



Skine On LAURIER Lives. Laurier Brantford YMCA - Schedule at a Glance April 28, 2025 to June 29, 2025 updated April 23, 2025

			MONDAY			
	SINGLE GYM	DOUBLEGYM	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM					Lane Swim	
7:00 AM				CardioFit-Studio B	6:00am-9:00am	
7:30 AM				8:15am-9:00am	0.000111 3.000111	
8:00 AM						
8:30 AM						
9:00 AM				Balance + Studio B	Aquafit	
9:30 AM				10:15am-11:00am	9:15-10:00	Our era Grafina
10:00 AM		Drop In Pickleball		Yoga-Studio A	9.13-10.00	Open Swim 9:00am-11:45am
10:30 AM		9:15am-11:45am		10:30-11:30		
11:00 AM	Open Gym 6:00am-4:15pm					
11:30 AM	6:00am-4:15pm				Lane Swim 10:15am-3:30pm	
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit - Studio C		Splasher Bubblers 12:00pr
12:30 PM		Closed for Cleaning 12:00-1:00		12:15pm-1:00pm		12:30pm
1:00 PM						
1:30 PM						
2:00 PM						Open Swim
2:30 PM		Drop In Badminton				12:45pm-3:30pm
3:00 PM		1:00pm-4:45pm				
3:30 PM				Dance- 6-12yrs- Studio B		
4:00 PM				4:30pm-5:15pm		
4:30 PM	Basketball Level 1-3-5yrs		Artventures-6-12yrs	Dance 3-5yrs- Studio B		
5:00 PM	4:30-pm-5:15pm ´		4:30pm-5:30pm	5:30pm-6:15pm		
5:30 PM	Basketball Level 1-6-12yrs		Artventures- 3-5yrs	Strength & Conditioning		Swim Lessons
6:00 PM	5:30pm-6:30pm	Drop In Volleyball	5:45pm-6:30pm	Studio A- 5:45-6:30		4:00pm-7:30pm
6:30 PM	Basketball Level 2-6-12yrs	5:00-7:30		ViPR-Studio B		
7:00 PM	6:45pm-7:45pm			6:45pm-7:30pm		
7:30 PM				Yoga-Studio A		
8:00 PM				6:45-7:45		
8:30 PM	Drop In Basketball	Cricket Club			Lane Swim/Open Swim	Open Swim
9:00 PM	8:00pm-9:45	7:45pm-9:45pm (LSO)			7:45pm-9:30pm	7:45pm-9:00pm
9:30 PM						
10:00 PM						

Monday April 21, 2025- Building Closed for Staff Recharge your Spark Day						
			TUESDAY			
	SINGLE GYM	DOUBLEGYM	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM					Lane Swim 6:00am-9:00am	
7:00 AM						
7:30 AM	Open Gym	Drop In Basketball				
8:00 AM	5:30pm -10:45am	7:00am-8:45am		Musclefit-Studio B		
8:30 AM				8:15am-9:00am		
9:00 AM					Hydrotherapy	
9:30 AM					9:15am-10:00am	Open Swim
10:00 AM		Drop InPickleball				9:00-11:45
10:30 AM		9:00am-11:45am				
11:00 AM					Lane Swim 10:15am-3:30pm	
11:30 AM	Door to Well or healt					
12:00 PM	Drop in Volleyball 11:00am-1:00pm	Closed for Cleaning 12:00-1:00				Splasher Bubblers
12:30 PM	. 11.00am-1.00pm	Closed for Cleaning 12:00-1:00		Hadda Haras God's D		12:00-12:30
1:00 PM				Healthy Hearts-Studio B 12:30-2:00		
1:30 PM		Rental		12.50-2.00		
2:00 PM	Open Gym	1:00pm-3:00pm				Open Swim
2:30 PM	1:15pm-3:45pm					12:45-3:30
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Yes+ Program					
5:00 PM	4:00-5:00			Zumba-Studio A 5:15-6:00	Swim Lessons	Swim Lessons
5:30 PM	V 5 d	Drop In Pickleball	D D. 11 2. 5		4:00-7:30	4:00-7:30
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm	4:00-8:00pm	Brain Builders- 3-5yrs 6:00-6:45	Yoga-Studio A 6:15-7:00		
6:30 PM 7:00 PM			0.00 0.15	Back to Living Well-Studio B &		
7:00 PW	Karate Fundamentals 6-12yrs			Fitness Floor/Mtg Room		
7:30 PM	7:00pm-7:45pm			6:00pm-7:30pm		
8:00 PM					Lane Swim/ Open Swim	
8:30 PM		Drop In Basketball				Open Swim
9:00 PM	Open Gym	8:15-9:45			7:45-9:30	7:45-9:00
	8:00pm-945pm					
9:30 PM						
10:00 PM						



