

# Monday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							
6:00-6:30	Cycle Fit			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim		Lane Swim
6:30-7:00	6:15-7:00				Aquafit Hi/Lo 7:00-7:45		
7:00-7:30							Lane Swim
7:30-8:00							
8:00-8:30							Lane Swim
8:30-9:00							
9:00-9:30	Belly Dancing Level 2 9:15-10:10			Hi/Lo Combo 9:10-10:10	YMCA Lessons	Drop In Swim	Drop In Swim
9:30-10:00		Drop In Gym 9:30-10:30					
10:00-10:30	Muscle Works 10:15-11:00			Sports Mania 10:30-11:15			Drop In Swim
10:30-11:00		Tickle Trunk 10:45-11:30		Drop In Gym 10:30-11:30			
11:00-11:30	Strength 11:00-11:55			Soccer 11:15-12:00			Drop In Swim
11:30-12:00							
12:00-12:30pm	Core Control 12:15-12:45	Cycle Fit 12:15-1:00		Run Fit 12:15-1:00			Drop In Swim
12:30-1:00							
1:00-1:30	Resistance & Stretching 1:00-1:45	Mad Science 1:15-2:00			Drop In Swim	Physio Therapy	Drop In Swim
1:30-2:00							
2:00-2:30				Gym & Swim 2:00-2:45			Drop In Swim
2:30-3:00							
3:00-3:30	Music and Dance 3:00-3:45			Hockey 1 3:00-3:45			Drop In Swim
3:30-4:00		Afterschool Program 3:00-5:00					
4:00-4:30	Twinkle Toes 4:00-4:45			Soccer II 4:00-4:45			Drop In Swim
4:30-5:00							
5:00-5:30	Core Control 5:15-5:45	Hip Hop / Jazz II 5:00-5:45		Soccer 1 4:45-5:30	Soccer III 4:45-5:45		Drop In Swim
5:30-6:00				Y Kids Club 5:30-6:15	Volleyball 6:00-7:00		
6:00-6:30	Cycle Fit 6:00-6:45	Glute, Thigh/ Leg Combo 6:00-6:45					Drop In Swim
6:30-7:00				Judo 6:30-8:00			
7:00-7:30	Hi/Lo Combo 6:55-7:55			Family Drop In Gym Time 6:30-8:30			Drop In Swim
7:30-8:00							
8:00-8:30	Flow Yoga 8:00-8:55						Drop In Swim
8:30-9:00							
9:00-9:30				Jiu Jitsu 8:30-10:00			Drop In Swim
9:30-10:00				Teen Drop In Basketball 8:45-10:00			
10:00-10:30							Drop In Swim

Pilates - Located at St. James United Church

# Tuesday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							
6:00-6:30	Core Strength & Stretch 6:15-7:00			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim		Lane Swim
6:30-7:00					Aquafit Hi/Lo 7:00-7:45		
7:00-7:30							Lane Swim
7:30-8:00							
8:00-8:30							Lane Swim
8:30-9:00							
9:00-9:30	Hi/Lo Combo 9:10-10:10			Gym & Swim 9:30-10:15	YMCA Lessons		Drop In Swim
9:30-10:00							
10:00-10:30	Flow Yoga 10:15-11:10			Drop In Gym 9:30-11:30	Parent & Tot 10:30-11:15	Drop In Swim	Drop In Swim
10:30-11:00					Sports Mania 11:15-12:00		
11:00-11:30	Moms on the Move 11:15-12:00						Drop In Swim
11:30-12:00							
12:00-12:30pm	Boot Camp Strength 12:15-1:00	Yoga Fit 12:15-1:00		Run Fit 12:15-1:00			Drop In Swim
12:30-1:00							
1:00-1:30	Growing Young 1:15-2:00			School Groups	Childcare 1:15-2:30	YMCA Lessons	Drop In Swim
1:30-2:00							
2:00-2:30							Drop In Swim
2:30-3:00							
3:00-3:30							Drop In Swim
3:30-4:00							
4:00-4:30							Drop In Swim
4:30-5:00							
5:00-5:30	Step Circuit 5:00-5:30	Twinkle Toes 5:15-6:00		Sports Mania 5:00-5:45			Drop In Swim
5:30-6:00	Muscle Works 5:30-6:15						
6:00-6:30				Lifestyle Challenge Plus 6:30-7:30			Drop In Swim
6:30-7:00							
7:00-7:30	Yoga 6:30-9:00			Jr. & Sr. Leadership Development 7:30-9:00			Drop In Swim
7:30-8:00				Teen Drop In Badminton 7:30-9:00			
8:00-8:30							Drop In Swim
8:30-9:00							
9:00-9:30							Drop In Swim
9:30-10:00							
10:00-10:30							Drop In Swim

