

MONDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
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Monday April 21, 2025- Building Closed for Staff Recharge your Spark Day

TUESDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
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WEDNESDAY

	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		Drop In Basketball 7:00am-8:45am				
8:00 AM				HITT- Studio B 8:15am-9:00am		
8:30 AM						
9:00 AM				Pilates-Studio B 9:30-10:15	AquaFit 9:15-10:00	
9:30 AM						
10:00 AM		Drop In Pickleball 9:00am-11:45pm				
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM		Closed for Cleaning 12:00pm-1:00pm		Cyclefit - Studio C 12:15pm-1:00pm		
1:00 PM						
1:30 PM						
2:00 PM		Drop In Basketball 1:15-3:45				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Laurier International- Gym A 4:00pm-6:00pm				
4:30 PM	Soccer Level 1- 3-5yrs 4:30pm-5:15pm		Brain Builders- 6-12yrs 4:30pm-5:30pm	Cardio Kickbox- Studio B 5:15pm-6:00pm		
5:00 PM						
5:30 PM	Soccer Level 1- 6-12yrs 5:30pm- 6:30pm		Brain Builders- 3-5yrs 5:45pm-6:30pm	Core Express- Studio B 6:00pm-6:30pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
6:00 PM						
6:30 PM	Soccer Level 2- 6-12yrs 6:45pm-7:45pm	Drop In Badminton- Gym B 4:00-8:00				
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM	Open Volleyball 8:00-9:45				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
9:30 PM						
10:00 PM						

THURSDAY

	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						
7:30 AM		Drop In Basketball 7:00am-8:45am			Lane Swim 6:00-9:00	
8:00 AM						
8:30 AM						
9:00 AM				Core & Conditioning- Studio B 8:15am-9:00am		
9:30 AM					Hydrotherapy 9:15am- 10:00am	
10:00 AM		Drop In Pickleball 9:00-11:30				
10:30 AM				Yoga- Studio A 11:30am-12:30pm		
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM		Closed for Cleaning 12:00-1:00				
1:00 PM	Central School Program 12:00-2:00			Healthy Hearts- Studio B 12:30-2:00		
1:30 PM						
2:00 PM		Rental 1:00pm-3:00pm				
2:30 PM	Open Gym 2:15-3:45					
3:00 PM						
3:30 PM						
4:00 PM	Youth Fusion- 4:00-5:00					
4:30 PM						
5:00 PM			Explorers- 3-5yrs 4:30pm-5:15pm	Circuit- Studio B 5:15-6:00		
5:30 PM	Basketball Level 3- 6-12yrs 5:30-6:30			Yoga Fundamentals - Studio A 6:30-7:30pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
6:00 PM		Drop In Pickleball 4:30pm-8:00pm				
6:30 PM				Back to Living Well- Fitness Floor/ Studio B/ Mtg Room 6:00-7:00		
7:00 PM						
7:30 PM						
8:00 PM	Open Gym 6:45pm-9:45pm					
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM					Lane Swim/ Open Swim 7:45-9:30	Lane Swim/ Open Swim 7:45-9:00

FRIDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
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SATURDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
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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

SUNDAY						
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00				Lane Swim 8:00-8:45	
8:30 AM						
9:00 AM		Drop In Pickleball 9:00-11:30		Cyclefit- Studio A 9:00-9:45	AquaFit 9:15am-10:00am	Open Swim 9:00am-4:00pm
9:30 AM						
10:00 AM	Family Open Gym 10:00-12:00				Private Swim Lessons 10:00-12:15	
10:30 AM						
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM	Open Gym 12:00-1:00					
12:30 PM						
1:00 PM			Birthday Parties 1:00-3:00	Birthday Parties 1:00-3:00		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Drop In Volleyball 1:00-5:30					
3:30 PM		Open Gym 3:15-5:45				
4:00 PM						
4:30 PM						
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	

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.