	WEDNESDAY					
	SINGLEGYM	DOUBLE GYM	CHILD&YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim	
7:30 AM		Drop In Basketball			6:00-9:00	
8:00 AM		7:00am-8:45am		HIIT- Studio B		
8:30 AM		71000111 01 150111		8:15am-9:00am		
9:00 AM					A Ct	
		_		Pilates-Studio B 9:30-10:15	Aquafit 9:15-10:00	
9:30 AM				9.30-10.13	9.13-10.00	
10:00 AM		Drop In Pickleball				
10:30 AM		9:00am-11:45pm				
11:00 AM	Open Gym					
11:30 AM	6:00am-4:15pm					Open Swim
12:00 PM		Closed for Cleaning		Cyclefit - Studio C		9:00-3:30
12:30 PM		12:00pm-1:00pm		12:15pm-1:00pm	Lane Swim	
1:00 PM					10:15-3:30	
1:30 PM						
		Drop In Basketball				
2:00 PM		1:15-3:45				
2:30 PM		_				
3:00 PM						
3:30 PM		Laurier International - Gym A				
4:00 PM		4:00pm-6:00pm				
4:30 PM	Soccer Level 1-3-5yrs		Brain Builders- 6-12yrs	Cardio Kickbox-Studio B		
5:00 PM	4:30pm-5:15pm		4:30pm-5:30pm	5:15pm-6:00pm	Swim Lessons	Swim Lessons
5:30 PM	Soccer Level 1-6-12yrs	-	Brain Builders- 3-5yrs	Core Express- Studio B	4:00-7:30	4:00-7:30
6:00 PM	5:30pm-6:30pm		5:45pm-6:30pm	6:00pm-6:30pm		
	эвери свери	Drop In Badminton-Gym B	31.35111.0305111	окории окории		
6:30 PM	Soccer Level 2-6-12yrs	4:00-8:00				
7:00 PM	6:45pm-7:45pm	_				
7:30 PM						
8:00 PM						
8:30 PM					Lane Swim/Open Swim	Open Swim
	Open Volleyball				7:45-9:30	7:45-9:00
9:00 PM	8:00-9:45					
9:30 PM						
10:00 PM						
			THURSDA	Υ		
	SINGLEGYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim	
7:30 AM		Drop In Basketball			6:00-9:00	
8:00 AM		Diopilibasketbali				
		7:00am-8:45am				
8:30 AM		7:00am-8:45am		Care & Canditioning - Studio R		
	Open Gym	7:00am-8:45am		Core & Conditioning-Studio B		
9:00 AM	Open Gym 6:00-11:45am	7:00am-8:45am		Core & Conditioning-Studio B 8:15am-9:00am	Hydrotherapy	
9:30 AM					Hydrotherapy 9:15am-10:00am	
9:30 AM 10:00 AM		Drop In Pickleball		8:15am-9:00am	Hydrotherapy 9:15am-10:00am	
9:30 AM 10:00 AM 10:30 AM				8:15am-9:00am Yoga-Studio A	Hydrotherapy 9:15am-10:00am	
9:30 AM 10:00 AM 10:30 AM 11:00 AM		Drop In Pickleball		8:15am-9:00am	Hydrotherapy 9:15am-10:00am	04.5
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM		Drop In Pickleball 9:00-11:30		8:15am-9:00am Yoga-Studio A	Hydrotherapy 9:15am-10:00am	Open Swim
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM		Drop In Pickleball		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	Hydrotherapy 9:15am-10:00am	Open Swim 9:00am- 3:30pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM	6:00-11:45am	Drop In Pickleball 9:00-11:30		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	Hydrotherapy 9:15am-10:00am	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	6:00-11:45am Central School Program	Drop In Pickleball 9:00-11:30		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM	6:00-11:45am	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM	6:00-11:45am Central School Program 12:00-2:00	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM	6:00-11:45am Central School Program 12:00-2:00 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM	6:00-11:45am Central School Program 12:00-2:00	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 1:30 PM 1:30 PM 2:00 PM 2:30 PM	6:00-11:45am Central School Program 12:00-2:00 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM	6:00-11:45am Central School Program 12:00-2:00 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00		8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:30 PM 3:30 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00	Explorers- 3-5vrs	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 2:30 PM 3:30 PM 3:00 PM 4:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion-	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B	9:15am-10:00am Lane Swim	
9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:30 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 2:30 PM 3:00 PM 3:00 PM 4:00 PM 4:30 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00	9:15am-10:00am Lane Swim 10:15am-3:30pm	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM 5:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion-	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers-3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 4:30 PM 5:30 PM 6:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B	9:15am-10:00am Lane Swim 10:15am-3:30pm	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM 2:30 PM 2:30 PM 3:30 PM 4:40 PM 4:30 PM 4:30 PM 5:30 PM 6:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals- Studio A 6:30-7:30pm	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 2:30 PM 2:30 PM 3:30 PM 4:30 PM 4:30 PM 4:30 PM 5:30 PM 6:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts- Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals - Studio A 6:30-7:30pm Back to Living Well- Fitness Floor/	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM 6:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs 5:30-6:30	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals- Studio A 6:30-7:30pm	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons	9:00am-3:30pm
9:30 AM 10:00 AM 11:30 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 5:30 PM 5:30 PM 7:30 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs 5:30-6:30 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals - Studio A 6:30-7:30pm Back to Living Well-Fitness Floor/ Studio B/Mtg Room	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:00 PM 4:00 PM 4:30 PM 5:00 PM 5:30 PM 6:00 PM 7:00 PM 7:30 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs 5:30-6:30	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals - Studio A 6:30-7:30pm Back to Living Well-Fitness Floor/ Studio B/Mtg Room	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	9:00am-3:30pm Swim Lessons 4:00-7:30
9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:00 PM 2:30 PM 3:00 PM 3:00 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs 5:30-6:30 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers-3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals - Studio A 6:30-7:30pm Back to Living Well-Fitness Floor/ Studio B/Mtg Room	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	9:00am-3:30pm
9:30 AM 10:00 AM 10:30 AM 11:30 AM 11:30 AM 11:30 PM 12:30 PM 12:30 PM 2:30 PM 2:30 PM 3:30 PM 3:30 PM 4:00 PM 4:30 PM 5:30 PM 5:30 PM 7:00 PM 7:30 PM 7:30 PM 8:30 PM	Central School Program 12:00-2:00 Open Gym 2:15-3:45 Youth Fusion- 4:00-5:00 Basketball Level 3-6-12yrs 5:30-6:30 Open Gym	Drop In Pickleball 9:00-11:30 Closed for Cleaning 12:00-1:00 Rental 1:00pm-3:00pm	Explorers- 3-5yrs 4:30pm-5:15pm	8:15am-9:00am Yoga-Studio A 11:30am-12:30pm Healthy Hearts-Studio B 12:30-2:00 Circuit- Studio B 5:15-6:00 Yoga Fundamentals - Studio A 6:30-7:30pm Back to Living Well-Fitness Floor/ Studio B/Mtg Room	9:15am-10:00am Lane Swim 10:15am-3:30pm Swim Lessons 4:00-7:30	9:00am-3:30pm Swim Lessons 4:00-7:30 Lane Swim/Open Swim



