



Les Chater Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CanWell Cancer Exercise and Education - Les Chater - Monday/Friday 1:00-3:00PM Sign Up	1:00PM-3:00PM (CanWell)				1:00PM-3:00PM (CanWell)		
Basketball Level 1 (3 - 5) - Chater - Monday 4:45 PM Sign Up	4:45PM-5:30PM (Basketball Level 1 (3-5))						
YMCA STEAM (6 - 12) - Chater - Monday 4:45 PM Sign Up	4:45PM-5:45PM (YMCA STEAM 6-12)						
Basketball Level 1 (6 - 12) - Chater - Monday 5:45 PM Sign Up	5:45PM-6:45PM (Basketball Level 1 (6-12))						
YMCA STEAM (3 - 5) - Chater - Monday 6:00 PM Sign Up	6:00PM-6:45PM (YMCA STEAM 3-5)						
Healthy Hearts - Chater - Tuesday/Thursday 10:35 AM Sign Up		10:35AM-10:55AM (Healthy Hearts)		10:35AM-10:55AM (Healthy Hearts)			
Balance + - Chater - Tuesday/Thursday 1:30 PM Sign Up		1:30PM-2:15PM (Balance +)		1:30PM-2:15PM (Balance +)			
Fit for Function - Chater - Tuesday/Thursday 3:00 PM Sign Up		3:00PM-4:00PM (Fit For Function)		3:00PM-4:00PM (Fit For Function)			
Back to Living Well - Les Chater - Tuesday/Thursday 4:00 PM Sign Up		4:00PM-5:30PM (Back to Living Well)		4:00PM-5:30PM (Back to Living Well)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sports Adventure (3 - 5) - Chater - Tuesday 4:45 PM Sign Up		4:45PM-5:30PM (Sports Adventure 3-5)					
Soccer Level 1 (6 - 12) - Chater - Tuesday 5:45 PM Sign Up		5:45PM-6:45PM (Soccer Level 1 (6-12))					
Balance + - Chater - Wednesday/Friday 11:30 AM Sign Up			11:30AM-12:15PM (Balance +)		11:30AM-12:15PM (Balance +)		
Basketball Level 2 (6 - 12) - Chater - Wednesday 4:45 PM Sign Up			4:45PM-5:45PM (Basketball Level 2 (6-12))				
Artventures (3 - 5) - Chater - Wednesday 5:00 PM Sign Up			5:00PM-5:45PM (Artventures 3-5)				
Soccer Level 2 (6 - 12) - Chater - Wednesday 6:00 PM Sign Up			6:00PM-7:00PM (Soccer Level 2 (6-12))				
Artventures (6 - 12) - Chater - Wednesday 6:00 PM Sign Up			6:00PM-7:00PM (Artventures 6-12)				
Strength & Conditioning Jr (10 - 13) - Chater - Thursday 4:30 PM Sign Up				4:30PM-5:30PM (Strength & Conditioning Jr 10-13)			
Volleyball Level 1 (6 - 12) - Chater - Thursday 4:45 PM Sign Up				4:45PM-5:45PM (Volleyball Level 1 (6-12))			
Dance (3 - 5) - Chater - Thursday 4:45 PM Sign Up				4:45PM-5:30PM (Dance 3-5)			
Dance (6 - 12) - Chater - Thursday 5:45 PM Sign Up				5:45PM-6:30PM (Dance 6-12)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Volleyball Level 2/3 (8 - 12) - Chater - Thursday 6:00 PM Sign Up				6:00PM-7:00PM (Volleyball Levels 2 & 3 (8-12))			
Open Gym - Chater - Friday 6:00 AM Sign Up					6:00AM-9:00AM (Open Gym)		
Member Open Swim - Chater - Friday 8:00 AM Drop-in Program					8:00AM-8:55AM (Open Swim)		
Yoga - Chater - Friday 8:00 AM Sign Up					8:00AM-9:00AM (Yoga)		
AquaFit - Chater - Friday 9:00 AM Sign Up					9:00AM-9:45AM (AquaFit)		
Strength & Conditioning - Chater - Friday 9:15 AM Sign Up					9:15AM-10:00AM (Strength & Conditioning)		
Bodyfit - Chater - Friday 9:15 AM Sign Up					9:15AM-10:00AM (Bodyfit)		
Public Open Swim - Chater - Friday 10:00 AM Drop-in Program					10:00AM-12:00PM (Public Open Swim) 10:00AM-12:00PM (Public Open Swim)		
Public Lane Swim - Chater - Friday 10:00 AM Drop-in Program					10:00AM-12:00PM (Public Lane Swim)		
Pilates - Chater - Friday 11:15 AM Sign Up					11:15AM-12:00PM (Pilates)		
Pickleball - Chater - Friday 12:30 PM Sign Up					12:30PM-2:00PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Member Lane Swim - Chater - Friday 1:00 PM Drop-in Program					1:00PM-3:45PM (Lane Swim)		
