

V LAURIER BRANTFORD YMCA - Schedule At A Glance

September 12, 2022* to December 23, 2022

*updated October 4, 2022

	Monday						
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool	
5:30 AM							
				HIIT (Studio A)			
6:00 AM 6:30 AM				6:15 - 7:00	Lane Swim		
7:00 AM	ł				6:00 - 8:45		
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		Open Pickleball 8:30-			AquaFit		
9:30 AM		10:30			9:15 - 10:00		
10:00 AM	1			Yoga			
10:30 AM				(Studio A)			
11:00 AM		BYOG Pickleball		10:30-11:30			
11:30 AM	Open Gym	10:30-11:30				Open Swim	
	6:30 - 4:15					11:00-11:45	
12:00 PM	0.30 - 4.13			Cyclefit (Studio		11.00-11.43	
				1:00	Lane Swim	Splasher Bubble	
12:30 PM					10:30 - 3:30	12:00-12:30	
1:00 PM					1		
1:30 PM							
2:00 PM						Open Swim	
2:30 PM						1:00 - 3:30	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Soccer- Fundamentals		Art Spark* 6-12yrs				
5:00 PM	3-Syrs* 4:30-5:15		4:30-5:30	Cyclefit (Studio C) 4:45-5:30			
5:30 PM		Ī					
	Fundamentals 6-12yrs* 5:30-6:30	Badminton 4:30 -7:00	Art Spark* 3-5yrs 5:45-6:45	HIIT (Studio B) 5:45 - 6:30		essons - 7:30	
6:00 PM							
6:30 PM							
7:00 PM				l			
7:30 PM	Open Gym 6:45-10:45						
8:00 PM					Open/ Lane Swim	Open Swim	
8:30 PM		Laurier Athletics			7:45-9:30	7:45-9:00pm	
9:00 PM		7:15-11:00					
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM	1		I	1	I	1	

	Tuesday						
	Single Gym	Double Gym	Child & Youth	Studio (A.B.C)	Lap Pool	Leisure Pool	
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM					Eane Swim 6:00 - 10:00		
8:00 AM 8:30 AM					6.00 - 10.00		
				MuscleFit			
9:00 AM				(Studio B)			
9:30 AM		Open Pickleball		9:15 - 10:00			
10:00 AM		8:30 - 11:30			Hydrotherapy		
10:30 AM					10:15 - 11:00		
11:00 AM						Open Swim 11:0	
11:30 AM	Open Gym					11:45	
	6:30 - 3:45					Splasher Bubble	
						12:00-12:30	
12:00 PM						12.00-12.30	
12:30 PM				Healthy Hearts*	Lane Swim		
1:00 PM				12:30-2:00	11:30 - 3:30		
1:30 PM						Open Swim	
2:00 PM		Rental 1:00-3:00				12:45 - 3:30	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Move It 3-5yrs		Discovery Lab 6-				
4:30 PM	4:00-5:00		12yrs 4:00-5:00				
	Move It 6-12yrs		Discovery Lab 3-	Zumba			
5:00 PM	5:00-6:00		Syrs 5:15-6:15	(Studio A) 5:15 - 6:00			
5:30 PM				5:15 - 6:00		Lessons	
		Pickleball	Strength & Conditioning Jr.			Lessons D - 7:30	
	Karate	4:30 - 7:00	Conditioning Jr. Studio B 6-9vrs	Bodyfit	4.00		
6:00 PM	Fundamentals* 6:00		5:15-6:00	(Studio A)			
_	6:45		Strength &	6:15-7:00			
			Conditioning Jr. Studio B 10-12vrs				
6:30 PM			6:15-7:00				
7:00 PM	Karate						
	Fundamentals* 7:00 7:45						
7:30 PM 8:00 PM	/:45					Open Swim	
8:00 PM 8:30 PM					Open/ Lane Swim	7:45-9:00pm	
9:00 PM	Open Gym 8:00 - 10:45	Laurier Athletics		1	7:45-9:30		
9:30 PM		7:15-11:00					
10:00 PM							
10:00 PM							
11:00 PM							

