



# Laurier Brantford YMCA - March Break Schedule at a Glance

March 16<sup>th</sup> to March 22<sup>nd</sup> 2026

MONDAY MARCH 16 <sup>TH</sup> , 2026											
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL				
6:00 AM	Open Gym 6:00am-8:30am					Lane Swim 6:00am-9:00am					
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM					CardioFit- Studio B 8:15am-9:00am						
9:00 AM	Half Day Program 8:45am- 12:15pm	Drop In Pickleball 9:00am-11:45am		Half Day Program 8:45am- 12:15pm		Aquafit 9:15am-10:00am	Open Swim 9:00am-3:45pm				
9:30 AM											
10:00 AM									Balance+ - Studio B 10:15am-11:00am		
10:30 AM									Yoga-Studio A 10:30am-11:30am	Water Walking/Lane Swim 10:15am-12:15pm	
11:00 AM											
11:30 AM											
12:00 PM		Closed for Cleaning 12:00-1:00			Cyclefit- Studio C 12:15pm-1:00pm	NL Course 9:00am- 5:00pm					
12:30 PM	Open Gym 12:30pm-4:15pm	Drop In Basketball 1:00pm-4:45pm				Lane Swim 10:15am- 3:45pm					
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM	Soccer Level 1 (3-5yrs) Single Gym A- 4:30-5:15 Soccer Level 1 (6-9yrs) Single Gym B- 4:30-5:30pm	Drop in Badminton 5:00pm-7:00pm				Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm				
5:00 PM											
5:30 PM	Soccer Level 1 (10-12yrs) Single Gym A- 5:30-6:30 Basketball Level 1 (3-5yrs) Single Gym B- 5:45-6:30										
6:00 PM	Open Gym 6:45pm-10:30pm	Laurier Sport Club - Cricket - 7:15pm-8:30pm			Strength & Conditioning Studio B- 5:45pm-6:30pm	Lane Swim/ Open Swim 7:45pm-10:00pm	Open Swim 7:45pm-9:30pm				
6:30 PM											
7:00 PM										Yoga - Studio A 6:45pm- 7:45pm	
7:30 PM											
8:00 PM											
8:30 PM		Laurier Intramurals 8:30pm-10:45pm			ViPR - Studio B 6:45pm- 7:30pm						
9:00 PM											
9:30 PM											
10:00 PM							Laurier Cheerleading - Studio B 9:30pm-10:45pm				
10:30 PM											

TUESDAY MARCH 17 <sup>TH</sup> , 2026												
	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL					
6:00 AM	Open Gym 6:00am -8:30am					Lane Swim 6:00am-9:00am						
6:30 AM												
7:00 AM			Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am								
7:30 AM												
8:00 AM							Musclefit- Studio B 8:15am-9:00am					
8:30 AM	Half Day Program 8:45am- 12:15pm	Drop In Pickleball 9:00am-11:45am		Half Day Program 8:45am- 12:15pm		Hydrotherapy 9:15am-10:00am	Open Swim 9:00am-9:30pm					
9:00 AM												
9:30 AM												
10:00 AM											NL Course 9:00am-5:00pm	
10:30 AM												
11:00 AM					Yoga - Studio A 10:30am-11:30am							
11:30 AM												
12:00 PM		CLOSED for Cleaning 12:00-1:00										
12:30 PM	Drop in Volleyball 12:30pm- 3:45pm				Healthy Hearts- Studio B 12:30pm-2:00pm	Lane /Open Swim 10:15am-10:00pm						
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM	Yes+ Program 4:00-5:45	Drop in Pickleball 4:00pm-7:00pm										
4:30 PM										Laurier Cheerleading - Studio A 5:00pm-6:00pm		
5:00 PM												
5:30 PM										Learn to Cycle- Studio C 5:15pm-6:00pm		
6:00 PM					Open Gym 6:00pm-10:30pm			Laurier Women's Flag Football Sport Club 7:30pm-9:00pm				
6:30 PM				Zumba- Studio A 5:15-6:00pm								
7:00 PM												
7:30 PM				Yoga- Studio A 6:15pm-7:15pm								
8:00 PM												
8:30 PM		Laurier Men's Basketball Extramural 9:15pm-10:45pm	Laurier Extramural Volleyball 9:15pm-10:45pm									
9:00 PM												
9:30 PM												
10:00 PM									Laurier Cheerleading - Studio B 10:00pm-10:45pm			
10:30 PM												
11:00 PM												

**WEDNESDAY MARCH 18<sup>TH</sup>, 2026**

	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00am-8:30am	Drop In Basketball 7:00am-8:45am				Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Half Day Program 8:45am-10:00am	Drop in Pickleball 9:00am-11:45am	Half Day Program 8:45am-12:15pm		Pilates-Studio B 9:30am-10:15am	Aquafit 9:15am-10:00am	
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM	YMCA Play Pals (Parented Drop In) 10:15-11:45	CLOSED for Cleaning 12:00-1:00			Yoga- Studio A 10:30am-11:30am	Water Walking /Lane Swim 10:15am-12:15pm	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:00-6:45pm				Cyclefit - Studio C 12:15pm-1:00pm	Lane Swim/ Open Swim 10:15am-10:00pm	Open Swim 9:00am-9:30pm
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	Laurier International - Gym A 4:30pm-6:30pm	Youth Fusion - Gym B 4:00pm-5:00pm					
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Drop in Volleyball 7:00pm-10:30pm	Women's Indoor Varsity Soccer 7:00pm-8:00pm			Yoga- Studio A 6:30pm-7:30pm		
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM		Men's Indoor Varsity Soccer 8:00pm-9:00pm			ViPR - Studio B 6:45pm-7:30pm		
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM		Laurier Programming 9:00pm-10:45pm					