GentleFit - Chater - Friday 1:15 PM Sign Up					1:15PM-2:00PM (GentleFit)		
Open Gym - Chater - Friday 2:15 PM Sign Up					2:15PM-4:00PM (Open Gym)		
Basketball Level 3 (8 - 12) - Chater - Friday 4:30 PM Sign Up					4:30PM-5:30PM (Basketball Level 3 (8-12))		
Soccer Level 3 (8 - 12) - Chater - Friday 5:45 PM Sign Up					4:30PM-5:30PM (Soccer Level 3 (8-12))		
Yoga - Chater - Friday 5:45 PM Sign Up					5:45PM-6:45PM (Yoga)		
Public Open Swim - Chater - Friday 7:00 PM Drop-in Program					7:00PM-9:00PM (Public Open Swim)		
Public Open Swim - Chater - Friday 7:30 PM Drop-in Program					7:30PM-9:00PM (Public Open Swim)		
Member Basketball - Chater - Friday 7:45 PM Sign Up					7:45PM-9:45PM (Basketball)		
YThrive - Chater - Friday 8:00 PM Sign Up					8:00PM-8:45PM (YThrive)		
YThrive - Chater - Saturday 8:00 AM Sign Up						8:00AM-8:45AM (YThrive)	
Member Lane Swim - Chater - Saturday 8:00 AM Drop-in Program						8:00AM-8:45AM (Lane Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT - Chater - Saturday 8:15 AM Sign Up						8:15AM-9:00AM (HIIT)	
Open Gym - Chater - Saturday 9:15 AM Sign Up						9:15AM-10:15AM (Open Gym)	
CycleFit - Chater - Saturday 9:15 AM Sign Up						9:15AM-10:00AM (CycleFit)	
YThrive - Chater - Saturday 10:00 AM Sign Up						10:00AM-10:45AM (YThrive)	
Sports Adventure (3 - 5) - Chater - Saturday 10:30 AM Sign Up						10:30AM-11:15AM (Sports Adventure 3-5)	
Yoga - Chater - Saturday 10:45 AM Sign Up						10:45AM-11:45AM (Yoga)	
Zumba - Chater - Saturday 12:00 PM Sign Up						12:00PM-12:45PM (Zumba)	
YThrive - Chater - Saturday 1:00 PM Sign Up						1:00PM-1:45PM (YThrive)	
Member Open Swim - Chater - Saturday 1:00 PM Drop-in Program						1:00PM-2:30PM (Open Swim) 1:00PM-2:30PM (Open Swim)	
Member Lane Swim - Chater - Saturday 1:00 PM Drop-in Program						1:00PM-2:30PM (Lane Swim)	
YThrive - Chater - Saturday 2:00 PM Sign Up						2:00PM-2:45PM (YThrive)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatics - LSS Instructor Recert Sign Up						2:30PM-6:30PM (Aquatics - LSS Instructor Recertification Course)	
Public Open Swim - Chater - Saturday 2:30 PM Drop-in Program						2:30PM-5:00PM (Public Open Swim) 2:30PM-5:00PM (Public Open Swim)	
Public Lane Swim - Chater - Saturday 2:30 PM Drop-in Program						2:30PM-5:00PM (Public Lane Swim)	
YThrive - Chater - Saturday 3:00 PM Sign Up						3:00PM-3:45PM (YThrive)	
Open Gym - Chater - Saturday 3:15 PM Sign Up						3:15PM-5:45PM (Open Gym)	
YThrive - Chater - Saturday 4:00 PM Sign Up						4:00PM-4:45PM (YThrive)	
Member Lane Swim - Chater - Sunday 8:00 AM Drop-in Program							8:00AM-8:45AM (Lane Swim)
Open Gym - Chater - Sunday 8:00 AM Sign Up							8:00AM-9:00AM (Open Gym)
CycleFit - Chater - Sunday 9:00 AM Sign Up							9:00AM-9:45AM (CycleFit)
Karate Beginner (6 - 12) - Chater - Sunday 9:15 AM Sign Up							9:15AM-10:00AM (Karate Beginner 6-12)
TRX - Chater - Sunday 10:00 AM Sign Up							10:00AM-10:30AM (TRX)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Karate Beginner (6 - 12) - Chater - Sunday 10:15 AM Sign Up							10:15AM-11:00AM (Karate Beginner 6-12)
Yoga - Chater - Sunday 10:45 AM Sign Up							10:45AM-11:45AM (Yoga)
Karate Int/Adv. (6 - 12) - Chater - Sunday 11:15 AM Sign Up							11:15AM-12:00PM (Karate Intermediate/Advanced 6-12)
Karate Int/Adv. (6 - 12) - Chater - Sunday 12:15 PM Sign Up							12:15PM-1:00PM (Karate Intermediate/Advanced 6-12)
