

# **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

Summer: June 10th June 12th

# 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!

MON	DAY 5:45	AM-9:00	PM							
<b>-</b> :		Pools			St	udios	Fitness	Pro	gram Rooi	ns
Time	La	ne	Leisure	Gymnasium	Cycle	Fitness	Centre	1	2	3
		Regis	stration recomr	nended for Group		s, programs with	* registration is	required		
5:45		_								
6:00										
6:15		<b>OSAC</b> 6-7					wow			
6:30		(6 lanes)					6:15-6:45			
6:45	Lane Swim			Pickleball:						
7:00	6-8:30	OSAC		Rec						
7:15		7-8		6-8:30						
7:30 7:45		(3 lanes)	Open Swim							
8:00			7-8:45							
8:15										
8:30										
8:45	_		Adult/							
9:00	<b>Aqu</b> 8:45-		Aquafit	Court of Miss						
9:15	0.43		8:45-9:30	Cardio: Mix 9-9:45		Tai Chi 1*				
9:30		Private Lessons	Aqua Motion	5 51 15		9-10				
9:45		9:30-11	9:30-10				Gravity			
10:00	Lane Swim			Yoga			9:45-10:15	Stay 'n' Play		
10:15	9:30-11:15		<b>Lessons</b> 0-11	10-10:45			Gravity: Mix 10:20-10:50	8:45-12:00		
10:30		9:3	0-11			<b>Tai Chi 3*</b> 10-11:30	10.20-10.30			
10:45 11:00						10-11.50				
11:15	Lane Swim			Cardio: Gentle						
11:30	11:15-12	Aquafit		11-11:45						
11:45	(2 Lanes)	11:15-12								
12:00			Open Swim							
12:15	Lane	Swim	11:15-1			Olympic Bars &	TRX Boot Camp			
12:30	12-1	:30		Youth Circuit		Plates	12:15-12:45	Family Play	•	
12:45		_		Ages 7-12		12:15-1		0-6 yrs		
1:00			Private	12:30-1:15				12:30-1:15		
1:15			Lessons							
1:30			1-2			Rock Steady	Rock Steady			
1:45 2:00	B					Boxing*	Boxing*			
2:15	<b>Rental</b> 1-3:30			Family Gym		1:15-2:45	1:15-2:45			
2:30				1:30-3:30						
2:45										
3:00										
3:15										
3:30										
3:45										
4:00		OSAC					Strength			
4:15		3:30-5:30					Training Teen*			
4:30 4:45		(5 lanes)	Rec Swim	B			4-5			
5:00			4-6	Basketball (10+ yrs)						
5:15				4-6:30						
5:30	Lane Swim					Core				
5:45	3:30-8	OSAC				5:30-6				
6:00		5:30-6:45							Youth Lea Ages	
6:15		(6 lanes)				Cardio: Mix				0-7
6:30						6:15-6:45				
6:45			Open Swim							
7:00			6-8:15							
7:15		Aquafit		Badminton						
7:30 7:45		7:15-8		(13+ yrs)					Table	
7:45 8:00				6:45-8:45					7-8	<b>:</b> 30
8:15										
8:30										
8:45					Mon	day				

