

MONDAY								
	SINGLE GYM	DOUBLE GYM (A, B)	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM	Open Gym 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am	Day Camp- Extended Care 6:45am-9:00am	HIT- Harmony Square 7:15am-8:00am *starts July 7	Lane Swim 6:00am-9:00am			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm	Balance + Studio B 10:15am-11:00am	Aquafit 9:15-10:00	Open Swim 9:00am-11:45am		
9:00 AM								
9:30 AM								
10:00 AM					Yoga- Studio A 10:30-11:30	Lane Swim/ Open Swim 10:15-12:45		
10:30 AM								
11:00 AM								
11:30 AM	Open Gym 12:15pm-2:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm	Yoga- Studio A 10:30-11:30	Swim Lessons 10:30am-12:15pm	Swim Lessons 10:30am-12:30pm		
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM	Day Camp 2:15pm-4:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm	Yoga- Studio A 10:30-11:30	Day Camp Swim 12:45pm-2:45pm	Day Camp Swim 12:45pm-2:45pm		
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM	Soccer (3-5) - Single Gym A 4:30pm-5:15pm	Day Camp- Extended Care 4:00pm- 6:30pm	Day Camp 9:30am-2:00pm	Strength & Conditioning Studio B- 5:45-6:30	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
4:30 PM	Volleyball (10-12) - Single Gym B 4:30-5:15pm							
5:00 PM								
5:30 PM								
6:00 PM	Volleyball (6-9) - Single Gym A 5:30pm-6:30pm							
	Basketball Lvl 2 (10-12) - Single Gym B 5:45pm-6:45pm							
6:30 PM	Teen Pickup Basketball 7:00pm-9:30pm	Drop in Badminton 6:45pm-8:00pm	Day Camp 9:30am-2:00pm	ViPR- Studio B 6:45pm-7:30pm	Swim Lessons 4:00pm-7:30pm	Swim Lessons 4:00pm-7:30pm		
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	Teen Pickup Basketball 7:00pm-9:30pm	Drop in Basketball 8:15pm-9:45pm	Day Camp 9:30am-2:00pm	Yoga- Studio A 6:45pm-7:45pm	Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm		
10:00 PM								

TUESDAY						
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
5:30 AM	Drop In Basketball 5:30am-8:45am					
6:00 AM						
6:30 AM		Day Camp- Extended Care 6:30am-9:30am				
7:00 AM						
7:30 AM						
8:00 AM				Musclefit- Stuedio B 8:15am-9:00am		
8:30 AM						
9:00 AM	Day Camp- 9:00-10:00	Day Camp- 9:45am-4:00pm	Summer Fun 101 (4-12yrs) 9:00am-12:00pm		Hydrotherapy 9:15am-10:00am	Open Swim 9:00-10:15
9:30 AM				Healthy Hearts - Studio B/Mezz 8:30-10:00		
10:00 AM	Summer Fun 101 (4-12yrs) 9:00am-12:00pm				Adult Learn to Swim 10:30am-11:15am	Day Camp Swim 10:30-11:30
10:30 AM					Adult Learn to Swim 11:15am-12:00pm	
11:00 AM	Open Gym 12:15pm-12:45pm			Yoga- Studio A 10:30am-11:30am		
11:30 AM					Day Camp Swim 10:30-11:30	Open Swim 11:45am-1:45pm
12:00 PM						
12:30 PM						
1:00 PM	Day Camp 1:00pm-2:45pm	Day Camp 1:00-3:00	Healthy Hearts- Studio B 12:30-2:00	Lane Swim/ Open Swim 11:30am-1:45pm		
1:30 PM						
2:00 PM				Y.E.S Program (Rental) Meeting Room A - 2:00pm-3:00pm	Day Camp Swim 2:00-3:00pm	Day Camp Swim 2:00-3:00pm
2:30 PM						
3:00 PM	Y.E.S Program (Rental) 3:00pm-3:45pm				Lane/ Open Swim 3:15-3:45	Open Swim 3:15-3:45
3:30 PM						
4:00 PM	Open Gym 4:00pm-5:45pm	Day Camp- Extended Care 4:00pm- 6:30pm			Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30
4:30 PM						
5:00 PM						
5:30 PM			Move Fit- Studio A 5:15-6:00			
6:00 PM	Karate Fundamentals 6-12yrs 6:00pm-6:45pm			Yoga- Harmony Square 6:15-7:00		
6:30 PM						
7:00 PM	Karate Fundamentals 6-12yrs 7:00pm-7:45pm	Drop in Volleyball 7:30pm-9:45pm- Gym B				
7:30 PM						
8:00 PM	Open Gym 8:00pm-9:45pm				Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm
8:30 PM		Drop in Basketball 7:30pm-9:45pm Gym A				
9:00 PM						
9:30 PM						
10:00 PM						

WEDNESDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
5:30 AM	Drop In Basketball 5:30am-8:45am	Day Camp- Extended Care 6:30am-9:30am			Lane Swim 6:00am-9:00am		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM						Bodyfit- Harmony Square 7:15am-8:00am	
8:00 AM							
8:30 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-4:00pm	Day Camp 9:30am-2:00pm	Pilates-Studio A 9:30am-10:15am	Aquafit 9:15-10:00	Open Swim 9:00am-12:45pm	
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM				Yoga - Studio A 10:30am-11:30am	Lane Swim/ Open Swim 10:15-12:45		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Open Gym 12:15pm-2:00pm						
1:30 PM					Day Camp Swim 1:00pm-2:45pm	Day Camp Swim 1:00pm-2:45pm	
2:00 PM							
2:30 PM							
3:00 PM	Day Camp 2:15pm-4:15pm				Lane/ Open Swim 3:00-3:45	Open Swim 3:00-3:45	
3:30 PM							
4:00 PM							
4:30 PM	Basketball (3-5) - Single Gym A 4:30pm-5:15pm	Day Camp- Extended Care 4:00pm- 6:30pm Gym A- 5:00-6:00		VIPR - Studio B 5:30pm-6:15pm	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	
5:00 PM	Basketball Lvl2 (6-9) - Single Gym B 4:30pm-5:30pm			Yoga - Studio A 6:30pm-7:30pm			
5:30 PM							
6:00 PM							
6:30 PM	Soccer Lvl 2 (10-12) - Single Gym A 5:30pm-6:30pm						
7:00 PM	Soccer Lvl 2 (6-9) - Single Gym B 5:45pm-6:45pm	NXT Drop In- Gym B 5:00-6:00					
7:30 PM							
8:00 PM	Drop in Volleyball 8:00pm-9:45pm	Pickup Basketball - Double Gym A 6:15pm-9:00pm (ages 15+) Pickup Youth Basketball - Double Gym B 6:15pm-9:00pm (ages 10-14)			Lane Swim/ Open Swim 7:45pm-9:45pm	Open Swim 7:45pm-9:30pm	
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

FRIDAY								
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL		
5:30 AM	Drop In Basketball 5:30am-8:45am							
6:00 AM								
6:30 AM		Day Camp- Extended Care 6:30am-9:30am		Cardiofit- Harmony Square 7:15am-8:00am (starts July 10)	Lane Swim 6:00-9:00			
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM				Beginner Cyclefit- Studio C 8:15am-9:00am				
9:00 AM	Day Camp 9:00am-12:00pm	Day Camp 9:30am-2:00pm		Pilates - Studio A 9:30am-10:15am	Aquafit 9:15-10:00	Open Swim 9:00-12:45		
9:30 AM								
10:00 AM				Yoga - Studio A 10:30am-11:30am				
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Gym 12:15pm-2:00pm							
1:30 PM								
2:00 PM								
2:30 PM	Day Camp 2:15pm-4:15pm						Day Camp Swim 1:00-3:00	Day Camp Swim 1:00-3:00
3:00 PM								
3:30 PM					Open Swim 3:15pm-3:45pm	Open Swim 3:15pm-3:45pm		
4:00 PM								
4:30 PM	Open Gym 4:30-9:45	Day Camp- Extended Care 4:00pm-6:30pm			Swimming Lessons 4:00pm-6:15pm	Swim Lessons 4:00pm-6:15pm		
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM					Adult- Learn to Swim 6:30pm-7:15pm			
7:30 PM					Adult- Learn to Swim 6:30pm-7:15pm			
8:00 PM		Drop In Badminton 6:45-9:45				Open Swim/ Lane Swim 6:30pm-9:30pm	Open Swim 6:30pm-9:00pm	
8:30 PM								
9:00 PM								
9:30 PM								
10:00PM								