YThrive - Chater - Sunday 1:00 PM Sign Up							1:00PM-1:45PM (YThrive)
Member Open Swim - Chater - Sunday 1:00 PM Drop-in Program							1:00PM-2:00PM (Open Swim) 1:00PM-2:00PM (Open Swim)
Member Lane Swim - Chater - Sunday 1:00 PM Drop-in Program							1:00PM-2:00PM (Lane Swim)
Karate Teen (13 - 16) - Chater - Sunday 1:15 PM Sign Up							1:15PM-2:00PM (Karate Teen 13-16)
YThrive - Chater - Sunday 2:00 PM Sign Up							2:00PM-2:45PM (YThrive)
Open Gym - Chater - Sunday 2:15 PM Sign Up							2:15PM-4:00PM (Open Gym)
YThrive - Chater - Sunday 3:00 PM Sign Up							3:00PM-3:45PM (YThrive)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YThrive - Chater - Sunday 4:00 PM Sign Up							4:00PM-4:45PM (YThrive)
Badminton - Chater - Sunday 4:15 PM Sign Up							4:15PM-5:45PM (Badminton)



Laurier Brantford YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Level 1 (3 - 5) - Brantford - Monday 4:30 PM Sign Up	4:30PM-5:15PM (Basketball Level 1 (3-5))						
Dance (6 - 12) - Brantford - Monday 4:30 PM Sign Up	4:30PM-5:15PM (Dance 6-12)						
Basketball Level 1 (6 - 12) - Brantford - Monday 5:30 PM Sign Up	5:30PM-6:30PM (Basketball Level 1 (6-12))						
Dance (3 - 5) - Brantford - Monday 5:30 PM Sign Up	5:30PM-6:15PM (Dance 3-5)						
Artventures (3 - 5) - Brantford - Monday 5:45 PM Sign Up	5:45PM-6:30PM (Artventures 3-5)						
Basketball Level 2 (6 - 12) - Brantford - Monday 6:45 PM Sign Up	6:45PM-7:45PM (Basketball Level 2 (6-12))						
Back to Living Well - Virtual - Tuesday Sign Up		8:00AM-10:00PM (Back to Living Well-Virtual)					
Healthy Hearts - Brantford - Tuesday/Thursday 12:30 PM Sign Up		12:30PM-2:00PM (Healthy Hearts)		12:30PM-2:00PM (Healthy Hearts)			
Karate Fundamentals (6 - 12) - Brantford - Tuesday 6:00 PM Sign Up		6:00PM-6:45PM (Karate Fundamentals 6-12)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Karate Fundamentals (6 - 12) - Brantford - Tuesday 7:00 PM Sign Up		7:00PM-7:45PM (Karate Fundamentals 6-12)					
Soccer Level 1 (3 - 5) - Brantford - Wednesday 4:30 PM Sign Up			4:30PM-5:15PM (Soccer Level 1 (3-5))				
Soccer Level 1 (6 - 12) - Brantford - Wednesday 5:30 PM Sign Up			5:30PM-6:30PM (Soccer Level 1 (6-12))				
Brain Builders (3 - 5) - Brantford - Wednesday 5:45 PM Sign Up			5:45PM-6:30PM (Brain Builders 3-5)				
Soccer Level 2 (6 - 12) - Brantford - Wednesday 6:45 PM Sign Up			6:45PM-7:45PM (Soccer Level 2 (6-12))				
Basketball Level 3 (6 - 12) - Brantford - Thursday 5:30 PM Sign Up				5:30PM-6:30PM (Basketball Level 3 (6-12))			
Lane Swim - Brantford - Friday 6:00 AM Drop-in Program					6:00AM-9:00AM (Lane Swim)		
Open Gym - Brantford - Friday 6:00 AM Sign Up					6:00AM-10:00AM (Open Gym)		
Open Swim - Brantford - Friday 9:00 AM Drop-in Program					9:00AM-8:30PM (Open Swim)		
Drop In Pickleball - Brantford - Friday 9:00 AM Sign Up					9:00AM-11:30AM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit - Brantford - Friday 9:15 AM Sign Up					9:15AM-10:00AM (AquaFit)		
Pilates - Brantford - Friday 9:30 AM Sign Up					9:30AM-10:15AM (Pilates)		
Lane Swim - Brantford - Friday 10:15 AM Drop-in Program					10:15AM-12:30PM (Lane Swim)		
Walkfit - Brantford - Friday 10:15 AM Sign Up					10:15AM-11:15AM (Walk Fit)		
Open Gym - Brantford - Friday 11:30 AM Sign Up					11:30AM-5:45PM (Open Gym)		
Lane Swim - Brantford - Friday 12:30 PM Drop-in Program					12:30PM-8:00PM (Lane Swim)		
Open Swim - Brantford - Friday 12:30 PM Drop-in Program					12:30PM-8:00PM (Open Swim)		
