

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								Gravity- MPR 6:00-6:30am* *coming November 2026	Lane Swim 5:30-9:00am			
6:30 AM												
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					Closed for Cleaning 12:00-1:00pm					Lane/Open Swim 10:15am-3:45pm	Splasher Bubblers 12:00-12:30pm	
11:00 AM								Yoga- Studio A 10:30-11:30am				
11:30 AM												
12:00 PM								Cyclefit - Studio C 12:00-12:30pm				
12:30 PM					Drop In Basketball 1:00- 4:15pm							
1:00 PM												
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)											
5:00 PM	Soccer Skills & Drills 5:30-6:45pm (6-12yrs)		Drop In Badminton 4:30-6:45pm				Gravity- MPR 5:15-5:45pm* *coming November 2026	Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm			
5:30 PM	Drop In Basketball 6:45-10:45pm	Laurier Programming 7:00-10:45pm				Strength & Conditioning Studio B- 5:45-6:30	Gravity- MPR 6:00-6:30* *coming November 2026					
6:00 PM						ViPR- Studio B 6:45-7:30pm	Gravity- MPR 6:45-7:15pm* *coming November 2026					
6:30 PM												
7:00 PM												
7:30 PM						Yoga- Studio A 6:45-7:45pm						
8:00 PM												
8:30 PM						Laurier Dance - Studio B 7:45-9:45pm						
9:00 PM												
9:30 PM						Laurier Cheerleading - Studio B 9:45-10:45pm						
10:00 PM												
10:30 PM						Laurier Dance- Studio A 9:30-10:30pm						
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			Drop In Basketball 7:00-8:45am	Open Gym 7:00-8:45am				Lane Swim 5:30-9:00am			
7:30 AM											
8:00 AM						Musclefit- Studio B 8:15-9:00am					
8:30 AM											
9:00 AM		Drop In Pickleball 9:00-11:45am			Healthy Hearts- Studio B 9:00-10:30am		Hydrotherapy 9:15-10:00am	Open Swim 9:00am-3:45pm			
9:30 AM											
10:00 AM											
10:30 AM				Yoga- Studio A 10:30-11:30am		Adult- Lessons 10:30-11:00am					
11:00 AM	Drop in Volleyball 11:00am-1:00pm						Adult- Lessons 11:00-11:30am				
11:30 AM											
12:00 PM											
12:30 PM		CLOSED for Cleaning 12:00-1:00pm				Gravity- MPR 12:00-12:30pm* *coming November 2026					
1:00 PM	Open Gym 1:15-3:45pm	TEACH Rental 1:00-3:00pm			Healthy Hearts- Studio B 12:30-2:00pm		Lane /Open Swim 10:15am-3:45pm				
1:30 PM											
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											
5:00 PM	Y Kids Drop In 5:00-6:00pm					CardioFit - Studio B 5:00-5:45pm					
5:30 PM						ViPR : Sports Conditioning -Studio B 6:00- 6:45pm					
6:00 PM	Karate Fundamentals (6-12yrs) 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	Laurier Programming 7:00-10:45pm				Gravity- MPR 7:00-7:30pm* *coming November 2026	Adult Learn to Swim 7:30-8:00pm	Open Swim 7:45-9:00pm			
7:30 PM						Laurier Dance - Studio B 7:00- 9:30pm					
8:00 PM	Open Gym 8:00-10:45pm										
8:30 PM											
9:00 PM							Laurier Dance - Studio A 9:30- 10:30pm		Lane Swim/ Open Swim 7:45-10:30pm		
9:30 PM											
10:00 PM							Laurier Cheerleading - Studio B 10:00-10:45pm				
10:30 PM											
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* *coming November 2026	Lane Swim 5:30-9:00am		
7:00 AM											
7:30 AM				Drop In Basketball 7:00-8:15am	Open Gym 7:00-8:15am						
8:00 AM											
8:30 AM	Laurier Faculty of Education 8:30-11:30am					HIIT- Studio B 8:15-9:00am					
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							Lane/Open Swim 10:15am-3:45pm			
12:00 PM			CLOSED for Cleaning 12:00-1:00pm								
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											
4:30 PM	Sports Adventure 4:30-5:30pm (3-9)	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		Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm			
5:00 PM						Gravity- MPR 5:15-5:45pm* *coming November 2026					
5:30 PM	Pickleball 5:45-6:45pm (10-14yrs)					Gravity- MPR 6:00-6:30pm* *coming November 2026					
6:00 PM											
6:30 PM				Yoga- Studio A 6:30-7:30pm							
7:00 PM	Drop in Volleyball 7:00-10:30pm		Laurier Programming 7:00-10:45pm								
