



# LAURIER BRANTFORD YMCA - Schedule At A Glance

March Break- March 13th to March 19, 2023

Monday							
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool	
5:30 AM							
6:00 AM	Open Gym 6:30 - 8:45				Lane Swim 6:00 - 9:00		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	March Break Camp 9:00-12:00	Open Pickleball 9:00am-11:30			AquaFit 9:15 - 10:00		
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Open Gym 12:15-4:15				Lane Swim/ Open Swim 10:15 - 9:30	Open Swim 11:00-9:00	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Rental 4:30-6:00	Badminton 4:30 - 7:00		Cycle & Strength (Studio C) 4:45- 5:30			
5:00 PM					HIIT (Studio B) 5:45 - 6:30		
5:30 PM				Yoga (Studio A) 6:45-7:45			
6:00 PM							
6:30 PM	Open Gym 6:45-10:45	Laurier Athletics 7:15-11:00					
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							

Tuesday							
	Single Gym	Double Gym	Child & Youth	Studio (A,B,C)	Lap Pool	Leisure Pool	
5:30 AM							
6:00 AM	Open Gym 6:30 - 4:15				Lane Swim 6:00 - 10:00		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		Open Pickleball 9:00 - 11:30		MuscleFit (Studio B) 9:15 - 10:00			
9:30 AM							
10:00 AM					Hydrotherapy 10:15 - 11:00		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM				Healthy Hearts* 12:30-2:00			
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM					Lane Swim/ Open Swim 11:15 - 9:30	Open Swim 11:00-9:00	
5:00 PM	Rental 4:30-7:45	Pickleball League* 5:00-7:30pm		Zumba (Studio A) 5:15 - 6:00			
5:30 PM					Bodyfit (Studio A) 6:15-7:00		
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:00 - 10:45	Laurier Athletics 8:00-11:00					
9:00 PM							
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	Open Gym 6:30 - 8:45			Bodyfit (Studio A) 6:15-7:00	Lane Swim 6:00-9:00		
6:30 AM							
7:00 AM						KAOS Dance Club (LSO) 6:00-9:00 Studio B	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						AquaFit 9:15 - 10:00	
9:30 AM	March Break Camp 9:00-12:00	Open Pickleball 9:30- 12:00					
10:00 AM					Gentlefit (Studio B) 10:15-11:00		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM				Cyclefit (Studio C) 12:15- 1:00			
1:00 PM	Open Gym 12:15-5:45	Rental 1:00-3:00					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM				Cardio Kickbox (Studio A) 5:15 - 6:00			
5:30 PM		Laurier International 4:00-6:00pm		Yoga (Studio A) 6:00 - 7:00			
6:00 PM							
6:30 PM	Rental 6:00-7:30pm						
7:00 PM		Cross County 6:00-7:00					
7:30 PM	Open Gym 8:15- 10:45	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							

### Hours of Operation

Monday to Thursday 5:30am to 11:00pm

Friday 5:30am to 9:00pm

Saturday and Sunday 8:00am- 6:00pm



# LAURIER BRANTFORD YMCA - Schedule At A Glance

March Break- March 13th to March 19, 2023

Thursday						
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM	Open Gym 5:30 - 10:45					
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM					Core & Conditioning (Studio B) 9:15-10:00	Lane Swim 6:00 - 10:00
8:00 AM						
8:30 AM						
9:00 AM			Open Pickleball 9:00 - 11:30		Yoga (Studio A) 9:15-10:15	
9:30 AM						
10:00 AM						Hydrotherapy 10:15 - 11:00
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM				Yoga (Studio A) 12:15-1:15		
12:30 PM						
1:00 PM				Healthy Hearts* 12:30-2:00	Lane Swim 11:15 - 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				Step & Sculpt (Studio B) 5:15 - 6:00	Lane Swim / Open Swim 3:45 - 6:45	
5:30 PM		Open Pickleball 5:00-7:30				
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM					Water Walking 7:00-7:45	
8:00 PM						
8:30 PM					Lane/ Open Swim 8:00-9:30	
9:00 PM		Laurier Programming 8:00 11:00				
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					Triathlon Swim 6:00-7:00* (4)	
6:00 AM						
6:30 AM				Core & Conditioning 6:15-7:00 (Studio A)		
7:00 AM	Open Gym 6:30 - 8:45				Lane Swim 6:00 - 9:00	
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM					AquaFit 9:15 - 10:00	
9:30 AM						
10:00 AM	March Break Camp 9:00-12:00	Open Pickleball 9:00 - 11:30		Pilates (Studio A) 9:30 - 10:15		
10:30 AM				Yoga (Studio A) 10:30-11:30		
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM		Rental 1:30-3:30				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Open Gym 12:15-5:45					Open Swim 9:00 - 8:30
4:30 PM						
5:00 PM				KAOS Dance Club (LSO) Studio B 4:00-9:00pm		
5:30 PM						
6:00 PM	Rental 6:00-7:30					
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Gym 7:30-8:45					
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	Family Open Gym 9:00-11:00am	Pickleball 9:00 - 11:30			Strength & Conditioning (Studio A) 9:00 - 9:45	
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM						Lane/ Open Swim 8:00-5:00
12:30 PM						Open Swim 9:00 - 5:00
1:00 PM						
1:30 PM		Birthdays* 1:15-2:15				
2:00 PM		Rental 1:00-2:30pm				
2:30 PM						
3:00 PM						
3:30 PM	Open Gym 2:30 - 5:30					
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					Triathlon Swim* (4) 8:00-10:15	
8:30 AM	Open Gym 8:30 - 9:30					Lane Swim 8:00 - 9:45 (2)
9:00 AM					CycleFit (Studio C) 9:00 - 9:45	
9:30 AM						AquaFit 10:00-10:45
10:00 AM		Pickleball 9:00 - 11:30				
10:30 AM	Family Open Gym 10:00 - 12:00					
11:00 AM						
11:30 AM				KAOS Dance Club (LSO) 11:00-1:00 Studio B		
12:00 PM		Family Pickleball 11:30-12:00				Open Swim 9:00-5:00
12:30 PM	Open Gym 12:30 - 5:30					
1:00 PM	Birthdays* 1:15-2:15					
1:30 PM		Rental 12:00-1:30				
2:00 PM						Lane Swim / Open Swim 11:00 - 5:00
2:30 PM						
3:00 PM						
3:30 PM		Rental 2:30-5:45				
4:00 PM						
4:30 PM						
5:00 PM						
5:30 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