Drop In Volleyball - Brantford - Friday 1:15 PM Sign Up					1:15PM-4:15PM (Volleyball)		
Drop In Badminton - Brantford - Friday 4:30 PM Sign Up					4:30PM-8:45PM (Badminton)		
National Lifeguard - Brantford Sign Up					5:00PM-4:30PM (Aquatics - National Lifeguard)	5:00PM-4:30PM (Aquatics - National Lifeguard)	5:00PM-4:30PM (Aquatics - National Lifeguard)
Lane Swim - Brantford - Friday 8:00 PM Drop-in Program					8:00PM-8:30PM (Lane Swim)		
Open Gym - Brantford - Friday 8:15 PM Sign Up					8:15PM-8:45PM (Open Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Open Gym - Brantford - Saturday 9:00 AM Sign Up						6:00AM-9:45AM (Family Open Gym)	
Lane Swim - Brantford - Saturday 8:00 AM Drop-in Program						8:00AM-8:45AM (Lane Swim)	
Drop In Pickleball - Brantford - Saturday 9:00 AM Sign Up						9:00AM-11:30AM (Pickleball)	
Strength & Conditioning - Brantford - Saturday 9:00 AM Sign Up						9:00AM-9:45AM (Strength & Conditioning)	
Karate Fundamentals (6 - 12) - Brantford - Saturday 10:00 AM Sign Up						10:00AM-10:45AM (Karate Fundamentals 6-12)	
Yoga - Brantford - Saturday 10:00 AM Sign Up						10:00AM-11:00AM (Yoga)	
Karate Fundamentals (6 - 12) - Brantford - Saturday 11:00 AM Sign Up						11:00AM-11:45AM (Karate Fundamentals 6-12)	
Family Pickleball - Brantford - Saturday 11:30 AM Sign Up						11:30AM-12:30PM (Pickleball)	
Drop in Badminton - Brantford - Saturday 1:00 PM Sign Up						1:00PM-3:30PM (Badminton)	
Drop In Basketball - Brantford - Saturday 1:00 PM Sign Up						1:00PM-3:30PM (Basketball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim - Brantford - Saturday 1:15 PM Drop-in Program						1:15PM-7:30PM (Lane Swim)	
Open Swim - Brantford - Saturday 1:15 PM Drop-in Program						1:15PM-7:30PM (Open Swim) 1:15PM-7:00PM (Open Swim)	
Open Gym - Brantford - Saturday 3:15 PM Sign Up						3:15PM-7:45PM (Open Gym)	
Open Soccer - Brantford - Saturday 3:45 PM Sign Up						3:45PM-5:45PM (Soccer)	
Drop In Basketball - Brantford - Saturday 6:00 PM Sign Up						6:00PM-7:45PM (Basketball)	
Open Gym - Brantford - Sunday 8:00 AM Sign Up							6:00AM-9:45AM (Open Gym)
Lane Swim - Brantford - Sunday 8:00 AM Drop-in Program							8:00AM-8:45AM (Lane Swim)
Open Swim - Brantford - Sunday 9:00 AM Drop-in Program							9:00AM-4:00PM (Open Swim)
Drop In Pickleball - Brantford - Sunday 9:00 AM Sign Up							9:00AM-11:30AM (Pickleball)
CycleFit - Brantford - Sunday 9:00 AM Sign Up							9:00AM-9:45AM (CycleFit)
AquaFit - Brantford - Sunday 9:15 AM Sign Up							9:15AM-10:00AM (AquaFit)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Open Gym - Brantford - Sunday 10:00 AM Sign Up							10:00AM-12:00PM (Family Open Gym)
Lane Swim - Brantford - Sunday 10:15 AM Drop-in Program							10:15AM-5:30PM (Lane Swim)
Open Swim - Brantford - Sunday 10:15 AM Drop-in Program							10:15AM-5:30PM (Open Swim)
Family Pickleball - Brantford - Sunday 11:30 AM Sign Up							11:30AM-12:30PM (Pickleball)
Open Gym - Brantford - Sunday 12:00 PM Sign Up							12:00PM-1:00PM (Open Gym)
Drop In Volleyball - Brantford - Sunday 1:00 PM Sign Up							1:00PM-5:30PM (Volleyball)
Open Gym - Brantford - Sunday 3:15 PM Sign Up							3:15PM-5:45PM (Open Gym)



Ron Edwards Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Tumblers (4 - 7) - Ron Edwards - Monday 5:00 PM Sign Up	5:00PM-5:45PM (Little Tumblers)						
Back to Living Well - Ron Edwards - Monday/Wednesday 5:30 PM Sign Up	5:30PM-6:45PM (Back to Living Well)		5:30PM-6:45PM (Back to Living Well)				
