

POLICIES & FEES

The safety and well-being of our community is important to us. Prior to visiting ourfacility, we ask all individuals to read and adhere to our guidelines and policies available on our website.

Membership and Day Pass Fees are available online.

FINANCIAL ASSISTANCE

Thanks to the generosity of our donors, financial assistance is available for families and individuals, ensuring everyone can access our programs and services. Visit our Welcome Desk for more information.

FACILITY HOURS

Monday - Friday 5:45-9:00 Saturday & Sunday 7:00-5:00

REGISTRATION DATES

Member Public
Session D: April 1st April 3rd

A charity igniting the potential in people

Becoming a YMCA member is more than just joining a gym; it's joining a community where we help each other grow, lead, and give back so we can all shine brighter together. No matter your age or ability, you'll find the support, guidance, and encouragement you need to stay active and boost your well-being. As a YMCA Member, enjoy unlimited access to group fitness classes, conditioning room, swimming pools, children's programs, and more. Ask us about family discounts!

MOND	DAY, MAR	CH 10, 5:4	45 AM-9:0	0 PM					
Time		Pools		Gymnasium	Stı	udios	Fitness	Pro	gram Rooms
Tillie	La		Leisure		Cycle	Fitness	Centre	1	2 3
5:45		Regis	tration recomm	nended for Group	Fitness Classes	, programs with	* registration is	required	
6:00									
6:15		OSAC 6-7					wow		
6:30		(6 lanes)					6:15-6:45		
6:45 7:00	Lane Swim			Pickleball:					
7:15	6-8:30	OSAC		Rec 6-8:30					
7:30		7-8 (3 lanes)	On an Gustan	0-6:30					
7:45			Open Swim 7-8:45						
8:00 8:15									
8:30									
8:45	Aqu	afit.	Adult/]		
9:00	8:45-		Aquafit 8:45-9:30	Cardio: Mix					
9:15 9:30			0.75 5.50	9-9:45		Tai Chi 1* 9-10			
9:45							Gravity		
10:00		Private Lessons	Family	Yoga			9:45-10:15	Stay 'n' Play	
10:15 10:30		9:30-10:30	Swim	10-10:45		Tai Chi 3*	Gravity: Mix 10:20-10:50	8:45-12:00	
10:30	Lane Swim		9:45-11:15			10-11:30	15.20 10.50		
11:00	10:15-12			Cardio: Gentle					
11:15	(2 Lanes)	Aquafit	11-11:45						
11:30 11:45		11:15-12							
12:00			Open Swim 11:15-1						
12:15	Lane :		11.15-1		Cycle		TRX Boot Camp		
12:30 12:45	12	-1			12:15-12:45		12:15-12:45		
1:00				March Break					Marrah Breach Corner
1:15				Camp 12:30-2					March Break Camp
1:30 1:45	Lane Swim	D	Rec Swim 1-3			Rock Steady Boxing*	Rock Steady		
2:00	1-3						Boxing*		
2:15	(3 Lanes)					1:15-2:45	1:15-2:45		
2:30									
2:45 3:00				Family Gym					
3:15				2-4:30					
3:30									
3:45 4:00									
4:15									
4:30					1				
4:45 5:00		Private	Rec Swim 4-6				Character !		
5:15		Lessons 4-6:30	, -	D . 1			Strength Training		
5:30	Lane Swim	1 0.30		Basketball 4:45-6:30		Core	Teen* 4:30-5:30		
5:45 6:00	4-8					5:30-6	4.30-3:30		
6:15	(4 lanes)					Cardio: Mix	1		
6:30						6:15-6:45]		
6:45			Open Swim 6-8						
7:00 7:15		Aquafit	0-0						
7:30		7-7:45		Badminton (13+ yrs)					
7:45				6:45-8:45					
8:00 8:15									
8:30									
8:45					Mond	day			