7:30 PM											
8:00 PM										AquaFit 7:45-8:30pm	Open Swim 7:45-9:00pm
8:30 PM											
9:00 PM											
9:30 PM											
10:00 PM											
10:30 PM											
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		Drop in Pickleball 9:00-11:45am			CoreFit- Studio B- 8:15-9:00am		Hydrotherapy 9:15- 10:00am	Open Swim 9:00am- 3:45pm	
9:00 AM						Cardio Kickbox- Studio B- 9:15-10:00am				
9:30 AM						Healthy Hearts 9:00-10:30am				
10:00 AM						Yoga- Studio A 10:30-11:30am				
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM	Drop in Volleyball 11:45am-1:45pm		Closed for Cleaning 12:00-1:00pm			HealthyHearts- Studio B 12:30-2:00pm	Gravity- MPR 12:00-12:30pm* *coming November 2026	Lane/Open Swim 10:15am-3:45pm		
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM	Open Gym 2:00-3:45pm		Laurier Faculty of Education 1:00-4:00pm							
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Basketball Skills & Drills 4:30-5:30pm (6-9yrs)		Drop In Pickleball 4:30-6:45pm		Discovery Den 4:30-5:15pm (3-5yrs)			Swim Lessons 4:00-7:30pm	Swim Lessons 4:00-7:30pm	
5:00 PM						Strength & Conditioning- Studio B 5:15-6:00pm				
5:30 PM	Basketball Skills & Drills 5:45-6:30pm(3-5yrs)				Discovery Den 5:30- 6:30pm (6-9)					Gravity- MPR 6:15-6:45pm* *coming November 2026
6:00 PM						Yoga- Studio A 6:15-7:15pm				
6:30 PM							Gravity- MPR 7:00-7:30pm* *coming November 2026			
7:00 PM	Open Gym 6:45-10:45pm		Laurier Programming 7:00-10:45pm			Laurier Dance - Studio B 7:30- 10:00pm				
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.

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	Walkfit 10:15-11:15am		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	Open Gym 11:30am-8:00pm					Yoga- Studio A 10:30-11:30am		Lane Swim/ Open Swim 10:15am-3:45pm	
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM			Closed for Cleaning 12:00- 1:00pm			ViPR- Studio B 12:00-12:30		Swim Lessons 4:00-8:00pm	
1:00 PM			Drop In Soccer 1:15-4:15pm						
1:30 PM									
2:00 PM						Laurier Dance - Studio B 12:45- 2:30pm			
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 Leadership Development (Meeting Room) 6:00-7:00pm				
6:30 PM			Drop In Badminton 4:30-9:45pm					Tri-Swim Program 6:30-7:15pm	
7:00 PM									
7:30 PM								Open Swim/ 7:30-9:30pm	
8:00 PM									
8:30 PM	Drop In Basketball 8:15-9:45pm								
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 9:00-12:00pm			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				Yoga- Studio A 10:00-11:00am					
10:30 AM										
11:00 AM	Karate Fundamentals- (6-12yrs) 11:00-11:45am									
11:30 AM										
12:00 PM	Karate- Advanced- (6-12yrs) 12:00-12:45pm	Laurier Cricket 12:15-1:45pm								
12:30 PM										
1:00 PM	Birthday Parties 1:15-3:00pm				Birthday Parties 1:00-3:00pm			Lane Swim./ Open Swim 1:15-7:30pm	Open Swim 1:15-7:00pm	
1:30 PM										
2:00 PM										
2:30 PM			Drop in Badminton (Gym A) 2:00-4:30pm	Drop in Basketball (Gym B) 2:00-4:30pm						
3:00 PM	Open Gym 3:15-7:45pm									
3:30 PM										
4:00 PM			Drop in Soccer 4:45-5:45pm							
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM			Drop In Basketball 6:00-7:45pm							
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			Drop In Pickleball 9:00-11:45am				Cyclefit- Studio C 9:00-9:45am		Private/ Teen Swim Lessons 10:00am-12:15pm	Open Swim 9:00am-5:00pm	
9:30 AM											
10:00 AM	Karate Fundamentals 10:00-10:45am (6-12)										
10:30 AM		Yoga- Studio A 10:00-11:00am									
11:00 AM	Adult Karate (13+) 11:00-11:45am						Lane Swim/ Open Swim 10:00am-5:30pm				
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*					
12:30 PM					*coming November 2026						
1:00 PM	Birthday Parties 1:00-3:00pm				Birthday Parties 1:00-3:00pm						
1:30 PM			Drop In Volleyball 1:00-5:30pm								
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											