Soccer Level 1 (6 - 12) - Ron Edwards - Monday 6:00 PM Sign Up	6:00PM-7:00PM (Soccer Level 1 (6-12))						
Soccer Level 1 (6 - 12) - Ron Edwards - Monday 7:00 PM Sign Up	7:00PM-8:00PM (Soccer Level 1 (6-12))						
In Motion Exercise Program - Ron Edwards Sign Up		8:00AM-10:00PM (In Motion Exercise Program)	8:00AM-10:00PM (In Motion Exercise Program)				
Healthy Hearts - Ron Edwards - Tuesday/Thursday 11:30 AM Sign Up		11:30AM-1:00PM (Healthy Hearts)		11:30AM-1:00PM (Healthy Hearts)			
Homeschool Program - Ron Edwards - Tuesday 1:30 PM Sign Up		1:30PM-3:00PM (Homeschool Program)					
Zumba Kids Jr (4 - 7) - Ron Edwards - Tuesday 5:00 PM Sign Up		5:00PM-5:45PM (Zumba Kids Jr 4-7)					
Soccer Level 1 (3 - 5) - Ron Edwards - Tuesday 5:00 PM Sign Up		5:00PM-5:45PM (Soccer Level 1 (3-5))					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Level 1 (6 - 12) - Ron Edwards - Tuesday 5:00 PM Sign Up		5:00PM-6:00PM (Basketball Level 1 (6-12))					
Zumba Kids (8 - 12) - Ron Edwards - Tuesday 6:00 PM Sign Up		6:00PM-6:45PM (Zumba Kids 8-12)					
Floor Hockey Level 1 (6 - 12) - Ron Edwards - Tuesday 6:00 PM Sign Up		6:00PM-7:00PM (Floor Hockey Level 1 (6-12))					
Art Spark (3 - 5) - Ron Edwards - Wednesday 5:00 PM Sign Up			5:00PM-5:45PM (Art Spark 3-5)				
Sports Adventure (6 - 12) - Ron Edwards - Wednesday 6:00 PM Sign Up			6:00PM-7:00PM (Sports Adventure 6-12)				
Karate Fundamentals (6 - 12) - Ron Edwards - Thursday 5:00 PM Sign Up				5:00PM-5:45PM (Karate Fundamentals 6-12)			
Dodgeball Level 1 (8 - 13) - Ron Edwards - Thursday 5:00 PM Sign Up				5:00PM-6:00PM (Dodgeball Level 1 (8-13))			
Dodgeball Level 1 (8 - 13) - Ron Edwards - Thursday 6:00 PM Sign Up				6:00PM-7:00PM (Dodgeball Level 1 (8-13))			
Karate Fundamentals (6 - 12) - Ron Edwards - Thursday 6:00 PM Sign Up				6:00PM-6:45PM (Karate Fundamentals 6-12)			
Karate Teen (13+) - Ron Edwards - Thursday 7:00 PM Sign Up				7:00PM-7:45PM (Karate Teen 13-16)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Courts - Ron Edwards - Friday 6:00 AM Sign Up					6:00AM-9:30PM (Racquetball)		
Lane Swim - Ron Edwards - Friday 7:30 AM Drop-in Program					7:30AM-9:00AM (Lane Swim)		
MuscleFit - Ron Edwards - Friday 9:15 AM Sign Up					9:15AM-10:00AM (MuscleFit)		
Line Dancing - Ron Edwards - Friday 9:15 AM Sign Up					9:15AM-10:00AM (Line Dancing)		
AquaFit - Ron Edwards - Friday 9:15 AM Sign Up					9:15AM-10:00AM (AquaFit)		
Low Impact - Ron Edwards - Friday 10:15 AM Sign Up					10:15AM-11:00AM (Low Impact)		
Yoga - Ron Edwards - Friday 10:15 AM Sign Up					10:15AM-11:45AM (Yoga)		
Lane Swim - Ron Edwards - Friday 10:30 AM Drop-in Program					10:30AM-3:45PM (Lane Swim)		
Pickleball - Ron Edwards - Friday 12:00 PM Sign Up					12:00PM-3:00PM (Pickleball)		
Open Basketball - Ron Edwards - Friday 3:15 PM Sign Up					3:15PM-9:15PM (Basketball)		
Lane Swim - Ron Edwards - Friday 4:00 PM Drop-in Program					4:00PM-7:00PM (Lane Swim)		
Lane Swim - Ron Edwards - Friday 7:00 PM Drop-in Program					7:00PM-9:15PM (Lane Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swm - Ron Edwards - Friday 7:00 PM Drop-in Program					7:00PM-9:15PM (Open Swim)		
Lane Swim - Ron Edwards - Saturday 8:00 AM Drop-in Program						8:00AM-9:15AM (Lane Swim)	
Open Courts - Ron Edwards - Saturday 8:00 AM Sign Up						8:00AM-10:00AM (Racquetball)	
TRX - Ron Edwards - Saturday 8:15 AM Sign Up						8:15AM-9:00AM (TRX)	