Time -		Doole						00 PM						
1 111116		Pools		Gymnasium	Stu	ıdios	Fitness	Pro	Program Rooms					
	Laı		Leisure		Cycle	Fitness	Centre	1	2 3					
5:45		Regis	tration recomn	nended for Group Fi	tness Classes,	programs with	* registration is	required						
6:00														
6:15					Cycle									
6:30		OSAC			6:15-7									
6:45 7:00	Lane Swim	6-8 (5 lanes)		Basketball										
7:15	6-8:30	(5 lattes)	Lessons	6-8:30										
7:30 7:45														
8:00			Open Swim 7:30-8:45											
8:15			7:30-6:45											
8:30 8:45			A -1 - 1 = /											
9:00	Aqu 8:45-		Adult/ Aquafit											
9:15	δ:45-	9.30	8:45-9:30		Cycle 9-9:40	Cardiac								
9:30 9:45						Rehab*	Gravity							
10:00		Private		Family		8:30-11	Gravity 9:45-10:15							
10:15		Lessons 9:30-10:30	Family Swim	Gym			Gravity	Stay 'n' Play 8:45-12						
10:30 10:45	Lane Swim		9:45-11:15	9-11:45			10:20-10:50							
11:00	10:15-12													
11:15	(2 Lanes)	Aquafit				Stretch								
11:30 11:45		11:15-12				11:15-12								
12:00			Open Swim 11:15-1											
12:15	Lane S		11:15-1	Bars & Plates										
12:30 12:45	12-	-1		12:15-12:45										
1:00									March Break Camp					
1:15						Cardiac			March Break Camp					
1:30	Lane Swim	Rec	Swim	Pickleball:		Rehab*								
2:00	1-3 (3 Lanes)		-3	Beginner 1-3		1-2:30								
2:15	(5 =255)													
2:30 2:45														
3:00														
3:15		CLOSED												
3:30 3:45				March Break										
4:00				Camp										
4:15 4:30				3:15-5										
4:30		OSAC					Strength Training							
5:00		4-6 (6 lanes)					Teen*							
5:15 5:30	Lane Swim 4-7		Rec Swim 4-7			Yoga	4:30-5:30							
5:45	, ,		, ,	Family Gym 5-6:45		5:15-6								
6:00		OSAC		3-0.45										
6:15 6:30		6-7				Zumba								
6:45		(4 lanes)				6:15-7:15								
7:00														
7:15 7:30														
7:45				Basketball 6:45 -8:45										
8:00				0.45 -0:45										
					I		I							
8:15 8:30														

	NESDAY, I	1ARCH 12	2, 5:45 AM	-9:00 PM					
Time		Pools		Gymnasium	Stud	dios	Fitness	Prog	gram Rooms
	La		Leisure		Cycle	Fitness	Centre	1	2 3
5:45		Regis	stration recomm	ended for Group Fi	tness Classes,	programs with	* registration is	required	
6:00						Bars &			
6:15		OSAC 6-7				Plates			
6:30		(6 lanes)				6-6:45			
6:45	Lane Swim		ļ	Pickleball:					
7:00 7:15	6-8:30	OSAC		Rec					
7:30		7-8 (4 lanes)		6-8:30			Performance ng: Teen		
7:45		(4 lailes)	Open Swim			7:	:15-8		
8:00			7:30-8:45						
8:15 8:30									
8:45				Tabata Set Up					
9:00	Aqu 8:45-		Adult/Aquafit	T -11-					
9:15	0.43		8:45-9:30	Tabata 9-9:45		Tai Chi 1*			
9:30			Gentle/Motion 9:30-10			9-10	0		
9:45 10:00		Private	7.30-10				Gravity 9:45-10:15		
10:15		Lessons 9:30-10:30	Family	Yoga 10-10:45			Gravity: Mix	Mess Makers 10-11:30	
10:30		J.30-10.30	Swim	10-10.45		Tai Chi 3*	10:20-10:50	2-5 yrs	
10:45	Lane Swim		10-11			10-11:30		(infant siblings	
11:00 11:15	10:15-12 (2 Lanes)			Cardio: Gentle				welcome)	
11:30	(= ===,	Aquafit		11-11:45					
11:45		11:15-12							
12:00			Open Swim 11:15-1	March Break					
12:15	Lane 9			Camp		Core 12:15-12:45	Ride & Glide* 12:15-12:45		
12:30 12:45	12	-1		12-1		12.13-12.43	12.13-12.43	1	
1:00				Set Up					March Brook Comp
1:15			Rec Swim			Pilates 1-1:45			March Break Camp
1:30	Lane Swim	Rental 1-2	1-2	Rock Steady					
1:45 2:00	1-3			Boxing*					
2:15	(3 Lanes)		Rental	1:15-2:45					
2:30			2-3			March Break			
2:45						Camp			
3:00 3:15				March Break		2-4			
3:30		CLOSED		Camp 3-4					
3:45				3 4					
4:00									
4:15 4:30									
4:45			Rec Swim	Family Gym			Strength		
5:00		Private	4-6	4:15-5:45			Training Teen* 4:30-5:30		
5:15		Lessons							
5:30 5:45	Lanes	4-7				Joga			
6:00	4-8					5:30-6:15			
6:15									
6:30				Basketball					
6:45			Open Swim 6-8	6-7:30	Cycle Sculpt				
7:00 7:15		Aquafit			Cycle Sculpt 7-7:30				
7:30		7-7:45							
7:45				Adult Basketball					
8:00				30+ 7:30-8:45					
8:15				7.30-0.43					
8:30									

