



# LAUIRER BRANTFORD YMCA - Schedule At A Glance

April 25, 2022 to June 19, 2022

Monday								
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:30 - 4:15			CycleFit ( Studio C) 6:15 - 7:00				
6:30 AM					Lane Swim 6:30 - 8:45			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Pickleball 9:00 - 11:30	Explorers* 9:00-10:00		AquaFit 9:15 - 10:00	Open Swim 9:00- 12:00	
9:30 AM								
10:00 AM						Yoga (Studio A) 10:00 - 11:00		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM					Lane Swim 10:30 - 3:30	Splasher Bubbler 12:30 - 1:00		
12:30 PM						Open Swim 1:00 - 3:30		
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Soccer- Fundamentals 3-5yrs* 4:30-5:15		Art Spark* 6-12yrs 4:30-5:30		Swim Lessons 4:00 - 7:00			
5:00 PM								
5:30 PM	Soccer- Fundamentals 6- 12yrs* 5:30-6:30	Pickleball 4:30 - 7:00	Art Spark* 3-5yrs 5:45-6:45	Strength & Conditioning (Studio B) 5:45 - 6:30				
6:00 PM								
6:30 PM	Open Gym 6:45-8:45							
7:00 PM								
7:30 PM			Rental 7:15-8:45					
8:00 PM								
8:30 PM								
9:00 PM								

Tuesday								
	Single Gym	Double Gym	Child & Youth	Studio (A,B,C)	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:30 - 5:45							
6:30 AM						Lane Swim 6:30 - 10:00		
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Pickleball 9:00 - 11:30		MuscleFit (Studio B) 9:15 - 10:00		Open Swim 9:00 - 12:00	
9:30 AM								
10:00 AM								Hydrotherapy 10:15 - 11:00
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM						Splasher Bubbler 12:00-12:30		
12:30 PM								
1:00 PM						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								
5:00 PM								
5:30 PM								
6:00 PM	Karate Fundamentals* 6:00- 6:45	Badminton 4:30 - 7:00	Explorers* 3-5yrs 4:45-5:45	Zumba (Studio A) 5:15 - 6:00	Swim Lessons 4:00 - 7:00			
6:30 PM			Build It* 3-5yrs 6:00- 6:45	Bodyfit (Studio B) 6:15-7:00				
7:00 PM	Karate Fundamentals* 7:00- 7:45	Basketball 7:15-8:45						
7:30 PM								
8:00 PM	Open Gym 8:00 - 8:45							
8:30 PM								
9:00 PM								

Wednesday								
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:30 - 4:45			BodyFit ( Studio B) 6:15 - 7:00	Lane Swim 6:30 - 8:45			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Pickleball 9:00 - 11:30			AquaFit 9:15 - 10:00	Open Swim 10:30 - 12:00	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM					Lane Swim 10:30 - 3:30	Splasher Bubbler 12:00 - 12:30		
12:30 PM						Open Swim 12:45 - 3:30		
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Basketball Fundamentals* 3-5yrs 5:00-5:45	Badminton 4:30 - 7:00	Discovery Lab* 6- 12 yrs 5:00-6:00	CycleFit (Studio C) 5:15 - 6:15	Swim Lessons 4:00 - 7:00			
5:30 PM								
6:00 PM	Basketball Fundamentals* 6-12yrs 6:00-7:00			Explorers* 3-5yrs 6:00-7:00		Yoga (Studio A) 6:00 - 7:00		
6:30 PM								
7:00 PM	Basketball Advanced* 6-12yrs 7:00-8:00	Rental 7:15-8:45			Open Swim 7:00- 8:30	Lane Swim / Open Swim 7:00-8:30		
7:30 PM								
8:00 PM								
8:30 PM	Basketball 8:15-8:45							
9:00 PM								

Thursday								
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
6:00 AM	Open Gym 6:30 - 3:45				Lane Swim 6:30 - 9:00			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Pickleball 9:00 - 11:30			AquaFit 9:15 - 10:00	Open Swim 9:00 - 1:00	
9:30 AM								
10:00 AM						Gentlefit (Studio B) 10:15-11:00		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM					Lane Swim 10:30 - 3:30			
12:30 PM								
1:00 PM								
1:30 PM		Rental 1:00-3:00				Open Swim 1:30 - 3:30		
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM					Lane Swim / Open Swim 3:45 - 5:45	Open Swim 3:45 - 5:45		
4:30 PM	Family Open Gym 4:00-5:45							
5:00 PM		Pickleball 4:30 - 7:00		Muscles in Motion (Studio B) 5:15 - 6:15				
5:30 PM								
6:00 PM								
6:30 PM	Strength & Conditioning Jr 6-12yrs 6:00-7:00				Lane Swim / Open Swim 6:00 - 8:00	Open Swim 6:00 - 8:00		
7:00 PM								
7:30 PM	Open Gym 7:15-8:45	Basketball 7:30-8:45						
8:00 PM								
8:30 PM								
9:00 PM								



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Friday							
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool	
6:00 AM	Open Gym 6:30 - 3:45			Synergy (Floor) 6:15 - 6:45	Lane Swim 6:30 - 8:45		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						AquaFit 9:15 - 10:00	Open Swim 9:00 - 1:00
9:30 AM			Pickleball 9:30 - 11:30		Pilates 9:30 - 10:15		
10:00 AM							
10:30 AM						Lane Swim 10:30 - 3:30	
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM						Open Swim 1:30 - 3:30	
2:30 PM							
3:00 PM							
3:30 PM					Lane Swim / Open Swim 3:45 - 5:45	Open Swim 3:45 - 5:45	
4:00 PM							
4:30 PM							
5:30 PM	Move It 3-5yrs 4:00-5:00	Volleyball 4:30-7:00			Lane Swim / Open Swim 6:00 - 8:30	Open Swim 6:00 - 8:00	
6:00 PM	Move It 6-12yrs 5:00-6:00						
6:30 PM	Youth Leadership Development (Gym B) 6:00 - 8:00						
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
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	Strength & Conditioning 9:00 - 9:45	Pickleball 9:00 - 11:30	Build It* 6-12yrs 9:00-9:45	Dance* 3-5yrs 9:00-9:45	Swim Lessons 9:00 - 12:45	
9:30 AM						
10:00 AM	Strength & Conditioning Jr* 6- 12yrs 10:00-10:45			Build It* 3-5yrs 11:00-11:45		
10:30 AM						
11:00 AM						
11:30 AM	Family Open Gym 11:00 - 1:00					
12:00 PM		Basketball 12:00-2:00				
12:30 PM						
1:00 PM	Birthday Parties 1:15-2:15					
1:30 PM					Lane Swim / Open Swim 1:15 - 3:30	Open Swim 1:15 - 3:30
2:00 PM	Open Gym 2:30 - 3:45					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

Sunday						
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
8:00 AM					Triathlon Swim 8:15 - 9:15	Open Swim 8:00 - 9:45
8:30 AM	Open Gym 8:30 - 9:30				Lane Swim 8:00 - 9:45	
9:00 AM				CycleFit (Studio C) 9:00 - 9:45		
9:30 AM		Pickleball 9:00 - 11:30		Yoga (Studio A) 10:00 - 11:00	Lane Swim / Open Swim 10:00 - 12:00	Open Swim 10:00 - 12:00
10:00 AM	Family Open Gym 10:00 - 12:00					
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Gym 12:30 - 3:30	Birthday Parties 1:00-2:15			Lane Swim / Open Swim 12:30 - 3:30	Open Swim 12:30 - 3:30
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						