TUES	DAY 5:45	AM-9:00	PM														
Time		Pools		Gymna	asium		ıdios	Fitness	Program Rooms								
	La		Leisure			Cycle	Fitness	Centre	1	2	3						
5:45		Reg	istration recom	imended fo	r Group F	itness Classes	, programs with	* registration i	s required								
6:00																	
6:15						Cyclo											
6:30		OSAC				<b>Cycle</b> 6:15-7											
6:45 7:00	Lane Swim	6-8 (5 lanes)	6-8	6-8	6-8	6-8	6-8	6-8									
7:00	6-8:30								<b>Bask</b> e 6-8								
7:30																	
7:45			Open Swim														
8:00 8:15			7:30-8:45														
8:15																	
8:45			Adult/	1													
9:00	<b>Aqu</b> 8:45-		Aquafit			Cycle											
9:15			8:45-9:30			9-9:40	Cardiac				Me Stretch						
9:30 9:45							Rehab*	Gravity			rengthen 5-10						
10:00	Lessons			Fan	nilv		8:30-11	9:45-10:15									
10:15	9:30-11			Gy	m			Gravity	Stay 'n' Play 8:45-12	Cha	i. Fis						
10:30				9-11	:45			10:20-10:50	0.13 12	<b>Chair Fit</b> 10:15-11							
10:45 11:00																	
11:15	Lane Swim																
11:30	11:15-12	<b>Aqua Deep</b> 11:15-12	On an Swins				<b>Stretch</b> 11:15-12										
11:45	(2 Lanes)	11.15 12	<b>Open Swim</b> 11:15-12:30				11.15 12										
12:00 12:15	Lang Swim		Dava 0	Distan													
12:30		Lane Swim 12-1 Aqua Motion		<b>Bars &amp;</b> 12:15-													
12:45			12:30-1														
1:00																	
1:15							Cardiac										
1:45		Les	sons	Pickleball: Beginner 1-3:15			<b>Rehab*</b> 1-2:30			Table	Tennis						
2:00	Lana Curina	1	3				1-2.50			1	3						
2:15	Lane Swim 2-3			1-3	:15												
2:30 2:45	(3 lanes)																
3:00																	
3:15		CLOSED															
3:30																	
3:45 4:00																	
4:15	Lane Swim			Teen													
4:30	4-5	OSAC	Family	Sports	Family Gym				Fun Zone								
4:45	(3 lanes)	4-5:45 (3 lanes)	Swim	12-15 yrs 4-5:30	4-5:30				3-7 years								
5:00 5:15		(2 .2)	4-6					Strength Training	4-6:30 (Parent must								
5:30	Lifesaving						<b>Yoga</b> 5:15-6	Teen*	remain in								
5:45	Sport			Family				5-6	building)								
6:00 6:15	5:15-6:30	0045	Rec Swim	5:30-	o:30												
6:30		<b>OSAC</b> 5:45-7:30	6-7														
6:45	<b>Lane Swim</b> 6:30-7:30	(4 lanes)															
7:00	(4 lanes)																
7:15 7:30																	
7:45				Baske													
8:00		Staff Trainin	g	6:45	0:45												
8:15																	
8:30 8:45						Tues	l dav										
0.43						ruest	y										