			FRIDAY			
	SINGLE GYM	DOUBLE GYM	CHILD&YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM					Lane Swim 6:00-9:00	
7:30 AM					6:00-9:00	
8:00 AM	Open Gym 6:00-10:00					
8:30 AM	0.00-10.00					
9:00 AM				Pilates- Studio B	Aquafit	
9:30 AM				9:30-10:15	9:15-10:00	
10:00 AM		Drop In Pickleball				
10:30 AM	Walkfit	9:00-11:30				
11:00 AM	10:15-11:15				Lane Swim	
11:30 AM					10:15am-12:30pm	
12:00 PM		Closed for Cleaning				
12:30 PM		12:00pm-1:00pm				
1:00 PM						
1:30 PM					Lane Swim/ Open Swim	
2:00 PM	Open Gym 11:30-5:45	Open Gym Drop In Volleyball			12:30pm-8:00pm	Open Swim
2:30 PM		1:15pm-4:15pm				9:00am-8:30pm
3:00 PM						
3:30 PM						
4:00 PM 4:30 PM					Adult-Learn to Swim 4:00-4:45	
5:00 PM	-				H2O Beginner-4:45-5:30	
5:30 PM					H2O Intermediate- 5:30-6:15	
6:00 PM		Drop In Badminton			Adult-Learn to Swim 6:30-7:15	
6:30 PM	Youth Leadership Development - 10-18yrs	4:30pm-8:45pm	Vouth Landarship Douglassesset		Adult Intermediate/Advanced	
7:00 PM			Youth Leadership Development 6:00-8:00		7:15-8:00	
7:30 PM	6:00-8:00		0.00 0.00		Open Swim/Lane Swim	
8:00 PM					8:00pm-8:30pm	
8:30 PM	Open Gym					
9:00 PM	8:15-8:45					