**THURSDAY MARCH 19<sup>TH</sup>, 2026**

	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
6:00 AM	Open Gym 6:00am-8:30am	Drop In Basketball 7:00am-8:45am	Open Gym 7:00am-8:45am			Lane Swim 6:00-9:00	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	Half Day Program 8:45am-12:15pm	Drop in Pickleball 9:00am-11:45am	Half Day Program 8:45am-12:15pm		Core & Conditioning- Studio B- 8:15am-9:00am	Hydrotherapy 9:15am- 10:00am	
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM	Drop in Volleyball 12:30pm-2:00pm	Closed for Cleaning 12:00pm-1:00pm			Gentlefit - Studio B 10:15am-11:00am	NL Course 9:00am-5:00pm	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 2:15pm-4:45pm				Healthy Hearts- Studio B 12:30pm-2:00pm	Lane Swim/Open Swim 10:15am-3:45pm	Open Swim 9:00am-3:45pm
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	Basketball Level 3 (10-12yrs) Single Gym A - 5:00pm-6:00pm Sports Adventure (3-5yrs) Single Gym B - 5:00pm-5:45pm	Drop in Pickleball 4:00pm-7:00pm	Discovery Den (6-9yrs) - 5:00pm-6:00pm		Strength & Conditioning Studio B 5:15pm-6:00pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Open Gym 6:00pm-10:30pm	Laurier Women's Flag Football Sport Club 7:30pm- 9:00pm	Laurier Extramural Volleyball 7:30pm-9:00pm		Yoga Fundamentals- Studio A 6:15pm-7:15pm	Lane Swim/ Open Swim 7:45pm-10:00pm	Lane Swim/ Open Swim 7:45pm-9:30pm
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM		Laurier Cheerleading Sport Club (Comp) 9:15pm- 10:45pm	Laurier Men's Extramural Basketball 9:15pm-10:45pm				
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

**FRIDAY MARCH 20<sup>TH</sup>, 2026**

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
6:00 AM	Open Gym 6:00am-8:30am					Lane Swim 6:00-9:00			
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM				Half Day Program 8:45am-12:15pm					
8:30 AM	Half Day Program 8:45am-12:15pm	Drop In Pickleball 9:00-11:45				Pilates- Studio B 9:30am-10:15am	AquaFit 9:15am-10:00am	Open Swim 9:00am-9:00pm	
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM							Yoga- Studio A 10:30am-11:30am		NL Course 9:00am-5:00pm
11:00 AM	Walkfit 10:15am-11:15am								
11:30 AM						Lane Swim/ Open Swim 10:15am-9:00pm			
12:00 PM	Open Gym 11:30am-9:30pm	Closed for Cleaning 12:00pm- 1:00pm							
12:30 PM									
1:00 PM			Drop In Soccer 1:15pm-4:15pm						
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM			Drop In Badminton 4:30pm-9:45pm						
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

**SATURDAY MARCH 21<sup>ST</sup>, 2026**

	SINGLE GYM	DOUBLE GYM-A	DOUBLE GYM-B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL			
7:00 AM		Open Gym 7:00am-8:45am				Lane Swim/ Open Swim 7:15am-7:30pm				
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	Family Open Gym 9:00am-1:00pm	Drop In Pickleball 9:00am-11:30am			Strength & Conditioning- Studio B- 9:00am-9:45am					
9:30 AM										
10:00 AM								Yoga- Studio A 10:00am-11:00am		
10:30 AM										
11:00 AM										
11:30 AM		Family Pickleball 11:30am-12:30pm								
12:00 PM										
12:30 PM										
1:00 PM	Birthday Parties 1:15pm-3:00pm	Drop In Badminton- Gym A 1:00-3:30pm	Drop In Basketball- Gym B 1:00pm-3:30pm	Birthday Parties 1:00pm-3:00pm			Open Swim 9:00am-7:00pm			
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM	Open Gym 3:15pm-7:30pm	Drop in Soccer 3:45pm-5:45pm								
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM		Drop In Basketball 6:00pm-7:45pm								
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										

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

SUNDAY MARCH 22 <sup>ND</sup> , 2026								
	SINGLE GYM	DOUBLE GYM - A	DOUBLE GYM - B	CHILD & YOUTH	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
8:00 AM	Open Gym 8:00am-12:45pm					Lane Swim 8:00-8:45am	Open Swim 9:00am-5:30pm	
8:30 AM								
9:00 AM			Drop In Pickleball 9:00am-11:30am			Cyclefit-Studio C 9:00am-9:45am		Aquafit 9:00-9:45
9:30 AM								
10:00 AM								
10:30 AM						Yoga - Studio A 10:00am-11:00am		
11:00 AM								
11:30 AM			Family Pickleball 11:30am-12:30pm					
12:00 PM								
12:30 PM								
1:00 PM	Birthday Parties 1:00pm-3:00pm			Birthday Parties 1:00-3:00		Lane Swim/ Open Swim 10:00am-5:30pm		
1:30 PM								
2:00 PM		Drop In Volleyball 1:00pm-5:30pm						
2:30 PM								
3:00 PM	Open Gym 3:15pm-5:30pm							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

National Lifeguard Certification is running Monday March 16<sup>th</sup> to Friday March 20<sup>th</sup> 2026 from 9:00am-5:00pm and will be utilizing some of the lanes in the pool. The lap pool will be open however could be busier than usual.

### FACILITY HOURS

Mon-Thurs: 5:30 am - 11:00pm

Fri: 5:30 am - 10:00pm

Sat: 7:00 am - 8:00 pm

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, then tread water for 30 seconds

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.