm
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Basketball (3-5) - Single Gym A 4:30pm-5:15pm Basketball Lvl2 (6-9) - Single Gym B 4:30pm-5:30pm	Day Camp- Extended Care 4:00pm- 6:30pm Gym A- 5:00-6:00		ViPR - Studio B 5:30pm-6:15pm	Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Soccer Lvl 2 (10-12) - Single Gym A 5:30pm-6:30pm Soccer Lvl 2 (6-9) - Single Gym B 5:45pm-6:45pm	NXT Drop In- Gym B 5:00-6:00		Yoga - Studio A 6:30pm-7:30pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM	Drop in Volleyball 8:00pm-9:45pm	Pickup Soccer (15+) - Gym A 6:15pm-9:00pm Pickup Soccer (10-14) - Gym B 6:15pm-9:00pm			Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm
9:00 PM						
9:30 PM						
10:00 PM						
10:00 PM						

THURSDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTHZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00-9:00	
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Day Camp- 9:00-10:00		Summer Fun 101 (4-6, 7-12) 9:00am-12:00pm		Hydrotherapy 9:15am- 10:00am	Open Swim 9:00-10:15
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	Summer Fun 101 (4-6, 7-12) 9:00am-12:00pm	Drop In Pickleball 9:30am-11:30am		Healthy Hearts/Mezz - Studio B 9:00am-10:30am	Day Camp Swim- 10:30-11:30	Day Camp Swim- 10:30-11:30
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 12:15pm-12:45pm	Day Camp- 11:45am-4:00pm	Day Camp 1:00-3:00	Yoga - Studio A 10:30am-11:30am	Lane Swim/ Open Swim 11:45-1:45	Open Swim 11:45-1:45
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Gym 3:00pm-4:15pm			Healthy Hearts- Studio B 12:30-2:00	Day Camp Swim 2:00-3:00	Day Camp Swim 2:00-3:00
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Soccer Lvl 1 (6-9) - 4:30pm-5:30pm Soccer Lvl 1 (10-12) - 5:45pm- 6:45pm	Day Camp- Extended Care 4:00pm-6:30pm	Discovery Den (6-9) 5:30pm- 6:30pm	Strength & Conditioning - Studio B 5:15pm-6:00pm	Lane/ Open Swim 3:15-3:45	Open Swim 3:15-3:45
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM	Open Gym 5:45pm-9:45pm	Pickup Basketball (16+) - Gym A 6:45pm-9:45pm Drop in Volleyball - Gym B 6:45pm-9:45pm		Yoga Fundamentals - Studio A 6:15pm-7:15pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
9:00 PM						
9:30 PM						
10:00 PM						
10:00 PM						

FRIDAY						
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00-9:00	
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
7:30 AM				Cardiofit- Harmony Square 7:15am-8:00am (starts July 10)		
8:00 AM				Beginner Cyclefit- Studio C 8:15am-9:00am		
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm		Aquafit 9:15-10:00	Open Swim 9:00-12:45
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
10:30 AM				Pilates - Studio A 9:30am- 10:15am		
11:00 AM				Yoga - Studio A 10:30am- 11:30am		
11:30 AM					Lane Swim/ Open Swim 10:15-12:45	
12:00 PM						
12:30 PM	Open Gym 12:15pm-2:00pm					
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:00 PM	Day Camp 2:15pm-4:15pm					
3:30 PM						
3:30 PM					Open Swim 3:15-8:00	
4:00 PM						
4:30 PM						
4:30 PM		Day Camp- Extended Care 4:00pm-6:30pm			Swimming Lessons 4:00pm- 6:15pm	
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM					Adult- Learn to Swim 6:30pm- 7:15pm	Open Swim 3:15-9:30
7:00 PM	Open Gym 4:30-9:45				Adult- Learn to Swim 6:30pm- 7:15pm	
7:30 PM						
8:00 PM						
8:30 PM		Drop In Badminton 6:45-9:45			Open Swim/ Lane Swim 8:00pm-9:30pm	
9:00 PM						
9:30 PM						
10:00PM						

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

SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00				Lane Swim / Privates 8:00-10:15	
8:30 AM						
9:00 AM						
9:30 AM		Drop In Pickleball 9:00-11:30		Cyclefit - Studio C 9:00am-9:45am		
10:00 AM	Karate Fundamentals 6-12yrs 10:00am-10:45am Adult Karate (13+) 11:00am-11:45am			Yoga - Studio A 10:00am-11:00am	Private Swim Lessons 10:00-12:15	
10:30 AM					Swim Lessons 10:00am-12:00pm	
11:00 AM					Teen Lessons 12:20pm-1:05pm	
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM	Open Gym 12:00-12:45pm					
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00	Learn to Play Volleyball 1:00pm-2:00pm	Birthday Parties 1:00-3:00			
1:30 PM						
2:00 PM						
2:30 PM		Drop in Volleyball - Gym A 2:30pm-5:30pm			Lane Swim/ Open Swim 10:15am-5:30pm	
3:00 PM						
3:30 PM						
4:00 PM	Open Gym 3:15-5:30pm	Youth Drop in Volleyball (10-15yrs) - Gym B 2:30pm-5:30pm				
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

During Day Camp swim and Swimming Lessons on Monday and Wednesday mornings-- Sauna and whirlpool will be open Beginning August 1st, 2026 Laurier Athletics Dance Team will be using Studio B from 6:30pm-8:30pm for Drop In events.
Annual Pool Shutdown: Pool Deck including hot tub & sauna closed from 1:15pm on Saturday August 29 reopening Tuesday September 8, 2026 at 6:00am

FACILITY HOURS

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

Fri: 5:30 am - 10:00pm

Sat: 8:00 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.
Annual Pool Shutdown August 29th 2026 to September 8th 2026

SWIM ADMISSION CRITERIA (effective April 7, 2025)

Children ages 5 years and under:

An adult parent or guardian (16 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 6 – 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.

Youth under 10 years, unable to pass the swim test:

If not able to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 yrs) in the water within arms reach at all times. Ratio 3 children: 1 adult; or 1 adult: 6 children with lifejackets

Ages 10-15yrs

must pass a swim test to access deep water. If the test is not passed, must stay within shallow water

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.