



LAURIER BRANTFORD YMCA - Schedule At A Glance

July 4, 2022 to September 3, 2022

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

Hot Tub is closed every other Tuesday for cleaning

Wednesday								
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
6:00 AM								
6:30 AM	Day Camp 6:30-3:00	Open Gym 6:30-8:45		BodyFit (Studio B) 6:15 - 7:00	Lane Swim 6:30 - 9:00			
7:00 AM								
7:30 AM							Bodyfit (Harmony Square) 7:15-8:00	
8:00 AM								
8:30 AM								
9:00 AM			Day Camp 9:00-6:15			AquaFit 9:15 - 10:00	Day Camp Swim 9:30-10:30	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	Open Gym 3:15-4:45							
4:00 PM								
4:30 PM								
5:00 PM	Basketball Fundamentals* 3-5yrs 5:00-5:45		BuildIt* 6-12 yrs 5:00-6:00	Synergy (Floor) 5:15 - 6:00		Swim Lessons 4:00 - 7:00		
5:30 PM								
6:00 PM	Basketball Fundamentals* 6-12yrs 6:00-7:00		BuildIt* 3-5yrs 6:15-7:00	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						
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								
6:30 AM	Day Camp 6:45-4:15	Open Gym 6:30-8:30			Lane Swim 6:30 - 9:00			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM			Pickleball 9:00 - 11:30					
9:00 AM							AquaFit 8:30-9:15	Open Swim 9:00 - 10:30
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM		Day Camp 11:45-6:15						
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								
6:30 PM								
7:00 PM								
7:30 PM	Open Gym 4:30-8:45	Pickleball 6:30-8:30						
8:00 PM								
8:30 PM								
9:00 PM								



LAURIER BRANTFORD YMCA - Schedule At A Glance

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Friday								
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
6:00 AM								
6:30 AM	Day Camp 6:30-3:00	Open Gym 6:30-8:45			Lane Swim 6:30 - 9:00			
7:00 AM					CardioFit (Harmony Square) 7:15-8:00			
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Day Camp 9:00-6:15			AquaFit 9:15 - 10:00	Day Camp Swim 9:30-10:30	
9:30 AM					Pilates 9:30 - 10:15			
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM						Lane Swim 10:30 - 1:00	Open Swim 10:30-1:00	
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM					Day Camp Swim 12:45-3:00	Day Camp Swim 12:45-3:00		
2:30 PM								
3:00 PM								
3:30 PM	Open Gym 3:15-8:45				Lane Swim / Open Swim 3:15 - 8:30	Open Swim 3:15 - 8:00		
4:00 PM								
4:30 PM								
5:30 PM								
6:00 PM					Yoga (Studio A) 6:00 - 7:00			
6:30 PM							Adult Lessons 5:00-6:00	
7:00 PM			Badminton 6:30-8:30					
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					Lane Swim 8:00-9:00			
9:00 AM	MoveIt 6-12yrs 9:00-10:00	Pickleball 9:00 - 11:30	Art Spark 3-5yrs 9:00-10:00	Strength & Conditioning (B) 9:00 - 9:45	Swim Lessons 9:00 - 12:45			
9:30 AM			Art Spark 6-12yrs 10:15-11:15					
10:00 AM	MoveIt 3-5yrs 10:15-11:15							
10:30 AM								
11:00 AM	Family Open Gym 11:30-1:00							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Birthday Parties 1:15-2:15	Basketball 12:00-3:45						
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					Lane Swim 8:00 - 9:45	Open Swim 8:00 - 9:45		
8:30 AM	Open Gym 8:30 - 9:30							
9:00 AM		Pickleball 9:00 - 11:30		CycleFit (Studio C) 9:00 - 9:45				
9:30 AM								
10:00 AM	Family Open Gym 10:00 - 12:00				Yoga (Studio A) 10:00 - 11:00	Lane Swim / Open Swim 10:00 - 12:00	Open Swim 10:00 - 12:00	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Open Gym 12:00-3:45						
12:30 PM								
1:00 PM	Open Gym 12:30 - 3:30					Lane Swim / Open Swim 12:15 - 3:30	Open Swim 12:15 - 3:30	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								