SATURDAY							
	SINGLE GYM	DOUBLE GYM	CHILD & YOUTH- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL	
7:00 AM	Family Open Gym 8:00am-9:45am				Lane Swim 7:00-8:45		
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM			Drop In Pickleball 9:00-11:30am		Strength & Conditioning- Studio B- 9:00am-9:45am	Swim Lessons 8:45-1:00	Swim Lessons 8:45-1:00
9:30 AM				Yoga- Studio A 10:00am-11:00am			
10:00 AM	Karate Fundamentals- 6-12yrs 10:00am-10:45am						
10:30 AM	Karate Fundamentals- 6-12yrs 11:00am-11:45am	Discovery Den (3-5) 11:00am- 11:45am					
11:00 AM	Karate Fundamentals - 6-12yrs 12L00pm-12:45pm						
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Birthday Parties 1:00-3:00		Birthday Parties- Meeting Room 1:00-3:00				
1:30 PM		Drop In Badminton- Gym A 1:00-3:30pm Drop In Basketball- Gym B 1:00-3:30pm				Lane Swim./ Open Swim 1:15-7:30	Open Swim 1:15-7:00
2:00 PM							
2:30 PM							
3:00 PM	Open Gym 3:15-7:45						
3:30 PM							
4:00 PM		Drop in Soccer 3:45pm-5:45pm					
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Drop In Basketball 6:00-7:45pm					
6:30 PM							
7:00 PM							
7:30 PM							
8:00 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- YOUTH ZONE	STUDIO (A, B, C)	LAP POOL	LEISURE POOL
8:00 AM	Open Gym 8:00-10:00				Lane Swim / Privates 8:00-10:15	Open Swim 9:00am-4:00pm
8:30 AM						
9:00 AM		Drop In Pickleball 9:00-11:30		Cyclefit - Studio C 9:00am-9:45am		
9:30 AM						
10:00 AM	Karate Fundamentals 6-12yrs 10:00am-10:45am Adult Karate (13+) 11:00am-11:45am			Yoga - Studio A 10:00am-11:00am	Private Swim Lessons 10:00-12:15	
10:30 AM					Swim Lessons 10:00am-12:00pm	
11:00 AM				Teen Lessons 12:20pm-1:05pm		
11:30 AM		Family Pickleball 11:30-12:30				
12:00 PM						
12:30 PM						
1:00 PM	Learn to Play Volleyball 1:00pm-2:00pm		Birthday Parties 1:00-3:00			
1:30 PM						
2:00 PM						
2:30 PM		Drop in Volleyball - Gym A 2:30pm-5:30pm				
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Youth Drop in Volleyball (10-15yrs) - Gym B 2:30pm-5:30pm					
5:00 PM						
5:30 PM						
6:00 PM						

During Day Camp swim and Swimming Lessons on Monday and Wednesday mornings-- Sauna and whirlpool will be open Beginning August 1st, 2026 Laurier Athletics Dance Team will be using Studio B from 6:30pm-8:30pm for Drop In events.
Annual Pool Shutdown: Pool Deck including hot tub & sauna closed from 1:15pm on Saturday August 29 reopening Tuesday September 8, 2026 at 6:00am

FACILITY HOURS

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

Fri: 5:30 am - 10:00pm

Sat: 7:00 am - 8:00 pm

Sun: 8:00 am - 6:00 pm

Holidays: 8:00 am - 2:00 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.
Annual Pool Shutdown August 29th 2026 to September 8th 2026

SWIM ADMISSION CRITERIA (effective April 7, 2025)

Children ages 5 years and under:

An adult parent or guardian (16 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 6 – 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.

Youth under 10 years, unable to pass the swim test:

If not able to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 yrs) in the water within arms reach at all times. Ratio 3 children: 1 adult; or 1 adult: 6 children with lifejackets

Ages 10-15yrs

must pass a swim test to access deep water. If the test is not passed, must stay within shallow water

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.