



MONDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM							
6:30 AM	Open Gym 6:30-4:15			Strength & Conditioning- Studio B 6:15-7:00	Lane Swim 6:00-9:00		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM			Open Pickleball 9:00-11:30		Beginner Cyclefit-Studio C 9:15-9:45	AquaFit 9:15-10:00	
9:30 AM					Yoga-Studio A 10:30-11:30		
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00		Cyclefit-Studio C 12:15-1:00		Splasher Bubblers 12:00-12:30	
12:30 PM							
1:00 PM				Fit for Function-Studio B 1:30-2:30	Lane Swim 10:15-3:30		
1:30 PM		Drop in Basketball 1:15-2:45				Open Swim 12:45-3:30	
2:00 PM							
2:30 PM							
3:00 PM		Family Open Gym 3:00-4:15					
3:30 PM							
4:00 PM							
4:30 PM			Artventures 6-9yrs / 10-12yrs 4:30-5:30				
5:00 PM	Soccer- Level 1 3-5yrs 4:30-5:15pm	Open Pickleball 4:30-7:00					
5:30 PM	Soccer- Level 1- 6-12yrs 5:30-6:30			Art Spark 3-5yrs 5:45-6:30	HITT-Studio B 5:45-6:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
6:00 PM	Soccer- Level 2- 6-12yrs 6:45-7:45				Yoga-Studio A 6:45-7:45		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM		Laurier Athletics 7:15-11:00			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
9:30 PM	Drop In Basketball 8:00-10:45						
10:00 PM							
10:30 PM							
11:00 PM							

TUESDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM							
6:30 AM	Open Gym 6:30-4:30						
7:00 AM							
7:30 AM						Lane Swim 6:00-10:00	
8:00 AM							
8:30 AM							
9:00 AM			Open Pickleball 9:00-11:30		Musclefit-Studio B 9:15-10:00		Open Swim 9:00-11:45
9:30 AM							
10:00 AM						Hydrotherapy 10:15-11:00	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00				Splasher Bubblers 12:00-12:30	
12:30 PM							
1:00 PM				Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:15-3:30	Open Swim 12:45-3:30	
1:30 PM		Rental 1:00-3:00					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Move It 6-12yrs 4:45-5:45	Open Badminton 4:30-7:00					
4:30 PM							
5:00 PM	Move It 3-5yrs 5:00-5:45				Zumba- Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:30 PM	Karate Fundamentals 6-12yrs 6:00-6:45pm			Strength & Conditioning Jr 6-12yrs Studio C 6:15-7:00	Musclefit-Studio B 6:15-7:00		
6:00 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm				Back to Living Well- Studio A 6:00-7:00		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Karate Adult - 13yrs + 8:00-8:45						
8:30 PM					Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
9:00 PM		Laurier Athletics 7:15-11:00					
9:30 PM							
10:00 PM	Open Gym 9:00-10:45						
10:30 PM							
11:00 PM							

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



WEDNESDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00-10:00			Bodyfit- Studio B 6:15-7:00	Lane Swim 6:00-9:00			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Open Pickleball 9:00-11:30			Beginner Cyclefit- Studio C 9:15-9:45	AquaFit 9:15-10:00	Open Swim 9:00-3:30
9:30 AM								
10:00 AM								
10:30 AM		Healthy Living Series 10:15-11:15						
11:00 AM								
11:30 AM	Open Gym 11:30-5:00							
12:00 PM			Closed for Cleaning 12:00-1:00		Cyclefit- Studio C 12:15-1:00	Lane Swim 10:15-3:30		
12:30 PM								
1:00 PM								
1:30 PM			Rental 1:00-3:00		Fit for Function- Studio B 1:30-2:30			
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Sports Adventure 3-5yrs 5:15-6:00	Laurier International 5:00-7:00	YMCA Architeers 6-12yrs Youth Zone- 5:15-6:15	Cardio Kickbox- Studio B 5:30-6:15	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:30 PM	Sports Adventure 6-12yrs 6:15-7:15			YMCA Architeers- 3-5yrs Youth Zone 6:30-7:15			Yoga- Studio A 6:30-7:30	
6:00 PM								
6:30 PM								
7:00 PM	Open Gym 7:30-10:45	Laurier Athletics 7:15-11:00						
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM							Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
9:30 PM								
10:00 PM								
10:30 PM								
11:00 PM								