THUR	SDAY, MA	ARCH 13,	5:45 AM-9	:00 PM	:00 PM					
Time		Pools		Gymnasium	Stu	dios	Fitness	Pro	gram Rooms	
Tille	La		Leisure		Cycle	Fitness	Centre	1	2 3	
5:45		Regist	tration recomm	ended for Group F	itness Classes,	programs with	* registration	is required		
6:00										
6:15							Gravity			
6:30		OSAC					6:15-6:45			
6:45 7:00	Lane Swim	6-8		Basketball						
7:15	6-8:30	(5 lanes)		6-8:30						
7:30										
7:45			Open Swim							
8:00 8:15			7:30-8:45							
8:30										
8:45	Aqu	afit	Adult/							
9:00	8:45-		Aquafit 8:45-9:30		Cycle					
9:15 9:30			6.43-9.30		9-9:40	Cardiac Rehab*				
9:45						8:30-11	Gravity			
10:00		Private Lessons	Es-miller	Family			9:45-10:15	Stay 'n' Play		
10:15		9:30-10:30	Family Swim	Gym 9-11:45			Gravity 10:20-10:50	8:45-12:00		
10:30	Lane Swim		9:45-11:15	9-11.45			10:20-10:50			
11:00	10:15-12									
11:15	(2 Lanes)	Aquafit				Stretch				
11:30		11:15-12				11:15-12				
11:45 12:00			Open Swim							
12:15	Lane	Swim	11:15-1	Body Sculpt		Joga				
12:30	12	-1		12:15-12:45		12:15-12:45				
12:45 1:00										
1:15				March Break					March Break Camp	
1:30				Camp 1-2		Cardiac Rehab*				
1:45	Lane Swim 1-3		Swim			1:00-2:30				
2:00	(3 Lanes)	1	-3							
2:30										
2:45										
3:00				Pickleball: Rec		March Break				
3:15 3:30		CLOSED		2:15-4:30		Camp				
3:45						3-4				
4:00										
4:15 4:30							Character			
4:45				Tabata Cat II			Strength Training			
5:00		OSAC		Tabata Set Up			Teen*			
5:15	Lane Swim 4-7	4-7	Rec Swim 4-7	Tabata			4:30-5:30			
5:30 5:45	4-7	(6 Lanes)	4-7	5:15-6:00		Power Yoga				
6:00						5:30-6:30				
6:15				Kickboxing						
6:30				6:15-7:00						
6:45 7:00										
7:15										
7:30				Co-Ed						
7:45				Volleyball 13+						
8:00 8:15				7:15 -8:45						
8:30										
8:45					Thurse	day				

FRIDA	AY, MARC	H 14, 5:4	5 AM-9:00) PM					
Time		Pools		Gymnasium	Stu	ıdios	Fitness	Pro	ogram Rooms
Time	La		Leisure		Cycle	Fitness	Centre	1	2 3
5:45		Regis	tration recomm	nended for Group	Fitness Classes	s, programs with	* registration	is required	
6:00									
6:15							Boot Camp		
6:30 6:45		OSAC					6:15-7		
7:00	Lane Swim	6-8 (5 lanes)		Open 5:45-8:30					
7:15	6-8:30	(3 lailes)		5:45-6:30		Athletic Pe			
7:30 7:45			Open Swim			Training 7:15			
8:00			7-8:45						
8:15									
8:30 8:45			8 4.44	-					
9:00	Aqu 8:45-		Adult/ Aquafit	Cardio:					
9:15	0:45-	9:30	8:45-9:30	Step	Cycle				
9:30 9:45				9-9:45	9-10		Cupyity		
10:00		Private					Gravity 9:45-10:15		
10:15		Lessons 9:30-10:30	Family Swim	Yoga 10-10:45			Gravity		
10:30 10:45	Lane Swim		9:45-11:15				10:20-10:50	Family Play	
11:00	10:15-12			Cardio:				10-12	
11:15	(2 Lanes)	Aquafit		Gentle		March Break Camp			
11:30 11:45		11:15-12	11-13	11-11:45		10-1			
12:00			Open Swim 11:15-1						
12:15	Lane :		11:15-1	Tabata					
12:30 12:45	12	-1		12:15-12:45 Class Clean Up					
1:00				class clean op					March Break Camp
1:15				March Break					магси втеак сашр
1:30	Lane Swim	Rec	Swim	Camp					
2:00	1-3 (3 Lanes)		-3	1-2:30					
2:15	(5)								
2:30									
3:00									
3:15	Lane Swim	OSAC		Pickleball:					
3:30 3:45	3-4:30	3-4:30		Rec 2:45-4:15					
4:00	(2 lanes)	(6 lanes)							
4:15 4:30									
4:30							Strength Training		
5:00							Teen*		
5:15 5:30				Badminton			4:30-5:30		
5:45				4:45-6:30					
6:00	Lane Swim								
6:15 6:30	5-8		Swim -8						
6:45	(4 lanes)								
7:00									
7:15 7:30				Basketball					
7:45				6:45-8:45					
8:00									
8:15 8:30									
8:45					Frid	lay			