5:45 6:00 6:15 6:30 6:45	La		Loieure	Gymnasium	Stud	lios	Fitness	Pro	gram Roon	าร
5:45 6:00 6:15 6:30 6:45	La		Loieure						<del>-</del>	
6:00 6:15 6:30 6:45			Leisure	Cymnasiani	Cycle	Fitness	Centre	1	2	3
6:00 6:15 6:30 6:45		Regis	tration recomn	nended for Group F	itness Classes,	programs wit	h * registration is	required	· ·	
6:15 6:30 6:45										
6:30 6:45		OSAC				Bars & Plates				
6:45		6-7				6-6:45				
		(6 lanes)								
7:00	Lane Swim			Pickleball:						
7:15	6-8:30	<b>OSAC</b> 7-8		<b>Rec</b> 6-8:30		Athletic F	Performance			
7:30		(4 lanes)					ng: Teen			
7:45			Open Swim			/:	15-8			
8:00 8:15			7:30-8:45							
8:30										
8:45			Adult/	Tabata Set Up						
9:00	<b>Aqu</b> 8:45-		Aquafit							
9:15	8.43	9.50	8:45-9:30	<b>Tabata</b> 9-9:45		Tai Chi 1*				
9:30			Aqua Motion	2 33		9-10				
9:45			9:30-10				Gravity			
10:00 10:15	<b>Less</b> 9:30			Yoga			9:45-10:15		Mess M 10-11	
10:15	9.30	, 11		10-10:45		Tai Chi 3*	Gravity: Mix 10:20-10:50		2-5	
10:45						10-11:30			(infant sibling	s welcome)
11:00				Cardio:					March 19th March 26th	
11:15	Lane Swim	Aquafit		Gentle					April 2nd -	Water Play
11:30	11:15-12	11:15-12		11-11:45						
11:45	(2 Lanes)		Open							
12:00	•	a	11:15-1	Flooring		0	Did o Cities			
12:15 12:30	Lane			Electives 12-1		<b>Core</b> 12:15-12:45	Ride & Glide* 12:15-12:45			
12:45										
1:00				Set Up		<b>-</b>				
1:15			Electives			<b>Pilates</b> 1-1:45				
1:30			1-2	Rock Steady		1 15				
1:45	Less 1-			Boxing*						
2:00	1-	·3		1:15-2:45						
2:30										
2:45										
3:00						Golf Fit				
3:15		CLOSED				<b>Fusion*</b> 3-3:45				
3:30						Mar 26th				
3:45						Apr 2nd				
4:00 4:15							Strength Training:		B	0 .
4:30		OSAC	Family				Teen*		Board Gam 3yrs	_
4:45		4-5:30 (3 lanes)	<b>Swim</b> 4-5:30	Family Gym			4-5		4-5:	
5:00	Lane Swim 4-6:30	(5 lattes)	7 3.30	4-6					(Parent mus	
5:15	(3 lanes)								build	ng)
5:30	,					Joga				
5:45 6:00		OSAC	Bos Curius			5:30-6:15				
6:00		5:30-7	<b>Rec Swim</b> 5:30-7							
6:30		(4 lanes)		Family Gym						
6:45				6-7:15						
7:00	<b>Lane Swim</b> 6:30-7:45	Acustit			Cycle Sculpt					
7:15	0.50 7.45	<b>Aquafit</b> 7-7:45	Open		7-7:30					
7:30			7-8							
7:45				Adult Basketball						
8:00 8:15				30+ 7:30-8:45						
8:30					Wednes				1	

THUR	SDAY 5:4	5 AM-9:00	0 PM							
<b>-</b> :		Pools		C	Stu	dios	Fitness	Pro	gram Room	1S
Time	La	ne	Leisure	Gymnasium	Cycle	Fitness	Centre	1	2	3
		Regis	tration recomm	ended for Group F	itness Classes,	, programs with	* registration	is required		
5:45										
6:00							Constitution (Constitution)			
6:15 6:30							<b>Gravity</b> 6:15-6:45			
6:45		OSAC					0.12 0.10			
7:00	Lane Swim	6-8 (5 lanes)		Basketball						
7:15	6-8:30	(3 lattes)		6-8:30						
7:30										
7:45			Open Swim							
8:00 8:15			7:30-8:45							
8:30										
8:45			Adult/	1						
9:00		<b>Aquafit</b> 8:45-9:30			Consta					
9:15	0.43	3.30	8:45-9:30		<b>Cycle</b> 9-9:40	Cardiac			Mommy &	Me Yoga
9:30						Rehab*			9:15	_
9:45						8:30-11	<b>Gravity</b> 9:45-10:15			
10:00			sons 0-11	Family Gym			Gravity	Stay 'n' Play		
10:30		]		9-11:45			10:20-10:50	8:45-12:00	Chair \	
10:45									10:15	-11
11:00	<b>Lane Swim</b> 10:30-12									
11:15	(2 Lanes)	Aqua Deep				Stretch				
11:30		11:15-12	Open Swim			11:15-12				
11:45 12:00			11:15-12:30							
12:00	Lane	Swim		Body Sculpt		Joga				
12:30	12		Aqua Motion	12:15-12:45		12:15-12:45				
12:45			12:30-1							
1:00										
1:15						Cardiac				
1:30		Rental	/Lessons	Pickleball:		Rehab*				
2:00			-3	Rec		1:00-2:30				
2:15				1-3						
2:30	<b>Lane Swim</b> 2-3:30									
2:45	(3 Lanes)									
3:00 3:15										
3:15		CLC	OSED							
3:45				Badminton						
4:00				10-18yrs 3:30-4:30				Fun Zone		
4:15			Family					3-7 years		
4:30			Swim					4-5:30 (Parent must		
4:45 5:00	Lane Swim	<b>OSAC</b> 4-6:15	4-5:30	Tabata Set Up			<b>O</b> 1	(Parent must remain in		
5:00	4-6:30	(3 lanes)					Strength Training:	building)	Home A	
5:30	(3 lanes)			<b>Tabata</b> 5:15-6:00			Teen*		10+	
5:45			Rec Swim	5.15-6:00		Power Yoga	5-6		4:30 3 week p	
6:00			5:30-6:30			5:30-6:30			Starts Mai	
6:15		OSAC		Kickboxing						
6:30 6:45	Lane Swim	6:15-7 (4 lanes)	Open Swim	6:15-7:00						
7:00	6:30-7:30		6:30-7:30							
7:15		OSAC								
7:30		7-8 (6 lanes)		Co-Ed						
7:45				Volleyball						
8:00 8:15		Staff Training		<b>13+</b> 7:15 -8:45						
8:15		Stan Hanning	,							
8:45					Thurse	day	<u>I</u>	1		

