



Laurier Brantford YMCA - Schedule at a Glance

May 8 to July 2, 2023

MONDAY							
	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 6:30am-4:15pm						
7:00 AM							
7:30 AM						Lane Swim 6:00-9:00	
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM			Open Pickleball 9:00-11:30		Beginner Cyclefit-Studio A 9:15-9:45	AquaFit 9:15-10:00	Open Swim 9:00-11:45
10:00 AM					Yoga-Studio C 10:30-11:30		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00				Splasher Bubblers 12:00-12:30	
12:30 PM							
1:00 PM							
1:30 PM		Drop in Basketball 1:15-2:45		Fit for Function- Studio B 1:30-2:30 (June 2023)	Lane Swim 10:15-3:30	Open Swim 12:45-3:30	
2:00 PM							
2:30 PM		Family Open Gym 3:00-4:15					
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Open Badminton 4:30-7:00	YMCA Architeers 6-12yrs 4:30-5:30	Cycle & Strength-Studio A 4:45-5:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM	Sports Adventure 3-5yrs 4:30-5:15						
5:30 PM							
6:00 PM	Sports Adventure 6-12yrs 5:30-6:30			YMCA Architeers 3-5yrs 5:45-6:30			HIT-Studio B 5:45-6:30
6:30 PM				Yoga-Studio C 6:45-7:45			
7:00 PM	Family Open Gym 6:30-7:30						
7:30 PM							
8:00 PM							
8:30 PM	Drop In Basketball 7:30-9:45	Rental 7:15-9:45					
9:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
9:30 PM							
10:00 PM							

TUESDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM							
6:00 AM	Open Gym 6:30-5:45						
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					Back to Living Well- Studio B 8:00am-9:00am (June 2023)	Lane Swim 6:00-10:00	
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	Open Swim 9:00-11:45
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Closed for Cleaning 12:00-1:00				Splasher Bubblers 12:00-12:30	
12:30 PM				Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:15-3:30	Open Swim 12:45-3:30	
1:00 PM		Drop In Basketball 1:15-4:15					
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Open Pickleball 4:30-7:30	Dance 3-5yrs- Studio B 4:15-5:00	Hockey Sports Conditioning- Studio B 5:00-6:00- 10-14yrs (May 23 start)	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM							
5:30 PM							Zumba- Studio C 5:15-6:00
6:00 PM	Karate Fundamentals 6-12yrs 6:00-6:45pm			Dance 6-12yrs- Studio B 5:05-5:50			Bodyfit- Studio B 6:15-7:00
6:30 PM							
7:00 PM	Karate Fundamentals 6-12yrs 7:00-7:45pm						
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 8:00-9:45	Open Volleyball 7:45-9:45					
9:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00
9:30 PM							
10:00 PM							

- Registered Programs
- Open Gym/ Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop In Recreational Sports



WEDNESDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00-4:45			Bodyfit - Studio B 6:15-7:00	Lane Swim 6:00-9:00			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Open Pickleball 9:00-11:30			Aquafit 9:15-10:00	Open Swim 9:00-3:30	
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Closed for Cleaning 12:00-1:00						
12:30 PM					Lane Swim 10:15-3:30			
1:00 PM		Drop In Basketball 1:15-3:45		Fit for Function- Studio B 1:30-2:30 (June 2023)				
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM		Laurier International 4:00-6:00						
3:30 PM								
4:00 PM								
4:30 PM					Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
5:00 PM	Basketball Fundamentals- 6-12yrs 5:00-6:00	Family Open Gym 4:00-6:00	Art Spark- 3-5yrs 5:00-5:45 Youth Zone	Cardio Kickbox- Studio B 5:15-6:00				
5:30 PM	Basketball Fundamentals- 3-5yrs 6:15-7:00			Art Spark 6-12yrs 6:00-7:00 Youth Zone			Yoga- Studio C 6:00-7:00	
6:00 PM								
6:30 PM	Basketball Advanced 6-12yrs 7:00-8:00							
7:00 PM		Rental 7:15-9:45						
7:30 PM								
8:00 PM						Lane Swim/ Open Swim 7:45-9:30	Open Swim 7:45-9:00	
8:30 PM	Open Gym 8:15-9:45							
9:00 PM								
9:30 PM								
10:00 PM								

THURSDAY									
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
5:30 AM									
6:00 AM	Open Gym 6:00-4:15				Lane Swim 6:00-10:00				
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM					Back to Living Well- Studio B 8:00am-9:00am (June 2023)				
8:30 AM					Core & Conditioning- Studio B 9:15-10:00				
9:00 AM			Open Pickleball 9:00-11:30		Yoga- Studio C 10:30-11:30	Hydrotherapy 10:15-11:00	Open Swim 9:00-4:00		
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM		Closed for Cleaning 12:00-1:00							
12:30 PM				Healthy Hearts- Studio B 12:30-2:00	Lane Swim 11:15-4:00				
1:00 PM		Drop In Basketball 1:15-3:45							
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM		Youth Fusion 4:00-5:00							
3:30 PM									
4:00 PM				Art Spark- 6-12yrs 4:30-5:30- Youth Zone					
4:30 PM				Step & Sculpt- Studio B 5:15-6:00	Lane Swim/ Open Swim/ Private Swim Lessons 4:00-7:30	Open Swim/ Private Swim Lessons 4:00-7:30			
5:00 PM	Soccer Fundamentals-3-5yrs 4:30-5:15	Open Pickleball 5:15-8:00	Art Spark- 3-5yrs 5:45-6:30- Youth Zone						
5:30 PM	Soccer Fundamentals- 6-12yrs 5:30-6:30								
6:00 PM	Soccer Advanced 6-12yrs 6:45-7:45								
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM		Drop In Basketball 8:15-9:45							
8:30 PM	Open Gym 8:00-9:45					Lane/ Open Swim 7:30-9:30	Open Swim 7:30-9:00		
9:00 PM									
9:30 PM									
10:00 PM									

