



Ron Edwards Family YMCA - Schedule at a Glance

June 1 to July 2, 2023

MONDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30 - 9:00
8:30 AM					
9:00 AM	Cardio Fit 9:15 - 10:00				AquaFit 9:15 - 10:00
9:30 AM					
10:00 AM	Muscle Fit 10:15 - 11:00		Yoga 10:15 - 11:45		
10:30 AM					
11:00 AM	Walk Fit 11:15 - 12:00				Lane Swim 10:30 - 12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Lane Swim 12:45 - 2:15
1:30 PM	Pickleball 1:00 - 3:00				
2:00 PM					
2:30 PM					Lane Swim 2:30 - 3:30
3:00 PM					
3:30 PM	Open Basketball 3:00 - 5:00				
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM	Soccer FUND 6-12 YRS 5:30 - 6:30				Swim Lessons 4:00 - 7:30
6:00 PM		Back to Living Well 6:00 - 6:45 pm			
6:30 PM					
7:00 PM	Boot Camp 7:00 - 7:45				
7:30 PM					
8:00 PM					Community Rental 7:45 - 8:45
8:30 PM					
9:00 PM					Lane Swim 8:45 - 9:15
9:30 PM					

TUESDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim 7:30 - 10:15
9:00 AM	Body Fit 9:15 - 10:00	Cycle Fit 9:15 - 10:00			
9:30 AM					
10:00 AM	Low Impact 10:15 - 11:00		Gentle Fit 10:00 - 10:45		
10:30 AM					
11:00 AM			GERAS Dance 11:00 - 12:00		Lane Swim 10:30 - 1:00
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy 1:15 - 2:00
1:30 PM					
2:00 PM					
2:30 PM	Open Basketball 2:00 - 4:00				Lane Swim 2:30 - 3:30
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Soccer ADV 6-12 YRS 4:30 - 5:30		Move IT 3-5 YRS 4:30 - 5:15		Swim Lessons 4:00 - 7:30
5:00 PM					
5:30 PM	Basketball FUND 6-12 YRS 5:45 - 6:45				
6:00 PM		TRX 6:00 - 7:00			
6:30 PM					
7:00 PM	Zumba 7:00 - 8:00		Yoga 7:00 - 8:30		Lane Swim 7:45 - 9:15
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

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



WEDNESDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30-9:00
8:30 AM					
9:00 AM	HIIT 9:15-10:00			Explorers & Swim 9:00-10:30	AquaFit 9:15-10:00
9:30 AM					
10:00 AM			Ball Fit 10:15-11:00		
10:30 AM					
11:00 AM	Walk Fit 11:15-12:00				Lane Swim 10:30-12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Lane Swim 12:45-2:15
1:30 PM	Pickleball 1:00-3:00				
2:00 PM					
2:30 PM					
3:00 PM	Open Basketball 3:00-4:00				Community Rental 2:30-3:45
3:30 PM					
4:00 PM					
4:30 PM	Sports Adventure 3-5 YRS 4:30-5:15			Art Sparks 6-12 YRS 4:30-5:30	
5:00 PM					
5:30 PM	Sports Adventure 6-12 YRS 5:30-6:30			Art Sparks 3-5 YRS 5:45-6:30	Swim Lessons 4:00-7:30
6:00 PM		Back to Living Well 6:00-7:00	Muscle Fit 6:00-6:45		
6:30 PM					
7:00 PM		Cycle Fit 7:00-7:45	Intro to Yoga 7:00-8:00		
7:30 PM					
8:00 PM					Community Rental 7:45-8:45
8:30 PM					
9:00 PM					
9:30 PM					Lane Swim 8:45-9:15 pm

THURSDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim 7:30-10:15
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00			
9:30 AM					
10:00 AM			Gentle Fit 10:00-10:45		
10:30 AM					
11:00 AM			GERAS Dance 11:00-12:00		Lane Swim 10:30-1:00
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy 1:15-2:00
1:30 PM					
2:00 PM					
2:30 PM					Lane Swim 2:30-3:30
3:00 PM					
3:30 PM	Open Basketball 2:00-6:30				
4:00 PM					
4:30 PM					
5:00 PM			Karate FUND 6-12 YRS 5:00-5:45		Swim Lesson 4:00-7:30
5:30 PM					
6:00 PM		TRX 6:00-7:00	Karate FUND 6-12 YRS 6:00-6:45		
6:30 PM					
7:00 PM	Zumba 7:00-8:00		Karate ADV 6-12 YRS 7:00-7:45		
7:30 PM					
8:00 PM					Adult Lessons and H2O Leaders 7:45-8:45
8:30 PM					
9:00 PM					
9:30 pm					

- Registered Programs

Drop In Group Fitness
- Open Gym/Open Swim

Registered Aquatic Leadership Programs
- Drop in Recreational Programs



FRIDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30 - 9:15
8:30 AM					
9:00 AM		Cycle Fit 9:15-10:00			AquaFit 9:15-10:00
9:30 AM					
10:00 AM	MuscleFit 10:15-11:00		Yoga 10:15-11:45		
10:30 AM					
11:00 AM					Lane Swim 10:30-12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Pickleball 1:00-3:00				Lane Swim 12:45-2:15
1:30 PM					
2:00 PM					
2:30 PM					Lane Swim 2:30-3:30
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	Open Basketball 5:00-8:00				Private Lessons / 2 Lane Swim 4:00-8:00
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					Lane Swim 8:00-9:15
9:00 PM					
9:30 pm					

SATURDAY					
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM					Community Rental /Lane Swim 8:00-9:00
8:30 AM					
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle and Strength 9:15-10:15			Swim Lessons 9:00-1:00
9:30 AM					
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00			Archteers 6-12 YRS 10:00-11:00	
10:30 AM		Zumba 10:30-11:30			
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Open Basketball 1:00-5:00				Lane Swim 1:15-2:15
1:30 PM					
2:00 PM					
2:30 PM					Community Rental/Open Swim 2:45-3:45
3:00 PM					
3:30 PM					
4:00 PM					
4:30 pm					Open Swim 4:00-5:15
5:00 pm					
5:30 pm					

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



SUNDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM	Open Basketball 8:00-8:55				Lane Swim 8:00-9:00
8:30 AM					
9:00 AM	Karate FUND 6-12 YRS 9:00-9:45		Yoga 9:15-10:15		Swim Lessons 9:00-1:00 pm
9:30 AM					
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45				
10:30 AM					
11:00 AM	Karate ADV 6-12 YRS				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Open Basketball 1:00-3:30				Open Swim 1:15-2:15
1:30 PM					
2:00 PM					
2:30 PM					2:45-3:45 Open Swim
3:00 PM					
3:30 PM					
4:00 PM					

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

FACILITY HOURS

Mon-Fri: 6:00 am - 9:30 pm

Sat 8:00 am to 5:30 pm & Sun: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm

Sauna & whirlpool closed during Swim Lessons

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.

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 2 widths of continuous front crawl in shallow water.

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.