Time	SATU	RDAY, MA	ARCH 15,	7:00 AM-	5:00 PM								
Control Cont						Stu	dios	Fitness	Pi	ogram Roc	ms		
Table Tabl	Time	La		Leisure	Gymnasium								
Part			Regis	tration recom	mended for Group Fit		programs with	* registration is	required				
Cycle Residual Content of the state of t	7:00												
Open Gym T-8:45 Cycle S-8:30													
Tai Chi 1* Sith day Parties 12-1:30 1-3					Open Gym								
Secondary Seco													
Rank Composition Composi													
Continue						0 0.50							
9:00													
9:10 9:30		/:15-10:30	(6 lanes)										
10:00 10:15 10:30 10:45 10:15 10:30 10:45 10:15 10:30 (4 lanes) 10:15 (4 lanes)	9:15						Tai Chi 1*	8:45-9:30					
10:00 10:15 10:30 10:15 10:	9:30						9-10						
10:15 11:30 10:15 11:30 (4 lanes) 11:45 11:30 (2 lane Swim 1:30 lane) 1:45 1:30 lane) 1	9:45							Gravity					
10:30 10:30 10:15:11:30													
10:45 10:15-11:30 Family Swim 10:15-11:30 10:15-1					9-11:30								
11:00 11:10 11:30 11:45 11:30 11:45 11:30 11:12:45 11:30 11:45 12:30 12:45 12:130 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 12:45 12:30 13:30													
11:15						Family			10-11.50				
11:30 12:45 12:00 11:12:45 12:15			(
11:45 12:00 11-12:45				10-12:30	Birthday Party	†							
12:10 12:30 12:30 12:30 12:30 12:30 12:45 12:30 13:00 13:15 2:30 2:45 3:30 3:15 3:30 3:15 4:30 4:30 4:45 4:30 4:45										Birthday P	arty Set Up		
12:15 12:30 12:45 12:130 12:13	12:00			t	-	1							
12-1:30 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:45 4:00 4:15 4:30 4:45	12:15	11-1	2.45										
1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:15 3:30 3:45 4:00 4:15 4:30 4:45	12:30												
1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45	12:45				12-1:30								
1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45													
1:45													
2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45		Lana Suda	Bos C	im						1	2-3		
2:15 2:30 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45													
2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45					Family Gym								
2:45 Solution Solu													
3:15 3:30 3:45 4:00 4:15 4:30 4:45													
3:15 3:30 3:45 4:00 4:15 4:30 4:45										Rirthday Da	rty Clean Un		
3:30 3:45 4:00 4:15 4:30 4:45	3:15		Rental]				bir tiluay Pa			
4:00 4:15 4:30 4:45			Kentui]							
4:15 4:30 4:45													
4:15 4:30 4:45					Basketball								
4:45													
		,											
5:00 I Saturday	5:00					Saturda	l av			1	1		

		Pools			Stu	dios	Fitness	Program Rooms		
Time	La		Leisure	Gymnasium	Cycle	Fitness	Centre	1	2	3
	Zu			ended for Group Fi						3
7:00					,					
7:15										
7:30										
7:45				Pickleball:						
8:00				Competitive						
8:15			1	18yrs+ 7-9:30						
8:30 8:45	Lane Swim	Lessons 8:30-9		, 5.50						
9:00	8:30-9:15 (8)	0.30 3								
9:15	Lane Swim	Tri-Swim*				Buti Yoga				
9:30	9:15-9:45 (2)	9:15-9:45				9-9:45	W.O.W.			
9:45			Open				9:30-10			
10:00		Aquafit 9:45-10:30	9-11		Tri-Cycle*	1				
10:15		9.43-10.30		Pickleball: Beginner/Rec	10-10:30					
10:30	Lane Swim			9:30-11:30		Tri-F				
10:45	9:45-12					10:3	0-11			
11:00	(4)		Family							
11:15			Swim			Stretch				
11:30 11:45			11-12	Birthday Party		11:15-12			Birthday P	arty Set Up
12:00				Set Up			1			
12:15							L			
12:30				Birthday		Kickb	_			
12:45				Parties		12:1	15-1			
1:00		_ ,		12-1:30						
1:15	Advanced Less	-								y Parties
1:30	10:3		Rec Swim						13	2-3
1:45			12:30-3							
2:00										
2:15				Family Gym 1:30-3:30						
2:30				1.50-5.50						
3:00										
3:15									Birthday Pa	rty Clean Up
3:30		Rental								
3:45										
4:00				1						
4:15				Basketball 3:45-4:45						
4:30				5.45 4.45						
4:45										
5:00					Sunda	ay				