

LAURIER BRANTFORD YMCA - Schedule At A Glance

November 7, 2022* to December 23, 2022

*updated November 1, 2022

	Monday					
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM				HIT (Studio A) 6:15-7:00	Lane Swim 6:00-8:45	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM		Open Pickleball 8:30-10:30			AquaFit 9:15-10:00	
10:00 AM						
10:30 AM		BYOG Pickleball 10:30-11:30		Yoga (Studio A) 10:30-11:30		
11:00 AM						
11:30 AM	Open Gym 6:30-4:15			CycleFit (Studio C) 12:15-1:00	Lane Swim 10:30-3:30	Open Swim 11:00-11:45
12:00 PM					Splasher/Bubbler 12:00-12:30	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Open Swim 1:00-3:30
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Soccer-Fundamentals 3-5yrs* 4:30-5:15		Art Spark* 6-12yrs 4:30-5:30	CycleFit (Studio C) 4:45-5:30		
5:30 PM						
6:00 PM	Soccer-Fundamentals 6-12yrs* 5:30-6:30	Badminton 4:30-7:00	Art Spark* 3-5yrs 5:40-6:45	HIT (Studio B) 5:45-6:30	Swim Lessons 4:00-7:30	
6:30 PM						
7:00 PM	Open Gym 6:45-10:45					
7:30 PM		Laurier Athletics 7:15-11:00				
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

	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						
8:00 AM						
8:30 AM						
9:00 AM				MuscleFit (Studio B) 9:15-10:00		
9:30 AM						
10:00 AM					Hydrotherapy 10:15-11:00	
10:30 AM						
11:00 AM	Open Gym 6:30-3:45					Open Swim 11:00-11:45
11:30 AM		Open Pickleball 8:30-11:30				
12:00 PM						Splasher/Bubbler 12:00-12:30
12:30 PM				Healthy Hearts* 12:30-2:00	Lane Swim 11:30-3:30	
1:00 PM						
1:30 PM						Open Swim 12:45-3:30
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM				Zumba (Studio A) 5:15-6:00		
5:30 PM						Swim Lessons 4:00-7:30
6:00 PM	Karate Fundamentals 6-12* 6:00-6:45	Pickleball 4:30-7:00		Strength & Conditioning Jr. Studio 8:30-12 yrs 5:15-6:00		
6:30 PM				BodyFit (Studio A) 6:15-7:00		
7:00 PM	Karate Fundamentals 6-12* 7:00-7:45					
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM	Open Gym 8:00-10:45	Laurier Athletics 7:15-11:00				
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

Hot Tub is closed second Tuesday of the month for cleaning

	Wednesday					
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM				BodyFit (Studio A) 6:15-7:00		
7:00 AM						
7:30 AM						Lane Swim 6:00-9:00
8:00 AM				KIDS Dance Club (LSO) 6:00-9:00 Studio B		
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Gym 6:30-4:45					
12:30 PM						
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						
5:30 PM	Basketball Fundamentals* 6-12yrs 5:00-6:00		Drama Kids 3-5yrs 4:45-5:45 (Studio B)	Cariboo Kickbox (Studio A) 5:15-6:00		Swim Lessons 4:00-7:30
6:00 PM						
6:30 PM	Basketball Fundamentals* 3-5yrs 6:15-7:00	Badminton 4:30-7:00	Drama Kids 7:00 (Studio B)	Yoga (Studio A) 6:00-7:00		
7:00 PM						
7:30 PM	Basketball Advance* 6-12yrs 7:00-8:00					Open Lane Swim 7:45-9:30
8:00 PM						
8:30 PM						
9:00 PM	Open Gym 8:15-10:45	Laurier Athletics 7:15-11:00				Open 7:45-9:00
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

	Thursday					
	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						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Open Gym 5:30-5:45					
12:00 PM						
12:30 PM						
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						
5:30 PM						
6:00 PM						
6:30 PM	Laurier CHAC Programming* 6:00-8:00					
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						

	Friday					
	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						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	Open Gym 6:30-3:45					
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						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Youth Sports League Soccer 6-12 yrs 4:45-5:45	Volleyball 4:30-7:00				
6:00 PM	Youth Leadership Development (Sings Gym) 6:00-8:00					
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

Triathlon Swim begins November 3, 2022

	Saturday					
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
8:00 AM						
8:30 AM						
9:00 AM	Youth Sports League Badminton 8:30-9:30					
9:30 AM						
10:00 AM	Youth Sports League 6-12yrs Basketball 10:15-11:15					
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						
4:00 PM						
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						
8:30 AM						
9:00 AM						
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						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

Triathlon Swim begins November 5, 2022

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