



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	Varsity Soccer Captains Practice 6:00-7:45		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					KAOS Dance Team Studio B 8:00-10:00			
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								
10:00 AM						Yoga-Studio A 10:30-11:30		
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								
2:00 PM								
2:30 PM		Varsity Soccer Practice 2:00-3:45				Open Swim 12:45-3:30		
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM			Artventures 6-12yrs 4:30-5:30					
5:00 PM	Soccer- Level 1 3-5yrs 4:30-5:15pm	Open Pickleball 4:30-7:00		HIIT-Studio B 5:45-6:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:30 PM	Soccer- Level 1- 6-12yrs 5:30-6:30							
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		Men's Extramural Basketball- Gym A 7:15-8:45						
7:30 PM		Extramural Volleyball- Gym B 7:15-8:45						
8:00 PM								
8:30 PM	Drop In Basketball 8:00-10:45				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
9:00 PM			Women's Flag Football Sport Club 9:00-10:30					
9:30 PM								
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	Open Gym 6:30-4:45				Lane Swim 6:00-10:00		
6:30 AM							
7:00 AM						Laurier Swim Club (LSO) 2 lanes- 8:30-10:00	
7:30 AM							
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							
4:30 PM							
5:00 PM	Move It 3-5yrs 5:00-5:45	Open Badminton 4:30-7:00	Eco Kids 6-12yrs 4:45-5:45 Youth Zone	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						Musclefit- Studio B 6:15-7:00
6:00 PM							
6:30 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm	Women's Extramural Basketball- Gym A 7:15-8:45		Back to Living Well- Studio A 6:15-7:15			
7:00 PM		Extramural Volleyball - Gym B 7:15-8:45					
7:30 PM							
8:00 PM	Open Gym 8:00-10:45				Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
8:30 PM							
9:00 PM					KAOS Dance Team Studio B 8:45-10:45		
9:30 PM			Intramural Volleyball 9:00-10:50				
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



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								
9:30 AM						Beginner Cyclefit- Studio C 9:15-9:45	AquaFit 9:15-10:00	
10:00 AM			Open Pickleball 9:00-11:30					
10:30 AM		Healthy Living Series 10:15-11:15						
11:00 AM								
11:30 AM	Open Gym 11:30-4:30				Lane Swim 10:15-3:30	Open Swim 9:00-3:30		
12:00 PM			Closed for Cleaning 12:00-1:00				Cyclefit- Studio C 12:15-1:00	
12:30 PM								
1:00 PM								
1:30 PM							Fit for Function- Studio B 1:30-2:30	
2:00 PM			Rental 1:00-3:00					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Basketball Level 1- 6-12yrs 4:45-5:45				Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:00 PM	Basketball Level 1- 3-5yrs 6:00-6:45	Laurier International 5:00-7:00	YMCA Architeers 3-5 yrs Youth Zone- 4:45-5:30	Cardio Kickbox- Studio B 5:30-6:15				
5:30 PM			YMCA Architeers- 3-5yrs Youth Zone 5:45-6:45	Yoga- Studio A 6:30-7:30				
6:00 PM								
6:30 PM	Basketball Level 2- 6-12yrs 7:00-8:00	Men's Extramural Basketball- Gym A 7:15-8:45						
7:00 PM		Women's Extramural Basketball- Gym B 7:15-8:45						
7:30 PM								
8:00 PM					Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00		
8:30 PM	Open Gym 8:15- 10:45							
9:00 PM								
9:30 PM			Women's Flag Football Sport Club 9:00-10:30					
10:00 PM					KAOS Dance Team Studio B 10:00-11:00			
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							
9:00 AM						Core & Conditioning- Studio B 9:15-10:00	
9:30 AM			Open Pickleball 9:00-11:30			Yoga- Studio A 12:00-1:00	Hydrotherapy 10:15-11:00
10:00 AM							
10:30 AM							
11:00 AM				Baby & Me Yoga- Studio B 11:15-12:15	Open Swim 9:00-4:00		
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00		Healthy Hearts- Studio B 12:30-2:00			
12:30 PM						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	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	
4:30 PM	Sports Adventure 3-5yrs 4:30-5:15			Step & Sculpt- Studio B 5:15-6:00			
5:00 PM							
5:30 PM	Sports Adventure 6-12yrs 5:30-6:30	Open Pickleball 5:00-7:00	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	Drop In Basketball 6:45-10:45						
7:30 PM							
8:00 PM						Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00
8:30 PM							
9:00 PM			Varsity Men's & Women's Soccer 8:00-10:00			Laurier Swim Club (LSO) 7:30-9:00	
9:30 PM							
9:30 PM					KAOS Dance Team Studio B 9:00-11:00		
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				KAOS Dance Team- Studio B 8:00-9:00			
7:00 AM				Yoga- Studio A 8:00-9:00			
7:30 AM							
8:00 AM					Pilates- Studio B 9:30-10:15	Aquafit 9:15-10:00	
8:30 AM							
9:00 AM			Open Pickleball 9:00-11:30				
9:30 AM							
10:00 AM							
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							
1:30 PM							
2:00 PM		Drop In Basketball 1:15-4:15					
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM				KAOS Dance Team Studio B 3:30-4:30	Teen Swim Lessons 4:00-4:30	Open Swim 9:00-8:30	
5:00 PM					H2O Leaders - Beginners 4:30-5:15		
5:30 PM					H2O Leaders- Intermediate 5:15-6:00		
6:00 PM		Open Badminton 4:30-8:45			Adult Lessons 6:00-6:30		
6:30 PM					Adult Lessons 6:30-7:00		
7:00 PM	Youth Leadership Development 6:00-8:00		Youth Leadership Development 6:00-8:00		Teen Lessons 7:00-7:30		
7:30 PM					Adult Lessons 7:30-8:00		
8:00 PM					Open Swim 7:30-8:30		
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						
8:30 AM					Lane Swim 8:00-8:45	
9:00 AM	Dance-3-5yrs- Studio B 9:00-9:45	Open Pickleball 9:00-11:30		Strength & Conditioning- Studio A 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
9:30 AM	Dance-6-12yrs- Studio B 10:00-10:45					
10:00 AM	Tiny Tots 11:00-11:45					
10:30 AM		Family Pickleball 11:30-12:30				
11:00 AM						
11:30 AM	Open Gym 12:00-1:00					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Birthday Parties 1:15-3:00		Birthday Parties 1:00-3:00			
2:00 PM						
2:30 PM		Open Badminton - Gym A 1:00-5:00				
3:00 PM		Drop In Basketball - Gym B 1:00-5:00				
3:30 PM						
4:00 PM						
4:30 PM	Open Gym 3:15-5:45					
5:00 PM						
5:30 PM						
6:00 PM						

Please Note- The Double Gym will be CLOSED and all programming cancelled on Friday November 24, 2023 for our Extramural Volleyball Tournament

- 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 8:00-9:15	
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			Drop In Basketball 3:45-5:45			
5:00 PM						
5:30 PM						
6:00 PM						

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

Please Note- We will be welcoming a school group to swim with us on the following dates:
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.