			SATURDAY				
	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAPPOOL	LEISURE POOL	
8:00 AM					Lane Swim		
8:30 AM					8:00-8:45		
9:00 AM	Family Open Gym			Strength & Conditioning-			
9:30 AM	9:00am-9:45am	Drop In Pickleball	YMCA STEAM 6-12yrs	Studio B- 9:00-9:45			
10:00 AM	Karate Fundamentals-6-12yrs		9:45am-10:45am	Yoga-Studio A		Swim Lessons 8:45-1:00	
10:30 AM	10:00am-10:45am			10:00am-11:00am	Swim Lessons 8:45-1:00		
11:00 AM	Karate Fundamentals-6-12yrs	te Fundamentals- 6-12yrs	YMCA STEAM- 3-5yrs				
11:30 AM	11:00am-11:45am	11:00am-11:45am					
12:00 PM	Karate-Advanced-6-12yrs	Family Pickleball 11:30-12:30					
12:30 PM	12:00-12:45pm	11.50 12.50					
1:00 PM							
1:30 PM	Birthday Parties	Drop In Badminton-Gym A	Birthday Parties				
2:00 PM	1:00-3:00	1:00-3:30pm	1:00-3:00				
2:30 PM		Drop In Basketball-Gym B			Lane Swim./ Open Swim		
3:00 PM		1:00-3:30pm					
3:30 PM						0.6.	
4:00 PM						Open Swim	
4:30 PM 5:00 PM	0	Open Soccer	Open Soccer 3:45pm-5:45pm			1:15-7:30	1:15-7:00
5:00 PM 5:30 PM	Open Gym 3:15-7:45	элэрин элэрин					
6:00 PM	5.15 7.15						
6:30 PM		Drop In Basketball 6:00-7:45pm					
7:00 PM							
7:30 PM							
8:00 PM							

School Visits- Spring 2025

The pool will remain open during these times but will be busier than normal.

April 25, 29, 30- 12:00pm-1:15pm May 28, 29, 30- 12:00-1:15pm June 17, 20, 23- 12:00-1:15pm

Registered Programs

Drop In Group Fitness

Open Gym/ Open Swim

Drop In Recreational Sports



			SUNDAY			
	SINGLE GYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM					Lane Swim 8:00-8:45	
8:30 AM	Open Gym				Lane Swiff 6.00 6.15	
9:00 AM	8:00-10:00			Cyclefit- Studio A	Aquafit 9:15am-10:00am	
9:30 AM		Drop In Pickleball		9:00-9:45	Aquant 5.15am 10.00am	Open Swim
10:00 AM		9:00-11:30			Private Swim Lessons	
10:30 AM	Family Open Gym	2.00 11.50			10:00-12:15	
11:00 AM	10:00-12:00					
11:30 AM		Farrail - Dial Jahall				
12:00 PM	Open Gym 12:00-1:00	Family Pickleball 11:30-12:30				
12:30 PM		11.50-12.50				
1:00 PM						9:00am-4:00pm
1:30 PM	Birthday Parties	·s	Birthday Parties 1:00-3:00			
2:00 PM	1:00-3:00					
2:30 PM					Lane Swim/Open Swim	
3:00 PM		Drop In Volleyball			10:15am-5:30pm	
3:30 PM		1:00-5:30				
4:00 PM	Open Gym					
4:30 PM	3:15-5:45					
5:00 PM						
5:30 PM						
6:00 PM						

Registered Programs	Open Gym/ Open Swim	Drop In Recreational Sports
Drop In Group Fitness	Registered Aquatic Leadership Programs	Drop in necreational sports

FACILITY HOURS
Mon-Thurs: 5:30 am - 10:00pm
Fri: 5:30 am - 9:00pm
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.

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.