# Friday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
5:30-6:00am							
6:00-6:30	Cycle Fit 6:15-7:00			Sunrise Racers/Pacers 5:30-8:00	Drop In Swim		Lane Swim
6:30-7:00					Aquafit Hi/Lo 7:00-7:45		
7:00-7:30							Lane Swim
7:30-8:00							
8:00-8:30							Lane Swim
8:30-9:00							
9:00-9:30	Sculpt & Sweat 9:15-10:00			Hi/Lo Combo 9:10-10:10			Drop In Swim
9:30-10:00		Drop In Preschool 9:30-10:30					
10:00-10:30	Muscle Works 10:15-11:00						Drop In Swim
10:30-11:00		Parkinson's Program 10:45-11:45		Drop In Preschool 10:30-11:30	Tickle Trunk 10:30-11:15		
11:00-11:30							Drop In Swim
11:30-12:00							
12:00-12:30pm	Core Control 12:15-12:45			Hi/Lo Combo 12:15-1:00			Drop In Swim
12:30-1:00							
1:00-1:30	Fitness Fridays 1:00-2:00			Fitness Fridays 1:00-2:00			Drop In Swim
1:30-2:00							
2:00-2:30							Drop In Swim
2:30-3:00							
3:00-3:30							Drop In Swim
3:30-4:00							
4:00-4:30	Music & Dance 4:00-4:45			Afterschool Program 3:00-6:00			Drop In Swim
4:30-5:00							
5:00-5:30	Latin Dance 5:15-6:15						Drop In Swim
5:30-6:00		Family Fitness Challenge 6:00-6:30					
6:00-6:30	Hip Hop Dance 6:15-7:15			Glute, Thigh & Leg Combo 6:00-6:45	Family Fitness 6:30-6:45		Drop In Swim
6:30-7:00							
7:00-7:30							Drop In Swim
7:30-8:00				Youth Night 7:00-9:00			
8:00-8:30	Teen Drop In Dance 7:30-8:30						Drop In Swim
8:30-9:00							
9:00-9:30							Drop In Swim
9:30-10:00							
10:00-10:30							Drop In Swim

# Saturday

	Studio 1	Studio 2	Multi purpose	Gymnasium	Small Pool		Large Pool
					Stairs		
7:00-7:30am							
7:30-8:00	Core Control 8:00-8:30						Lane Swim
8:00-8:30							
8:30-9:00							Lane Swim
9:00-9:30	Preschool Drop In Gym Time 9:00-11:00	Cycle Fit 8:30-9:15					
9:30-10:00		Muscle Works 9:30-10:15	Youth Judo 9:00-10:30	Hi/Lo Combo 9:30-10:30			Drop In Swim
10:00-10:30							
10:30-11:00		Jazz II 10:30-11:15	Adult Judo 10:30-12:00		Y Kids 10:30-11:00		Drop In Swim
11:00-11:30							
11:30-12:00		Twinkle Toes 11:30-12:15			Sports Mania 11:15-12:00		Drop In Swim
12:00-12:30pm							
12:30-1:00		Hip Hop 12:30-1:30					Drop In Swim
1:00-1:30				Floor Hockey II 12:30-1:15	Y Kids in Action 12:00-12:30		
1:30-2:00				Floor Hockey I 1:30-2:15	Birthdays 1:00-2:00		Drop In Swim
2:00-2:30	Ballroom Dance 2:00-3:00						
2:30-3:00				Birthdays			Drop In Swim
3:00-3:30					Steve Nash Basketball 2:30-3:30		
3:30-4:00							Drop In Swim
4:00-4:30					Steve Nash Basketball 3:30-4:30		
4:30-5:00							Drop In Swim
5:00-5:30					Steve Nash Basketball 4:30-5:30		
5:30-6:00							Drop In Swim
6:00-6:30							
6:30-7:00							Drop In Swim
7:00-7:30							