		Hot Tub is closed s	econd Tuesday of	the month for clea	ining			
	Friday							
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
5:30 AM					Triathalon Swim			
6:00 AM					6:00-7:00* (2)			
6:00 AM		Women's Flag		Core & Conditioning (Studio B)				
6:30 AM		Football (LSO)		6:15 - 7:00	Lane Swim			
7:00 AM		6:30-8:00			6:00 - 8:45			
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		Open Pickleball 8:30-			AquaFit 9:15 - 10:00			
9:30 AM		10.30		Pilates (Studio A)				
10:00 AM				9:30 - 10:15				
10:30 AM	Open Gym	BYOG Pickleball		Yoga (Studio A) 10:30-11:30				
11:00 AM	6:30 - 3:45	10:30-11:30						
11:30 AM								
12:00 PM								
12:30 PM					Lane Swim			
1:00 PM								
1:30 PM					10:30 - 3:30			
2:00 PM								
2:30 PM 3:00 PM								
3:00 PM								
3:30 PM						Open Swim 9:00 - 8:00		
4:00 PM								
4:30 PM								
5:00 PM				KAOS Dance Club (LSO) Studio B 4:00-9:00pm	H20 Leaders 5:00-6:00			
	Youth Sports				Teen Swim			
	League: Soccer 6-9	Volleyball 4:30-7:00			Lessons			
5:30 PM	yrs 4:45-5:45	4.30-7:00			5:30-6:00			
6:00 PM				Yoga (Studio A)	Adult Swim Lessons 5:30-6:00			
	Youth Leadership		Youth Leadership	6:00 - 7:00				
6:30 PM	Development (Single Gym) 6:00 - 8:00		Development (Meeting Room A)		Lane Swim / Open			
7:00 PM			6:00 - 8:00		Swim			
7:30 PM		Basketball 7:15-8:45	0.00 / 8.00		3:30-8:00			
8:00 PM								
8:30 PM								
9:00 PM								

	5:30 AM	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
_	6:00 AM						
					Bodyfit (Studio A)		
	6:30 AM		Varsity Soccer		6:15-7:00	Lane Swim	
	7:00 AM		Practice 6:30-8:00			6:00-9:00	
-	7:30 AM				KAOS Dance Club (LSO) 6:00-9:00 Studio B	6.00-5.00	
-	8:00 AM				6:00-9:00 Studio B		
- 1	8:30 AM						
-	9:00 AM		Open Pickleball 8:30-			AquaFit 9:15 - 10:00	
-	9:30 AM		10:30		Gentlefit	9:15 - 10:00	
L	10:00 AM				(Studio B)		
	10:30 AM		BYOG Pickleball		10:15-11:00		
	11:00 AM		10:30-11:30				
	11:30 AM		10.30-11.30				
	12:00 PM	Open Gym					
-	12.00 FW	6:30 - 4:45			Cyclefit (Studio C)		
					12:15-1:00		
	12:30 PM					Lane Swim	Open Swim 11:00-
						10:30 - 3:30	3-30
							3.30
	1:00 PM						
	1:30 PM						
	2:00 PM						
	2:30 PM						
	3:00 PM						
	3:30 PM						
				İ			
	4:00 PM						
-	4:30 PM						
	5:00 PM	Basketball			Cardio Kickbox (Studio		
		Fundamentals*		Drama Kids 3-5yrs 4:45-	A) 5:15 - 6:00		
	5:30 PM	6-12yrs 5:00-6:00		5:45 (Studio B)		Swim Lessons 4:00 - 7:30	
-						4:00	7:30
	6:00 PM	Basketball					
		Fundamentals* 3-5vrs	Badminton	Drama Kids 6:00-			
		6:15-7:00	4:30 - 7:00	7:00 (Studio B)	6:00 - 7:00		
	6:30 PM						
	7:00 PM			l			
	00 1 141	Basketball Advanced*		l			
-		6-12yrs 7:00-8:00					
1	7:30 PM			l		Open/ Lane Swim 7:45-9:30	Open 7:45-9:00
-	8:00 PM					7:45-9:30	
-	8:30 PM						
	9:00 PM	Open Gym 8:15- 10:45	Laurier Athletics				
	9:30 PM		7:15-11:00				
	10:00 PM	22.45					
\vdash							
-	10:30 PM						
	11:00PM						

