



# LAURIER BRANTFORD YMCA - Schedule At A Glance

August 1, 2022 to September 3, 2022\* updated July 30, 2022

Monday									
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool			
6:00 AM									
6:30 AM									
7:00 AM	Day Camp 6:45-8:45	Open Gym 6:30-8:45		HIIT (Harmony Square) 7:15-8:00am	Lane Swim 6:30 - 9:00				
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM	Day Camp 9:00-9:15	Day Camp 9:00-4:15			AquaFit 9:15 - 10:00	Open Swim 9:00-12:00			
9:30 AM									
10:00 AM						Yoga (Studio A) 10:30-11:30			
10:30 AM							Lane Swim 10:30 - 12:30	Splasher Bubbler 12:00 -12:30	
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM			Day Camp 6:15				Day Camp Swim 12:45-3:00	Day Camp Swim 12:45-3:00	
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM		Soccer- Fundamentals 3-Syrs* 4:30-5:15			Art Spark* 6-12yrs 4:30-5:30		Swim Lessons 4:00 - 7:30		
5:00 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			
5:30 PM									
6:00 PM									
6:30 PM		Pickleball 6:30-8:30							
7:00 PM	Open Gym 6:45-8:45								
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 6:45-8:30	Open Gym 6:00-8:15			Lane Swim 6:30 - 10:00			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Day Camp 10:45-4:15	Day Camp 8:15-4:15			MuscleFit (Studio A) 9:15 - 10:00	Open Swim 9:00 - 12:00		
9:30 AM			Pickleball 8:30-10:30					
10:00 AM							Hydrotherapy 10:15 - 11:00	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM							Lane Swim 11:30-12:30	Splasher Bubbler 12:00-12:30
12:30 PM								
1:00 PM							Day Camp Swim 12:45-3:00	Day Camp Swim 12:45-3:00
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	Open Gym 4:15-6:15	Open Gym 4:15-5:45		Zumba (Studio A) 5:15 - 6:00	Swim Lessons 4:00 - 7:30			
6:00 PM		Karate Fundamentals* 6:00-6:45		Bodyfit (Studio B) 6:15-7:00				
6:30 PM								
7:00 PM	Badminton 6:30-8:30	Karate Fundamentals* 7:00-7:45		Yoga (Harmony Square) 6:00-7:00				
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 6:45-6:15	Open Gym 6:30-8:45		BodyFit ( Studio B) 6:15 - 7:00	Lane Swim 6:30 - 9:00			
7:00 AM					Bodyfit (Harmony Square) 7:15-8:00			
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Day Camp 9:00-4:15			AquaFit 9:15 - 10:00	Day Camp Swim 9:30-10:30	
9:30 AM								
10:00 AM								
10:30 AM							Lane Swim/ Open Swim 10:30 - 12:30	Open Swim 10:30-12:00
11:00 AM								
11:30 AM								
12:00 PM						Splasher Bubbler 12:00 - 12:30		
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								
4:00 PM								
4:30 PM								
5:00 PM		Basketball Fundamentals* 3-5yrs 5:00-5:45		Synergy (Floor) 5:15 - 6:00	Swim Lessons 4:00 - 7:00			
5:30 PM		Basketball Fundamentals* 6-12yrs 6:00-7:00		Yoga (Studio A) 6:00 - 7:00				
6:00 PM								
6:30 PM								
7:00 PM	Basketball Advanced* 6-12yrs 7:00-8:00	Rental 7:15-8:45			Lane Swim/ Open Swim 7:00-8:30	Open Swim 7:00-8:30		
7:30 PM								
8:00 PM	Basketball 8:15-8:45							
8:30 PM								
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 6:45-6:15	Open Gym 6:30-8:30			Lane Swim 6:30 - 8:15		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM			Day Camp 8:30-9:15				
9:00 AM						AquaFit 8:30-9:15	
9:30 AM							
10:00 AM			Pickleball 9:30 - 11:30		Gentlefit (Studio A) 10:15-11:00	Day Camp Swim 9:30-11:45	Day Camp Swim 9:30-12:30
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM		Day Camp 11:45-4:15				Day Camp 12:45-1:45	
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		Open Gym 4:15-6:15		Circuit (Studio B) 5:15 - 6:15	Lane/ Open Swim 12:00-8:30	Open Swim 2:00-8:00	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Open Gym 6:30-8:45	Pickleball 6:30-8:30					
7:30 PM							
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							
6:30 AM	Day Camp 6:45-6:15				Lane Swim 6:30 - 9:00		
7:00 AM		Open Gym 6:30-9:00			CardioFit (Harmony Square) 7:15-8:00		
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM			Day Camp 9:00-12:00			AquaFit 9:15 - 10:00	Day Camp Swim 9:30-10:30
9:30 AM					Pilates 9:30 - 10:15 (A)		
10:00 AM							
10:30 AM							
11:00 AM						Lane Swim 10:30 - 1:00	Open Swim 10:30-1:00
11:30 AM							
12:00 PM							
12:30 PM		Open Gym 12:00-3:30			Day Camp Swim 12:45-3:00	Day Camp Swim 12:45-3:00	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM		Day Camp 3:30-4:15					
3:30 PM							
4:00 PM		Open Gym 4:15-6:15			Lane Swim / Open Swim 3:15 - 8:30	Open Swim 3:15 - 8:00	
4:30 PM							
5:30 PM					Yoga (Studio A) 6:00 - 7:00		
6:00 PM					Adult Lessons 5:00-6:00		
6:30 PM	Open Gym 6:30-8:45	Badminton 6:30-8:30					
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					Lane Swim 8:00-9:00	
8:30 AM						
9:00 AM	Movelt 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	Movelt 3-5yrs 10:15-11:15					
10:30 AM						
11:00 AM						
11:30 AM	Family Open Gym 11:30-1:00					
12:00 PM						
12:30 PM		Basketball 12:00-3:45				
1:00 PM	Birthday Parties 1:15-2:15					Lane Swim / Open Swim 1:15 - 3:30
1:30 PM						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				Yoga (Studio A) 10:00 - 11:00			
10:00 AM	Family Open Gym 10:00 - 12:00					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							
12:30 PM	Open Gym 12:30 - 3:30	Open Gym 12:00-3:45			Lane Swim / Open Swim 12:15 - 3:30	Open Swim 12:15 - 3:30	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							