

# LAURIER BRANTFORD YMCA - Schedule At A Glance

March 6, 2023 to May 7, 2023

\* please see March Break schedule for March 13 to 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 - 4:15				Lane Swim 6:00 - 9:00		
6:30 AM							
7:00 AM			Varsity Soccer Practice (LSO) 6:30-8:00				
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM					Beginner Cyclefit (Studio C) 9:15-9:45	AquaFit 9:15 - 10:00	
9:30 AM							
10:00 AM			Open Pickleball 9:00am-11:30				
10:30 AM							Open Swim 11:00-11:45
11:00 AM							
11:30 AM						Splasher Bubbler 12:00-12:30	
12:00 PM				Cyclefit (Studio C) 1:00	Lane Swim 10:15 - 3:30		
12:30 PM							
1:00 PM							
1:30 PM		Extramural Volleyball (LSO) 1:00-2:30pm				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	Sports Adventure 3-5yrs* 4:30-5:15		YMCA Architeers* 6-12yrs 4:30-5:30	Cycle & Strength (Studio C) 4:45-5:30			
5:30 PM	Sports Adventure 6-12yrs* 5:30-6:30	Badminton 4:30-7:00	YMCA Architeers* 3-5yrs 5:45-6:30	HIIT (Studio B) 5:45 - 6:30		Swim Lessons 4:00 - 7:30	
6:00 PM				Yoga (Studio A) 6:45-7:45			
6:30 PM							
7:00 PM							
7:30 PM	Open Gym 6:45-10:45				Open/ Lane Swim 7:45-9:30	Open Swim 7:45-9:00pm	
8:00 PM							
8:30 PM		Laurier Athletics 7:15-11:00					
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	Open Gym 6:30 - 8:45					
7:00 AM						
7:30 AM					Lane Swim 6:00 - 10:00	
8:00 AM						
8:30 AM						
9:00 AM				MuscleFit (Studio B) 9:15 - 10:00		
9:30 AM						
10:00 AM	Open Pickleball 9:00 - 11:30				Hydrotherapy 10:15 - 11:00	Open Swim 11:00-11:45
10:30 AM						
11:00 AM						
11:30 AM						Splasher Bubbler 12:00-12:30
12:00 PM		Laurier Faculty of Education 8:30-4:00pm				
12:30 PM				Healthy Hearts* 12:30-2:00	Lane Swim 11:15 - 3:30	
1:00 PM						
1:30 PM						Open Swim 12:45 - 3:30
2:00 PM	Open Gym 11:45-4:30					
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Soccer Fundamentals 6-12yrs 4:45-5:45		Dance 3-5yrs 4:15-5:00 Studio B	Zumba (Studio A) 5:15 - 6:00		Swim Lessons 4:00 - 7:30
5:30 PM			Dance 6-12yrs 5:05-5:50	Bodyfit (Studio A) 6:15-7:00		
6:00 PM	Karate Fundamentals 6-12* 6:00-6:45	Pickleball League* 5:00-7:30pm				
6:30 PM						
7:00 PM	Karate Fundamentals 6-12* 7:00-7:45			Strength & Conditioning Jr. Studio B 10-12 yrs 6:00-6:45pm	Open/ Lane Swim 7:45-9:30	Open Swim 7:45-9:00pm
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM	Open Gym 8:00 - 10:45	Laurier Athletics 8:00-11:00				
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	Open Gym 6:30 - 10:00			Bodyfit (Studio A) 6:15-7:00	Lane Swim 6:00-9:00		
7:00 AM							
7:30 AM			Varsity Soccer Practice 7:30am-9:15am		KAOS Dance Club (LSO) 6:00-9:00 Studio B		
8:00 AM							
8:30 AM							
9:00 AM							AquaFit 9:15 - 10:00
9:30 AM							
10:00 AM			Open Pickleball 9:30-11:00		Gentlefit (Studio B) 10:15-11:00		
10:30 AM		Healthy Living Series 10:15-11:30					
11:00 AM							
11:30 AM							
12:00 PM				Cyclefit (Studio C) 12:15 - 1:00	Lane Swim 10:15 - 3:30	Open Swim 11:00-3:30	
12:30 PM							
1:00 PM							
1:30 PM	Open Gym 11:45-4:45	Rental 3:30 - 1:30					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Basketball Fundamentals* 6-12yrs 5:00-6:00			Cardio Kickbox (Studio A) 5:15 - 6:00		Swim Lessons 4:00 - 7:30	
5:30 PM		Laurier International 4:00-6:00pm	YMCA Architeers 3-5yrs 5:00-5:45				
6:00 PM	Basketball Fundamentals* 3-5yrs 6:15-7:00		YMCA Architeers 6-12yrs 6:00-7:00	Yoga (Studio A) 6:00 - 7:00			
6:30 PM							
7:00 PM	Basketball Advanced* 6-12yrs 7:00-8:00	Cross County 6:00-7:00			Open/ Lane Swim 7:45-9:30	Open 7:45-9:00	
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	Open Gym 8:15-10:45	Laurier Athletics 7:15-11:00					
9:30 PM							
10:00 PM							
10:30 PM							
11:00PM							