Basketball Level 1 (6 - 9) - Ron Edwards - Saturday 9:00 AM Sign Up						9:00AM-10:00AM (Basketball Level 1 (6-12))	
CycleFit - Ron Edwards - Saturday 9:15 AM Sign Up						9:15AM-10:00AM (CycleFit)	
Ron Edwards - YThrive - Saturday 9:30 AM Sign Up						9:30AM-10:15AM (YThrive)	
Brain Builders (6 - 12) - Ron Edwards - Saturday 10:00 AM Sign Up						10:00AM-11:00AM (Brain Builders 6-12)	
Basketball Level 1 (3 - 5) - Ron Edwards - Saturday 10:15 AM Sign Up						10:15AM-11:00AM (Basketball Level 1 (3-5))	
Zumba - Ron Edwards - Saturday 10:30 AM Sign Up						10:30AM-11:30AM (Zumba)	
Open Courts - Ron Edwards - Saturday 11:00 AM Sign Up						11:00AM-5:30PM (Racquetball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Level 1 (10 - 12) - Ron Edwards - Saturday 11:15 AM Sign Up						11:15AM-12:15PM (Basketball Level 1 (10-12))	
Brain Builders (3 - 5) - Ron Edwards - Saturday 11:15 AM Sign Up						11:15AM-12:00PM (Brain Builders 3-5)	
Ron Edwards - YThrive - Saturday 11:30 AM Sign Up						11:30AM-12:15PM (YThrive)	
Lane Swim - Ron Edwards - Saturday 1:15 PM Drop-in Program						1:15PM-2:15PM (Lane Swim)	
Ron Edwards - YThrive - Saturday 1:30 PM Sign Up						1:30PM-2:15PM (YThrive)	
Open Basketball - Ron Edwards - Saturday 2:30 PM Sign Up						2:30PM-5:00PM (Basketball)	
Open Swim - Ron Edwards - Saturday 2:45 PM Drop-in Program						2:45PM-3:45PM (Open Swim)	
Lane Swim - Ron Edwards - Saturday 2:45 PM Drop-in Program						2:45PM-3:45PM (Lane Swim)	
Ron Edwards - YThrive - Saturday 3:00 PM Sign Up						3:00PM-3:45PM (YThrive)	
Open Family Swim - Ron Edwards - Saturday 4:00 PM Drop-in Program						4:00PM-5:15PM (Family Swim)	
Lane Swim - Ron Edwards - Sunday 8:00 AM Drop-in Program							8:00AM-9:15AM (Lane Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - Ron Edwards - Sunday 8:00 AM Sign Up							8:00AM-8:45AM (Open Gym)
Open Courts - Ron Edwards - Sunday 8:00 AM Sign Up							8:00AM-4:00PM (Racquetball)
Ron Edwards - YThrive - Sunday 8:30 AM Sign Up							8:30AM-9:15AM (YThrive)
Karate Fundamentals (6 - 12) - Ron Edwards - Sunday 9:00 AM Sign Up							9:00AM-9:45AM (Karate Fundamentals 6-12)
Yoga - Ron Edwards - Sunday 9:15 AM Sign Up							9:15AM-10:15AM (Yoga)
Karate Fundamentals (6 - 12) - Ron Edwards - Sunday 10:00 AM Sign Up							10:00AM-10:45AM (Karate Fundamentals 6-12)
Strong Nation - Ron Edwards - Sunday 10:30 AM Sign Up							10:30AM-11:15AM (Strong Nation)
Ron Edwards - YThrive - Sunday 11:00 AM Sign Up							11:00AM-11:45AM (YThrive)
Karate Advanced/Teen (10 - 16) - Ron Edwards - Sunday 11:00 AM Sign Up							11:00AM-12:00PM (Karate Teen 10-16)
Open Basketball - Ron Edwards - Sunday 12:30 PM Sign Up							12:30PM-3:30PM (Basketball)
Ron Edwards - YThrive - Sunday 1:00 PM Sign Up							1:00PM-1:45PM (YThrive)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Family Swim - Ron Edwards - Sunday 1:15 PM Drop-in Program							1:15PM-2:15PM (Family Swim)
Ron Edwards - YThrive - Sunday 2:30 PM Sign Up							2:30PM-3:15PM (YThrive)
Open Swim - Ron Edwards - Sunday 2:45 PM Drop-in Program							2:45PM-3:45PM (Open Swim)
Lane Swim - Ron Edwards - Sunday 2:45 PM Drop-in Program							2:45PM-3:45PM (Lane Swim)



Flamborough Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Karate Fundamentals (6 - 12) - Flamborough - Monday 5:00 PM Sign Up	5:00PM-5:45PM (Karate Fundamentals 6-12)						
Zumba Kids Jr (3 - 5) - Flamborough - Monday 5:15 PM Sign Up	5:15PM-6:00PM (Zumba Kids Jr 3-5)						