	Saturday							
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool		
MA 00:8								
8:30 AM								
9:00 AM 9:30 AM	Open Gym 8:00- 11:00	Pickleball	Build It* 6-12yrs 9:00- 10:00	Strength & Conditioning (Studio A) 9:00 - 9:45				
10:00 AM		9:00 - 11:30	Build It* 3-Syrs 10:15- 11:00	Dance* 3-5yrs 9:00-9:45 (Studio B)	Swim Lessons 9:00 - 12:45			
10:30 AM	Family Open Gym			Dance* 6-12yrs	5.00			
11:30 AM	11:00 - 1:00		Parent & Tot Music	10:00-11:45 (Studio B)				
12:00 PM			9:15-10:15am Meeting A					
12:30 PM			Kids & Music 6-12yrs 10:30-11:30 Meeting					
1:00 PM	Birthday Parties*	Basketball 12:00-2:00	A A					
	1:15-2:15							
1:30 PM					Lane Swim / Open			
2:00 PM 2:30 PM					Swim / Open	Open Swim		
2:30 PM					1:15 - 5:00	1:15 - 5:00		
3:00 PM								
3:30 PM	Open Gym	-						
4:00 PM	2:30- 5:30							
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

	Sunday						
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool	
8:00 AM					Triathalon Swim* (2) 8:00-10:15		
8:30 AM 9:00 AM	Open Gym 8:30 - 9:30			CycleFit (Studio C)	Lane Swim 8:00 - 9:45		
9:30 AM 10:00 AM		Pickleball 9:00 - 11:30		9:00 - 9:45	Aquafit 10:00-10:45		
10:30 AM 11:00 AM 11:30 AM 12:00 PM	Family Open Gym 10:00 - 12:00			KAOS Dance Club (LSO) 11:00-1:00	Lane Swim / Open	Open Swim 9:00-5:00	
12:30 PM 1:00 PM 1:30 PM				Studio B			
2:00 PM 2:30 PM					Swim 11:00 - 5:00		
3:00 PM	Open Gym 12:30 - 5:30				-		
3:30 PM 4:00 PM		Varsity Soccer					
4:30 PM 5:00 PM 5:30 PM		Practice (LSO) 4:00-6:00					
6:00 PM							

Triathalon Swim begins November 5, 2022

	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM		Varsity Soccer Practice 6:30-8:00				
7:30 AM		P14CUCE 0.30-8.00				
8:00 AM					Lane Swim	
8:00 AM					6:00 - 10:00	
8:30 AM						
U.JU KIVI						
9:00 AM				Yoga		
9:30 AM				(Studio A)		
10:00 AM		Open Pickleball		9:15-10:15		
10:00 AM		8:30 - 11:30			Hydrotherapy	
					10:15 - 11:00	
10:30 AM						
11:00 AM						
11:30 AM	Open Gym 5:30 - 5:45					Open Swim 11:0
12:00 PM	5:30 - 5:45			Yoga (Studio A) 12:15-1:15		1:00
12:00 PM 12:30 PM				12:15-1:15		1.00
1:00 PM				Healthy Hearts*	Lane Swim	
1:30 PM				12:30-2:00	11:30 - 3:30	
2:00 PM						
2:30 PM					-	
3:00 PM						
						1
3:30 PM						
4:00 PM						
4:30 PM						
				Core Circuit	Lane Swim / Open	
5:00 PM				(Studio B)	Swim	
				5:15 - 6:00	3:45 - 6:45	Open Swim
5:30 PM						1:30 - 9:00
3.30 FWI						
				l		
6:00 PM	Laurier CPAC Programming*	<u> </u>				
6:30 PM	6:00-8:00					
7:00 PM				l		
					Aquafit 7:00-7:45	
7:30 PM						
8:00 PM				l		
8:30 PM					Lane/ Open Swim	
9:00 PM	Open Gym 7:30-10:45	Laurier			8:00-9:30	
9:30 PM		Programming				
2.20110		8:00-11:00				
10:00 PM						
10:30 PM						
11:00 PM						

Hours of Operation Monday to Thursday 5:30am to 11:00pm Friday 5:30am to 9:00pm Saturday and Sunday 8:00am-6:00pm