Registered Programs
 Open Gym/ Open Swim
 Drop In Recreational Sports
 Drop In Group Fitness
 Registered Aquatic Leadership Programs



FRIDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM								
6:00 AM	Open Gym 6:00-5:45			Core & Conditioning- Studio B 6:15-7:00	Lane Swim 6:00-9:00			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM			Open Pickleball 9:00-11:30		Pilates- Studio B 9:30-10:15	AquaFit 9:15-10:00	Open Swim 9:00-8:30	
9:30 AM					Yoga- Studio C 10:30-11:30			
10:00 AM						Lane Swim 10:15-12:30		
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Closed for Cleaning 12:00-1:00		Closed for Cleaning 11:45-12:15				
12:30 PM								
1:00 PM		Drop In Basketball 1:15-4:15						
1:30 PM								
2:00 PM						Lane Swim/ Open Swim 12:30-3:30		
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM					Teen Swim Lessons 4:00-4:30			
4:30 PM					H2O Leaders 4:30-5:30			
5:00 PM				Rental- Studio B 5:00-8:00	Adult Swim Lessons 5:30-6:00			
5:30 PM								
6:00 PM	Youth Leadership Development 6:00-8:00	Open Badminton 4:30-8:45		Women & Weights (Fitness Floor) 6:00-7:00 (May 26 start)	Lane Swim/ Open Swim 3:30-8:30			
6:30 PM				Youth Leadership Development 6:00-8:00				
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Open Gym 8:15-8:45							
9:00 PM								

SATURDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
8:00 AM					Lane Swim 8:00-8:45			
8:30 AM								
9:00 AM	Dance -3-5yrs 9:00-9:45	Floor Hockey Fundamentals -6-12yrs 9:00-10:00 (Gym B)		Strength & Conditioning- Studio B 9:00-9:45	Swim Lessons 9:00-1:00	Swim Lessons 8:45-1:00		
9:30 AM								
10:00 AM	Dance -6-12yrs 10:00-10:45	Open Pickleball 9:00-11:30 (9am-10am- 1/2 Gym)	Explorers- Youth Zone 10:00-10:45- 3-5yrs					
10:30 AM								
11:00 AM	Family Open Gym 11:00-1:00							
11:30 AM		Family Pickleball 11:30-12:30						
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	Birthday Parties 1:15-3:00		Birthday Parties 1:00-3:00					
2:00 PM		Open Badminton 1:00-3:30						
2:30 PM								
3:00 PM					Lane Swim/ Open Swim 1:15-5:30	Open Swim 1:15-5:30		
3:30 PM								
4:00 PM	Open Gym 3:15-5:45							
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

Registered Programs
 Open Gym/ Open Swim
 Drop In Recreational Sports
 Drop In Group Fitness
 Registered Aquatic Leadership Programs



SUNDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM						
8:30 AM	Open Gym 8:00-10:00				Lane Swim 8:00-9:45	Open Swim 9:00-5:30
9:00 AM						
9:30 AM		Open Pickleball 9:00-11:30		Cyclefit- Studio A 9:00-9:45		
10:00 AM						
10:30 AM	Family Open Gym 10:00-12:00				AquaFit 10:00-10:45	
11:00 AM						
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM	Open Gym 12:00-1:00					
12:30 PM						
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 11:00-5:30	
1:30 PM						
2:00 PM		Open Volleyball 1:00-3:30				
2:30 PM						
3:00 PM	Open Gym 3:15-5:45					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

- Registered Programs
- Open Gym/ Open Swim
- Drop In Group Fitness
- Registered Aquatic Leadership Programs
- Drop In Recreational Sports

FACILITY HOURS

Mon-Thurs: 5:30 am - 10:00 pm

Fri: 5:30 am - 9:00 pm

Sat & Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons Whirlpool closed second Tuesday of each month for cleaning.
Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

SWIM ADMISSION CRITERIA

Children ages 0 – 6:

An adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children, or 1 adult to 4 children if all children are in lifejackets.

Children ages 7 – 9:

Children at this age may attempt an in-centre swim test conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (14 years of age or older) actively supervises from the pool deck. If they do not pass the test, an adult parent or guardian (14 years of age or older) must be in the water, within arms’ reach, at all times. Ratio: 1 adult per 2 children.

Youth and adults 10 years and over:

Youth and adults 10 years and older are welcome to use the pool, subject to their swimming abilities.

What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- Show comfort in the water and
- Swim one (1) length of continuous front crawl from shallow to deep end in the Lap pool

The swim test must be demonstrated at each visit to the YMCA. At any time, lifeguards may ask for a demonstration of swimming ability if they feel there is a question of the participant’s safety.