Karate Advanced (6 - 12) - Flamborough - Monday 6:00 PM Sign Up	6:00PM-6:45PM (Karate Advanced 6-12)						
Zumba Kids (6 - 12) - Flamborough - Monday 6:15 PM Sign Up	6:15PM-7:00PM (Zumba Kids 6-12)						
Karate Volunteer (13+) - Flamborough - Monday 7:00 PM Sign Up	7:00PM-7:45PM (Karate Volunteer Instructor)						
Balance Plus - Flamborough - Tuesday/Thursday 1:00 PM Sign Up		1:00PM-2:00PM (Balance +)		1:00PM-2:00PM (Balance +)			
Soccer Level 1 (6 - 12) - Flamborough - Tuesday 5:15 PM Sign Up		5:15PM-6:15PM (Soccer Level 1 (6-12))					
Art Spark (3 - 5) - Flamborough - Tuesday 5:15 PM Sign Up		5:15PM-6:00PM (Art Spark 3-5)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soccer Level 1 (3 - 5) - Flamborough - Tuesday 5:30 PM Sign Up		5:30PM-6:15PM (Soccer Level 1 (3-5))					
Little Gardeners (6 - 12) - Flamborough - Tuesday 6:15 PM Sign Up		6:15PM-7:15PM (Little Gardeners 6-12)					
Y-Climb (6 - 12) - Flamborough - Tuesday 6:30 PM Sign Up		6:30PM-7:30PM (Y-Climb 6-12)					
Karate Fundamentals (6 - 12) - Flamborough - Wednesday 5:00 PM Sign Up			5:00PM-5:45PM (Karate Fundamentals 6-12)				
Karate Fundamentals (6 - 12) - Flamborough - Wednesday 6:00 PM Sign Up			6:00PM-6:45PM (Karate Fundamentals 6-12)				
Karate Advanced (6 - 12) - Flamborough - Wednesday 7:00 PM Sign Up			7:00PM-7:45PM (Karate Advanced 6-12)				
Basketball Level 1 (3 - 5) - Flamborough - Thursday 5:15 PM Sign Up				5:15PM-6:00PM (Basketball Level 1 (3-5))			
Basketball Level 1 (6 - 9) - Flamborough - Thursday 5:15 PM Sign Up				5:15PM-6:15PM (Basketball Level 1 (6-12))			
Artistry (10 - 14) - Flamborough - Thursday 6:00 PM Sign Up				6:00PM-7:15PM (Artistry 10-14)			
Basketball Level 2 (9 - 12) - Flamborough - Thursday 6:30 PM Sign Up				6:30PM-7:30PM (Basketball Level 2 (9-12))			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Level 3 (10 - 12) - Flamborough - Thursday 7:45 PM Sign Up				7:45PM-8:45PM (Basketball Level 3 (10-12))			
Lane Swim - Flamborough - Friday 7:00 AM Drop-in Program					7:00AM-8:15AM (Lane Swim)		
Pickleball - Flamborough - Friday 7:15 AM Sign Up					7:15AM-8:45AM (Pickleball)		
Open Gym - Flamborough - Friday 7:15 AM Sign Up					7:15AM-8:45AM (Open Gym)		
AquaFit - Flamborough - Friday 8:30 AM Sign Up					8:30AM-9:15AM (AquaFit)		
Child Minding - Flamborough - Friday 9:00 AM Sign Up					9:00AM-10:15AM (YMCA Child Minding)		
BodyFit - Flamborough - Friday 9:15 AM Sign Up					9:15AM-10:00AM (Bodyfit)		
Lane Swim - Flamborough - Friday 9:30 AM Drop-in Program					9:30AM-12:45PM (Lane Swim)		
Open Swim - Flamborough - Friday 9:30 AM Drop-in Program					9:30AM-12:45PM (Open Swim)		
Yoga - Flamborough - Friday 9:30 AM Sign Up					9:30AM-10:30AM (Yoga)		
Zumba - Flamborough - Friday 10:15 AM Sign Up					10:15AM-11:15AM (Zumba)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child Minding - Flamborough - Friday 10:15 AM Sign Up					10:15AM-11:30AM (YMCA Child Minding)		
Walkfit - Flamborough - Friday 11:30 AM Sign Up					11:30AM-12:15PM (Walk Fit)		
Pickleball - Flamborough - Friday12:30 PM Sign Up					12:30PM-3:00PM (Pickleball)		
AquaFit - Flamborough - Friday 1:00 PM Sign Up					1:00PM-1:45PM (AquaFit)		
Lane Swim - Flamborough - Friday 2:00 PM Drop-in Program					2:00PM-3:45PM (Lane Swim)		
Open Swim - Flamborough - Friday 2:00 PM Drop-in Program					2:00PM-3:45PM (Open Swim)		
Open Gym - Flamborough - Friday 3:15 PM Sign Up					3:15PM-9:00PM (Open Gym)		
