



MONDAY							
	SINGLEGYM	DOUBLEGYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM							
6:30 AM	Open Gym 6:30am-4:15pm						
7:00 AM							
7:30 AM							
8:00 AM						Lane Swim 6:00-9:00	
8:30 AM							
9:00 AM					Beginner Cyclefit -Studio C 9:15-9:45	Aquafit 9:15-10:00	
9:30 AM			Open Pickleball 9:00-11:30		Balance + Studio B 10:15-11:00		Open Swim 9:00-11:45
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				Splasher Bubblers 12:00-12:30	
12:30 PM							
1:00 PM					Lane Swim 10:15-3:30		
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			Art Spark- Youth Zone 6-12yrs 4:30-5:30				
5:00 PM	Basketball- Level 1- 3-5yrs 4:30-5:15	Open Pickleball 4:30-7:30					
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	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
6:00 PM							
6:30 PM	Basketball- Level 2- 6-12yrs 6:45-7:45						
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Drop In Basketball 8:00-9:45	Drop In Volleyball 8:00-9:45			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
9:00 PM							
9:30 PM							
10:00 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						
7:00 AM							
7:30 AM							
8:00 AM						Lane Swim 6:00-10:00	
8:30 AM							
9:00 AM					Musclefit- Studio B 9:15-10:00		
9:30 AM			Open Pickleball 9:00-11:30				Open Swim 9:00-11:45
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							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	YES Program* 4:00-6:00pm (+ Meeting Room A)	Movell- Single Gym A 5:00-5:45		Zumba-Studio A 5:15-6:00	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM							
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			
6:30 PM							
7:00 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm						
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:00-9:45	Drop In Basketball 8:00-10:00			Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
9:00 PM							
9:30 PM							
10:00 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 9:00-11:45	
9:30 AM							
10:00 AM	Healthy Living Series 10:15-11:15						
10:30 AM							
11:00 AM	Open Gym 11:30-4:15						
11:30 AM							
12:00 PM			Closed for Cleaning 12:00-1:00		VIPIR- Studio B 12:15-1:00	Lane Swim 10:15-3:30	Splasher Bubblers 12:00-12:30
12:30 PM							
1:00 PM			Drop In Basketball 1:15-3:45				Open Swim 12:45-3:30
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						
5:00 PM			YMCA Architeers- 6-12yrs 4:30-5:30	Cardio Kickbox- Studio B 5:15-6:00	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		YMCA Architeers- 3-5yrs 5:45-6:30				
6:30 PM							
7:00 PM		Drop In Soccer 6:15-8:45					
7:30 PM							
8:00 PM	Open Gym 8:15-9:45				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							

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		Open Swim 9:00-4:00	
9:30 AM							
10:00 AM							
10:30 AM		Closed for Cleaning 12:00-1:00					
11:00 AM							
11:30 AM							
12:00 PM				Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:15-4:00		
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							
4:00 PM		Youth Fusion 4:00-5:00					
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 5:15-7:15		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				VIPIR- Studio B 6:15-7:00		
6:00 PM							
6:30 PM							
7:00 PM				Yoga- Studio A 6:15-7:15			
7:30 PM							
8:00 PM	Open Gym 6:45-9:45			Back to Living Well- Studio B & Fit Floor 6:00-7:00	Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00	
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

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



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			Synergy Circuit - Fitness Floor 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		Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-8:30		
9:30 AM								
10:00 AM								
10:30 AM	Walkfit - Single Gym 10:15-11:00			Yoga- Studio C 10:30-11:30	Lane Swim 10:15-12:30			
11:00 AM								
11:30 AM	Open Gym 11:15-4:15							
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					Adult Lessons- 6:30-7:00			
6:30 PM	Youth Leadership Development 6:45-8:00		Youth Leadership Development 6:00-8:00		Teen Swim Lessons- 7:00-7:30			
7:00 PM					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	Karate- Fundamentals 6-12yrs 10:00-10:45			Dance 6-12yrs Studio B 10:00-10:45			Yoga- Studio A 10:00-11:00	
10:00 AM								
10:30 AM	Karate Fundamentals- 6-12yrs 11:00-11:45							
11:00 AM		Family Pickleball 11:30-12:30						
11:30 AM	Open Gym 12:00-1:00			Tiny Tots- 3-5yrs Studio B- 11:00-11:45				
12:00 PM								
12:30 PM								
1:00 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			Open Swim 1:15-3:00		
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			
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

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

- 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						
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		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

FACILITY HOURS (May 6, 2024 to September 2, 2024)

Mon-Thurs: 5:30 am - 10:00 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.