FRID	AY 5:45 A	M-9:00 P	М										
Time		Pools		Gymnasium	Stu	dios	Fitness	Pro	ogram Roo	ms			
Time	La	ne	Leisure	Gymnasium	Cycle	Fitness	Centre	1	2	3			
		Regist	tration recomm	nended for Group	Fitness Classes	, programs with	* registration	is required					
5:45													
6:00 6:15													
6:30							Learn to Lift						
6:45	Lane	OSAC					6:15-7						
7:00	Swim	6-8 (5 lanes)		<b>Open</b> 5:45-8:30									
7:15	6-8:30	(1 1 11)	(5 121125)	(3 lanes)	(5 laries)		31.0 0.00		Athletic Pe				
7:30			Open			Training 7:1							
7:45 8:00			<b>Swim</b> 7-8:45			7.1.	J-0						
8:15													
8:30													
8:45	Λ	afit	Adult/										
9:00	<b>Aquafit</b> 8:45-9:30		Aquafit	Cardio:									
9:15			8:45-9:30	<b>Step</b> 9-9:45	<b>Cycle</b> 9-10								
9:30 9:45				J-9. <del>4</del> 3	9-10		Guarrita						
10:00		Loc	sons				<b>Gravity</b> 9:45-10:15						
10:15			0-11	Yoga			Gravity						
10:30				10-10:45			10:20-10:50						
10:45	Lane							Family Play					
11:00	Swim			Golden Gloves				10-12					
11:15	10:30-12	Aquafit		11-11:45									
11:30 11:45		11:15-12	0										
12:00			Open Swim										
12:15			11:15-1	Tabata									
12:30	Lane Swim	Aqua Run		12:15-12:45									
12:45	12-1	12:25-12:55		Class Clean Up									
1:00		Aquafit 1-1:30											
1:15 1:30		1-1.50											
1:45				Pickleball:									
2:00	Lane Swim 1-3	Les	sons	Rec									
2:15	(3 Lanes)	1	-3	1-3:15									
2:30													
2:45													
3:00 3:15													
3:30													
3:45													
4:00				Basketball									
4:15	0	d O.:		3:30-5:15									
4:30 4:45	Owen Sou 3:45-												
5:00	55												
5:15				Vid 7									
5:30				Kid Zone Set Up					Kids Zor	ne Set Up			
5:45													
6:00 6:15	Lane Swim	OSAC											
6:15	(2 lanes) 5:45-8	5:45-7:15	Rec Swim										
6:45		(3 lanes)	5:30-8	Kid Zone*						Zone*			
7:00	Rec Swim			6-8						5 5-12 -8			
7:15	(3 lanes) 5:45-8												
7:30	25												
7:45 8:00													
8:00 8:15				Basketball									
8:30				8-8:45									
8:45					Frid	ау	•						