Lane Swim - Flamborough - Friday 8:15 PM Drop-in Program					8:15PM-9:15PM (Lane Swim)		
Lane Swim - Flamborough - Saturday 8:00 AM Drop-in Program						8:00AM-8:45AM (Lane Swim)	
Soccer Level 1 (3 - 5) - Flamborough - Saturday 9:00 AM Sign Up						9:00AM-9:45AM (Soccer Level 1 (3-5))	
Soccer Level 2 (6 - 12) - Flamborough - Saturday 9:00 AM Sign Up						9:00AM-10:00AM (Soccer Level 2 (6-12))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CycleFit - Flamborough - Saturday 9:15 AM Sign Up						9:15AM-10:00AM (CycleFit)	
YThrive - Flamborough - Saturday 9:30 AM Sign Up						9:30AM-10:15AM (YThrive)	
Yin Yoga - Flamborough - Saturday 10:15 AM Sign Up						10:15AM-11:15AM (Yin Yoga)	
YThrive - Flamborough - Saturday 10:30 AM Sign Up						10:30AM-11:15AM (YThrive)	
YThrive - Flamborough - Saturday 11:30 AM Sign Up						11:30AM-12:15PM (YThrive)	
Open Swim - Flamborough - Saturday 1:15 PM Drop-in Program						1:15PM-2:45PM (Open Swim) 1:15PM-5:15PM (Open Swim)	
Open Gym - Flamborough - Saturday 1:15 PM Sign Up						1:15PM-2:30PM (Open Gym)	
Lane Swim - Flamborough - Saturday 2:15 PM Drop-in Program						2:15PM-5:15PM (Lane Swim)	
Open Swim - Flamborough - Saturday 2:15 PM Drop-in Program						2:15PM-5:15PM (Open Swim)	
YThrive - Flamborough - Saturday 2:30 PM Sign Up						2:30PM-3:15PM (YThrive)	
YThrive - Flamborough - Saturday 3:30 PM Sign Up						3:30PM-4:15PM (YThrive)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - Flamborough - Saturday 4:15 PM Sign Up						4:15PM-5:15PM (Open Gym)	
YThrive - Flamborough - Saturday 4:30 PM Sign Up						4:30PM-5:15PM (YThrive)	
Lane Swim - Flamborough - Sunday 8:00 AM Drop-in Program							8:00AM-8:45AM (Lane Swim)
CycleFit - Flamborough - Sunday 8:45 AM Sign Up							8:45AM-9:45AM (CycleFit)
YThrive - Flamborough - Sunday 9:00 AM Sign Up							9:00AM-9:45AM (YThrive)
Strength & Conditioning - Flamborough - Sunday 9:15 AM Sign Up							9:15AM-10:00AM (Strength & Conditioning)
TRX - Flamborough - Sunday 10:15 AM Sign Up							10:15AM-11:00AM (TRX)
Family Pickleball - Flamborough - Sunday 10:30 AM Sign Up							10:30AM-11:30AM (Pickleball)
Line Dancing - Flamborough - Sunday 11:30 AM Sign Up							11:30AM-12:30PM (Line Dancing)
Open Gym - Flamborough - Sunday 12:00 PM Sign Up							12:00PM-3:30PM (Open Gym)
YThrive - Flamborough - Sunday 12:30 PM Sign Up							12:30PM-1:15PM (YThrive)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NL Recert - Flamborough Sign Up							1:00PM-6:00PM (Aquatics - NL Recert)
Lane Swim - Flamborough - Sunday 1:15 PM Drop-in Program							1:15PM-2:30PM (Lane Swim)
Open Swim - Flamborough - Sunday 1:15 PM Drop-in Program							1:15PM-2:30PM (Open Swim) 1:15PM-3:45PM (Open Swim)
YThrive - Flamborough - Sunday 1:30 PM Sign Up							1:30PM-2:15PM (YThrive)
YThrive - Flamborough - Sunday 2:30 PM Sign Up							2:30PM-3:15PM (YThrive)
Open Swim - Flamborough - Sunday 2:30 PM Drop-in Program							2:30PM-3:45PM (Open Swim)



Hamilton Downtown Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YThrive - Saturday - 10:30 AM Sign Up						10:30AM-11:15AM (YThrive)	
YThrive - Saturday - 12:15 PM Sign Up						12:15PM-1:00PM (YThrive)	
YThrive - Saturday - 1:15 PM Sign Up						1:15PM-2:00PM (YThrive)	
YThrive - Sunday - 8:30 AM Sign Up							8:30AM-9:15AM (YThrive)
YThrive - Sunday - 9:30 AM Sign Up							9:30AM-10:15AM (YThrive)
YThrive - Sunday - 10:30 AM Sign Up							10:30AM-11:15AM (YThrive)