THURSDAY

	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
5:30 AM									
6:00 AM	Open Gym 6:00-4:15				Lane Swim 6:00-10:00				
6:30 AM									
7:00 AM						Yoga- Studio A 7:00-8:00am			
7:30 AM									
8:00 AM									
8:30 AM			Open Pickleball 9:00-11:30					Open Swim 9:00-4:00	
9:00 AM							Core & Conditioning- Studio B 9:15-10:00		
9:30 AM									
10:00 AM						Yoga- Studio A 12:00-1:00	Hydrotherapy 10:15-11:00		
10:30 AM									
11:00 AM				Baby & Me Yoga- Studio B 11:30-12:30					
11:30 AM									
12:00 PM		Closed for Cleaning 12:00-1:00							
12:30 PM				Healthy Hearts- Studio A 12:30-2:00	Lane Swim 11:15-4:00				
1:00 PM									
1:30 PM		Drop In Basketball 1:15-3:45							
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM		Youth Fusion 4:00-5:00							
4:30 PM			Art Spark- 6-12yrs 4:30-5:30- Youth Zone		Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30	Open Swim/ Private Swim Lessons 4:00-7:30			
5:00 PM	Basketball Level 1 3-5yrs 4:30-5:15	Open Pickleball 5:00-7:00		Step & Sculpt- Studio B 5:15-6:00					
5:30 PM	Basketball Level 1- 6-12yrs 5:30-6:30			Art Spark- 3-5yrs 5:45-6:30- Youth Zone			Back to Living Well- Studio A 6:00-7:00		
6:00 PM									
6:30 PM									
7:00 PM	Basketball Level 2- 6-12yrs 6:45-7:45								
7:30 PM									
8:00 PM	Drop In Basketball 8:00-10:45	Laurier Athletics 7:15-11:00							
8:30 PM									
9:00 PM							Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00	
9:30 PM									
10:00 PM									
10:30 PM									
11:00 PM									

Registered Programs

Open Gym/ Open Swim

Drop In Group Fitness

Registered Aquatic Leadership Programs

Drop In Recreational Sports



FRIDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00-5:45			Core & Conditioning- Studio B 6:15-7:00	Lane Swim 6:00-9:00			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM					Yoga- Studio A 8:00-9:00			
8:30 AM								
9:00 AM			Open Pickleball 9:00-11:30		Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-8:30	
9:30 AM								
10:00 AM						Lane Swim 10:15-12:30		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Closed for Cleaning 12:00-1:00		Closed for Cleaning 11:45-12:15				
12:30 PM								
1:00 PM		Drop In Basketball 1:15-4:15			Lane Swim/ Open Swim 12:30-8:30			
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM		Open Badminton 4:30-8:45			Teen Swim Lessons 4:00-4:30			
3:30 PM						H2O Leaders - Beginners 4:30-5:15		
4:00 PM						H2O Leaders- Intermediate 5:15-6:00		
4:30 PM						Adult Lessons 6:00-6:30		
5:00 PM						Adult Lessons 6:30-7:00		
5:30 PM						Adult Lessons 7:00-7:30		
6:00 PM	Youth Leadership Development 6:00-8:00		Youth Leadership Development 6:00-8:00		Adult Lessons 7:30-8:00			
6:30 PM								
7:00 PM							Open Swim 7:30-8:30	
7:30 PM								
8:00 PM								
8:30 PM	Open Gym 8:15-8:45							
9:00 PM								

SATURDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
8:00 AM					Lane Swim 8:00-8:45			
8:30 AM	Family Open Gym 9:00-10:45	Open Pickleball 9:00-11:30	Eco Kids 6-12yrs 9:00-10:00	Strength & Conditioning- Studio A 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00		
9:00 AM				Explorers- Youth Zone 10:15-11:00- 3-5yrs			Dance -3-5yrs- Studio B 9:00-9:45	
9:30 AM							Dance- 6-12yrs- Studio B 10:00-10:45	
10:00 AM								
10:30 AM								
11:00 AM	Tiny Tots 11:00-11:45	Family Pickleball 11:30-12:30						
11:30 AM								
12:00 PM	Open Gym 12:00-1:00							
12:30 PM								
1:00 PM	Birthday Parties 1:15-3:00	Open Badminton 1:00-3:30	Birthday Parties 1:00-3:00					
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Open Gym 3:15-5:45				Lane Swim/ Open Swim 1:15-5:30	Open Swim 1:15-5:30		
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

Please Note- The Double Gym will be CLOSED and all programming cancelled on Saturday November 4, 2023 for Homecoming

- Registered Programs
- Open Gym/ Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop In Recreational Sports



SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM						
8:30 AM	Open Gym 8:00-10:00				Lane Swim 8:00-9:45	
9:00 AM				Cyclefit- Studio C 9:00-9:45		
9:30 AM		Open Pickleball 9:00-11:30			AquaFit 9:30-10:15	
10:00 AM	Family Open Gym 10:00-12:00					
10:30 AM						
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				Open Swim 10:00-3:00
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		Lane Swim/ Open Swim 10:30-5:30	
1:30 PM						
2:00 PM		Open Volleyball 1:00-3:30				
2:30 PM						
3:00 PM	Open Gym 3:15-5:45					
3:30 PM						
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

Please Note- We will be welcoming a school group to swim with us on the following dates:
 September 27, 28, 29; October 25, 26, 27; November 28, 29, 30; December 18, 19, 20
 The pool deck will still be open but will be busier than normal.

FACILITY HOURS

Mon-Thurs: 5:30 am - 11:00 pm

Fri: 5:30 am - 9:00 pm

Sat & 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

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

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.