SATU	RDAY 7:0	0 AM-5:0	0 PM								
		Pools			Stu	dios	Fitness	Program Rooms			
Time	La	ne	Leisure	Gymnasium	Cycle	Fitness	Centre	1	2	3	
		Regis		mended for Group Fit		programs with	* registration is				
7:00											
7:15			]								
7:30				Onon Cum							
7:45				<b>Open Gym</b> 7-8:45							
8:00	Lawa Sudan	OSAC			, 05	Cycle					
8:15	<b>Lane Swim</b> 7:15-9:30				8-8:30						
8:30	(2 lanes)	7:15-10:15									
8:45	,	(6 lanes)					Boot Camp				
9:00		,					8:45-9:30				
9:15						Tai Chi 1*					
9:30						9-10					
9:45			Open Swim				Gravity				
10:00	Lessons		9:30-10:30	Family Gym			9:45-10:15				
10:15	9:30-11			9-11:30							
10:30		OSAC				Tai Chi 3*					
10:45		10:15-11:30				10-11:30					
11:00		(4 lanes)	Family								
11:15			Swim								
11:30	Lifesaving		10:30-12:30	Birthday Party					Birthday F	arty Set Up	
11:45	<b>Sport</b> 11-12:45	Lane Swim 11:30-12:30			Set Up						
12:00	11 12.43										Babysitting
12:15				District Destrict				Course*			
12:30 12:45			J	Birthday Parties 12-1:30				11+ yrs 8:30-4:30			
1:00				12 1.50				0.50 1.50			
1:15								March 22nd	Rirthda	y Parties	
1:30					1					<b>y Parties</b> 2-3	
1:45	Lane Swim	Rec S	Swim						_		
2:00	1-3	1-									
2:15				Family Gym							
2:30				1:30-3:30							
2:45											
3:00									Birthday	Party Clean	
3:15										Jp	
3:30	Birthd	ay Parties/Re	entals		1						
3:45					1						
4:00											
4:15				<b>Basketball</b> 3:45-4:45							
4:30				3:45-4:45							
4:45											
5:00					Saturda	ay					

	Pools				Studios		Fitness	P	rogram Roo	ms
Γime	Lane Leisure		Gymnasium	Cycle	Fitness	Centre	1	2	3	
	20			ended for Group Fi						
7:00									T	
7:15										
7:30										
7:45				Pickleball:						
8:00				Competitive						
8:15				18yrs+ 7-9:30						
8:30	Lane Swim			7-9.50						
8:45	8:30-9:15 (8)									
9:00 9:15	Lane Swim	Tri-Swim*	1			Buti Yoga				
9:30	9:15-9:45 (2)	9:15-9:45				9-9:45	w.o.w.			
9:45	Lane Swim						9:30-10			
10:00	9:45-10:30	Aquafit			Tri-Cycle*					
10:15	(4)	9:45-10:30		Pickleball:	10-10:30					
10:30				Beginner/Rec 9:30-11:30		Tri-F	Run*			
10:45				3.55 11.55		10:3	0-11			
11:00			Open							
11:15			10:30-12			Stretch				
11:30				Birthday Party		11:15-12			Birthday P	arty Set Up
11:45				Set Up						
12:00 12:15										
12:15	Advanced	Courses/		Distala da		Kickb				
12:45	Less			Birthday Parties		12:1	15-1			
1:00	10:3	30-3		12-1:30						
1:15									Birthda	y Parties
1:30			Family Swim						13	2-3
1:45			12:30-3							
2:00										
2:15				Family Gym						
2:30				1:30-3:30						
2:45				-						
3:15									Birthday Pa	rty Clean U
3:30	Birthd	ay Parties/Re	ntals							I
3:45										
4:00				1						
4:15				Basketball 3:45-4:45						
4:30				5.45-4.45						
4:45						1	ı		I	1