



Laurier Brantford YMCA - Schedule at a Glance

April 1, 2024 to July 1, 2024 (updated April 8, 2024)

MONDAY						
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM				Strength & Conditioning- Studio B 6:15-7:00	Lane Swim 6:00-9:00	
6:30 AM	Open Gym 6:30am-4:15pm					
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM				Beginner Cyclefit- Studio C 9:15-9:45	Aquafit 9:15-10:00	Open Swim 9:00-11:45
9:30 AM		Open Pickleball 9:00-11:30		Balance + Studio B 10:15-11:00		
10:00 AM				Yoga- Studio A 10:30-11:30	Lane Swim 10:15-3:30	
10:30 AM				Cyclefit- Studio C 12:15-1:00		Splasher Bubblers 12:00-12:30
11:00 AM						
11:30 AM						
12:00 PM		Closed for Cleaning 12:00-1:00				
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM		Drop In Basketball 1:30-4:15				Open Swim 12:45-3:30
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Basketball- Level 1- 3-5yrs 4:30-5:15	Open Pickleball 4:30-7:30	Art Spark- Youth Zone 6-12yrs 4:30-5:30		Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
5:30 PM	Basketball- Level 1- 6-12yrs 5:30-6:30		Art Spark- Youth Zone 3-5yrs 5:45-6:30	Strength & Conditioning-Studio B 5:45-6:30		
6:00 PM	Basketball- Level 1- 6-12yrs 5:30-6:30					
6:30 PM	Basketball- Level 2- 6-12yrs 6:45-7:45					
7:00 PM						
7:30 PM						
8:00 PM	Drop In Basketball 8:00-10:45	Drop In Volleyball 8:00-10:00			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

TUESDAY						
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM						
6:00 AM						
6:30 AM	Open Gym 6:30-3:45				Lane Swim 6:00-10:00	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM				Musclefit- Studio B 9:15-10:00	Hydrotherapy 10:15-11:00	Open Swim 9:00-11:45
9:30 AM		Open Pickleball 9:00-11:30				
10:00 AM						
10:30 AM					Lane Swim 11:15-3:30	Splasher Bubblers 12:00-12:30
11:00 AM						
11:30 AM						
12:00 PM		Closed for Cleaning 12:00-1:00				
12:30 PM				Healthy Hearts- Studio B 12:30-2:00		
1:00 PM						
1:30 PM						
2:00 PM						Open Swim 12:45-3:30
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	YES Program* 4:00-6:00pm (+ Meeting Room A)				Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
4:30 PM						
5:00 PM		Movell- Single Gym A 5:00-5:45		Zumba- Studio A 5:15-6:00		
5:30 PM						
6:00 PM	Karate Fundamentals 6-12yrs 6:00-6:45pm	Open Badminton 4:00-7:30 (Gym A- 5:00-5:45) Whole Gym- 5:45-7:30		Yoga- Studio A 6:15-7:15	Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
6:30 PM	Karate Fundamentals 6-12yrs 6:00-6:45pm					
7:00 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm					
7:30 PM						
8:00 PM	Open Gym 8:00-9:45	Drop In Basketball 8:00-10:00				
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						



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
9:30 AM	Healthy Living Series 10:15-11:15						
10:00 AM	Open Gym 11:30-4:15						
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00			VIPR- Studio B 12:15-1:00	Lane Swim 10:15-3:30	
12:30 PM							
1:00 PM		Drop In Basketball 1:15-3:45					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM			Laurier International 4:00-6:00				
4:30 PM	Soccer- Level 1- 3-5yrs 4:30-5:15			YMCA Architeers- 6-12yrs 4:30-5:30	Cardio Kickbox- Studio B 5:15-6:00	Swim Lessons 4:00-7:30	
5:00 PM	Soccer Level 1- 6-12yrs 5:30-6:30			YMCA Architeers- 3-5yrs 5:45-6:30		Swim Lessons 4:00-7:30	
5:30 PM		Drop In Soccer 6:15-8:45					
6:00 PM	Soccer Level 2- 6-12yrs 6:45-7:45						
6:30 PM							
7:00 PM	Open Gym 8:15-10:45						
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
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						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		Open Pickleball 9:00-11:30		Core & Conditioning- Studio B 9:15-10:00		
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		Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:15-4:00	Open Swim 9:00-4:00
12:30 PM						
1:00 PM		Drop In Basketball 1:15-3:45				
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM		Youth Fusion 4:00-5:00				
4:00 PM						
4:30 PM			Artventures- Youth Zone 6-12yrs 4:30-5:30			
5:00 PM	Sports Adventure- 3-5yrs 4:30-5:15	Open Pickleball 5:15-8:00		Step & Sculpt- Studio B 5:15-6:00	Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30	Open Swim/ Private Swim Lessons 4:00-7:30
5:30 PM	Sports Adventure- 6-12yrs 5:30-6:30			VIPR- Studio B 6:15-7:00		
6:00 PM				Yoga- Studio A 6:15-7:15		
6:30 PM	Open Gym 6:45-9:45			Back to Living Well- Studio B & Fit Floor 6:00-7:00		
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM		Drop In Basketball 8:15-9:45			Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00
9:30 PM						
10:00 PM						
10:30 PM						



FRIDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00-10:00			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								
8:30 AM								
9:00 AM								
9:30 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		
10:00 AM	Walkfit - Single Gym 10:15-11:00			Yoga- Studio C 10:30-11:30				
10:30 AM	Open Gym 11:15-4:15						Lane Swim 10:15-12:30	
11:00 AM								
11:30 AM								
12:00 PM			Closed for Cleaning 12:00-1:00					
12:30 PM								
1:00 PM			Drop In Basketball 1:15-4:15		VIPR- Studio B 12:15-1:00		Lane Swim/ Open Swim 12:30-8:00	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM		Open Badminton 4:30-8:45			Teen Swim Lessons 4:00-4:30			
4:30 PM	Soccer- Level 3- 6-12yrs 4:30-5:30pm						H2O- Beginners 4:30-5:15	
5:00 PM							H2O Intermediate- 5:15-6:00	
5:30 PM	Basketball- Level 3- 6-12yrs 5:45-6:45pm						Adult Lessons- 6:00-6:30	
6:00 PM			Youth Leadership Development 6:00-8:00				Adult Lessons- 6:30-7:00	
6:30 PM							Teen Swim Lessons- 7:00-7:30	
7:00 PM	Youth Leadership Development 6:45-8:00				Adult Lessons- 7:30-8:00			
7:30 PM								
8:00 PM							Open Swim 8:00-8:30	
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						
9:00 AM		Open Pickleball 9:00-11:30	Dance 3-5yrs Studio B 9:00-9:45	Strength & Conditioning- Studio A 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00
9:30 AM						
10:00 AM	Karate- Fundamentals 6-12yrs 10:00-10:45		Dance 6-12yrs Studio B 10:00-10:45	Yoga- Studio A 10:00-11:00		
10:30 AM						
11:00 AM	Karate Fundamentals- 6-12yrs 11:00-11:45	Family Pickleball 11:30-12:30				
11:30 AM						
12:00 PM	Open Gym 12:00-1:00		Tiny Tots- 3-5yrs Studio B- 11:00-11:45			
12:30 PM						
1:00 PM						
1:30 PM	Birthday Parties 1:15-3:00	Open Badminton- Gym A 1:00-5:00 Drop In Basketball- Gym B 1:00-5:00	Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 1:15-5:30	Open Swim 1:15-3:00
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Open Gym 3:15-5:45					
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

Please note the following notes to the schedule

Tuesday April 2- Double Gym CLOSED 7:00-11:00pm for Badminton Tournament






Thursday April 4th- Double Gym CLOSED 7:00pm-11:00pm for Dodgeball Tournament

Saturday April 6th- Double Gym CLOSED 11:00 to 6:00pm - all programming cancelled

Saturday April 13th- Double Gym CLOSED for Pickleball Tournament- all programming cancelled

We will be welcoming school groups in on April 24, 25, 26; May 24, 30, 31 ; June 19, 20, 21- pools will remain open but may be busier than expected.

SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00				Lane Swim 8:00-9:15	
8:30 AM						
9:00 AM		Open Pickleball 9:00-11:30			Cyclefit- Studio C 9:00-9:45	
9:30 AM						Aquafit 9:30-10:15
10:00 AM	Family Open Gym 10:00-12:00					Open Swim 10:00-3:00
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Gym 12:00-1:00	Family Pickleball 11:30-12:30				
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties 1:00-3:00			
1:30 PM		Open Volleyball 1:00-3:30				
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 3:15-5:45					
3:30 PM		Drop In Basketball 3:45-5:45				
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 (TO MAY 2024)

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.