## 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 6, 2023 to May 7, 2023

\* please see March Break schedule for March 13 to 19, 2023

Thursday						
	Single Gym	Double Gym	Child & Youth	Studio (A, B, C)	Lap Pool	Leisure Pool
5:30 AM						
6:00 AM						
6:30 AM	Open Gym 5:30 - 4:15pm					
7:00 AM						
7:30 AM						Lane Swim 6:00 - 10:00
8:00 AM					Core & Conditioning (Studio B) 9:15-10:00	
8:00 AM						
8:30 AM						
9:00 AM					Yoga (Studio A) 9:15-10:15	
9:30 AM						
10:00 AM			Open Pickleball 9:00 - 11:30			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					Lane Swim 11:15 - 3:30	
1:00 PM				Healthy Hearts* 12:30-2:00		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		Youth Fusion* 4:00-5:00pm				
5:00 PM				Step & Sculpt (Studio B) 5:15 - 6:00	Lane Swim / Open Swim 3:45 - 6:45	
5:30 PM	Soccer Fundamentals 3 5yrs 4:30-5:15pm		Art Spark 6-12yrs 4:30-5:30 Meeting Room A			
6:00 PM	Soccer Fundamentals 6- 12yrs 5:30-6:30pm	Open Pickleball 5:00-7:30	Art Spark 3-5yrs 5:45-6:30 Youth Zone			
6:30 PM						
7:00 PM	Soccer Advanced 6- 12yrs 6:45-7:45pm				Water Walking 7:00-7:45	
7:30 PM						
8:00 PM					Lane / Open Swim 8:00-9:30	
8:30 PM						
9:00 PM	Open Gym 7:30-10:45	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)		
6:00 AM					Lane Swim 6:00 - 9:00 (2)	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM					AquaFit 9:15 - 10:00	
9:30 AM						
10:00 AM		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					Lane Swim 10:15 - 3:30	
1:30 PM						
2:00 PM						
2:30 PM		Rental 1:30-3:30				
3:00 PM						
3:30 PM						Open Swim 9:00 - 8:30
4:00 PM						
4:30 PM						
5:00 PM				KAOS Dance Club (LSO) Studio B 4:00-9:00pm	H2O Leaders 4:30-5:30	
5:30 PM					Teen Swim Lessons 4:00-4:30	
6:00 PM					Adult Swim Lessons 5:30-6:00	
6:30 PM						
7:00 PM					Lane Swim / Open Swim 3:30-8:30	
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
5:30 PM			Badminton League* 5:00-7:30pm			
6:00 PM						
6:30 PM	Youth Leadership Development (Single Gym) 6:00 - 8:00		Youth Leadership Development (Meeting Room A) 6:00 - 8:00			
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						
8:30 AM					Lane Swim 8:00-8:45	
9:00 AM	Floor Hockey 6-12yrs 9:00-10:00		Kids & Music 6-12yrs 9:00-10:00 Meeting Room A	Strength & Conditioning (Studio A) 9:00 - 9:45		
9:30 AM		Pickleball 9:00 - 11:30	Explorers 3-5yrs 10:00- 10:45 Youth Zone	Dance* 3-5yrs 9:00-9:45 (Studio B)		Swim Lessons 8:45-1:00
10:00 AM						
10:30 AM	Family Open Gym 10:15-12:00		Parent & Tot Music up to 5 yrs 10:15- 11:00am Meeting Room A	Dance* 6-12yrs 10:00-10:45 (Studio B)		
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
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						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 2:30 - 5:30					
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

The Double Gym will be closed on the following dates for tournaments-April 1, 2023 and 22-23, 2023

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						
9:30 AM		Pickleball 9:00 - 11:30			CycleFit (Studio C) 9:00 - 9:45	
10:00 AM						AquaFit 10:00-10:45
10:30 AM	Family Open Gym 10:00 - 12:00					
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30		KAOS Dance Club (LSO) 11:00-1:00 Studio B		
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM		Birthdays* 1:15-2:15				
2:00 PM						
2:30 PM						
3:00 PM	Open Gym 12:30 - 5:30					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
9:00 AM						
11:00 AM						
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						

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