Squash & Racquetball Lessons 10:00-12:00pm

**Legend:**  Red – Registered Programs  
 Light Red – Drop in Programs  
 Open – Open for use

# Wednesday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool		
						Stairs				
5:30-6:00am										
6:00-6:30	Step Circuit 6:15-6:45			Sunrise Racers/Pacers 5:30-8:00		Drop In Swim			Lane Swim	
6:30-7:00										
7:00-7:30							AquaFit Hi/Lo 7:00-7:45			
7:30-8:00										
8:00-8:30										
8:30-9:00										
9:00-9:30	Step 9:15-10:00			African Dance 9:10-10:10		Drop In Swim	Physio Therapy 8:00-9:00		Lane Swim	
9:30-10:00							"Mom" ba			Masters Swim 7:45-9:15
10:00-10:30	Hatha Yoga 10:15-11:15		Preschool Drop In Art 9:30-11:30		Parent & Tot Totnastics 10:30-11:15	Childcare 10:15 - 11:30	Drop In Swim			
10:30-11:00						AquaTherapy 10:45-11:30			Lane Swim	
11:00-11:30						AquaTherapy 11:30-12:15				
11:30-12:00				Sportsmania I 11:15-12:00		AquaFit Hi/Lo 12:15-1:00				
12:00-12:30pm	Core Strength & Stretch 12:15-1:00		Cycle Plus 12:10-1:00	PULSE 12:15-1:00					Lane Swim	
12:30-1:00									Swim for Health	
1:00-1:30						School Group 1:00-2:00	Physio Therapy		Deep Water AquaFit	
1:30-2:00										
2:00-2:30						AquaFit Hi/Lo 2:15-3:00			Drop In Swim	
2:30-3:00										
3:00-3:30						Drop In Swim			YMCA Lessons	
3:30-4:00			Afterschool Program 3:00-4:00						Drop In Swim	
4:00-4:30			Mad Science II 4:00-4:45							
4:30-5:00				Afterschool Program 4:00-6:00	Steve Nash Basketball 5:15-6:00			YMCA Lessons		
5:00-5:30	Core Control 5:15-5:45		Lifestyle Challenge 5:15-6:30							
5:30-6:00										
6:00-6:30	Cycle Fit 6:00-6:45	Step 6:00-6:45		Steve Nash Basketball 6:00-7:00				Drop In Swim		
6:30-7:00			TAG 6:30-8:00	Steve Nash Basketball 7:00-8:00						
7:00-7:30	Hi/Lo Combo 6:55-7:55					AquaFit Hi/Lo 7:30-8:15			Lane Swim	
7:30-8:00										
8:00-8:30	Belly Dancing Level 1 8:00-8:55									
8:30-9:00										
9:00-9:30					Teen Drop In Basketball 8:00-10:00				Drop In Swim	
9:30-10:00										
10:00-10:30										

Youth Drop-In Racquetball 7:00-9:00pm

# Thursday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool		
						Stairs				
5:30-6:00am										
6:00-6:30	Muscle Works 6:15-7:00			Sunrise Racers/Pacers 5:30-8:00		Drop In Swim			Lane Swim	
6:30-7:00										
7:00-7:30										Active Adults 7:00-8:00
7:30-8:00										Stroke Development
8:00-8:30										
8:30-9:00							Aquatherapy 8:00-8:45			
9:00-9:30	Hi/Lo Combo 9:10-10:10			Parents & Totnastics 9:00-9:45		YMCA Lessons			Drop In Swim	
9:30-10:00			Preschool Arts & Crafts Drop In 9:30-11:30	Totnastics 10:00-10:45	Childcare 10:00-11:30	Aquatherapy 10:45-11:30				
10:00-10:30	Power Yoga 10:15-11:10					Aquatherapy 11:30-12:15			Lane Swim	
10:30-11:00						Aquatherapy 11:30-12:15				
11:00-11:30	Moms on the Move 11:15-12:00			Soccer 11:00-11:45		Aquatherapy 11:30-12:15				
11:30-12:00						Aquatherapy 11:30-12:15				
12:00-12:30pm	Hi/Lo Combo 12:15-1:00			Boot Camp Cardio 12:15-1:00		AquaFit Hi/Lo 12:15-1:00			Stroke Development	
12:30-1:00									Lane Swim	
1:00-1:30	Growing Young 1:15-2:00					School Group 1:00-2:00	Drop In Swim		School Group	
1:30-2:00										
2:00-2:30						AquaFit Hi/Lo 2:15-3:00			Drop In Swim	
2:30-3:00										
3:00-3:30					United Way Program					
3:30-4:00										
4:00-4:30										
4:30-5:00										
5:00-5:30	Core Control 5:15-5:45		Lifestyle Challenge 5:15-6:30							
5:30-6:00										
6:00-6:30	Cycle Fit 6:00-6:45	Step 6:00-6:45		Steve Nash Basketball 6:00-7:00				Drop In Swim		
6:30-7:00			TAG 6:30-8:00	Steve Nash Basketball 7:00-8:00						
7:00-7:30	Hi/Lo Combo 6:55-7:55					AquaFit Hi/Lo 7:30-8:15			Lane Swim	
7:30-8:00										
8:00-8:30	Belly Dancing Level 1 8:00-8:55									
8:30-9:00										
9:00-9:30					Teen Drop In Basketball 8:00-10:00				Drop In Swim	
9:30-10:00										
10:00-10:30										

Chess & Checkers - Board Room 6:00-10:00pm

# Sunday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool	
						Stairs			
7:00-7:30am									
7:30-8:00						Drop In Swim			
8:00-8:30									
8:30-9:00									
9:00-9:30									
9:30-10:00	30/30/15 9:30-10:45		Tai Chi 9:00-10:30		Try a Tri 9:00-11:00	YMCA Lessons	Drop In Swim		
10:00-10:30				Skipping Club 10:00-11:00					YMCA Lessons
10:30-11:00									
11:00-11:30	Step 11:00-11:45			Sports Mania 11:00-11:45					
11:30-12:00pm	Strength 12:00-1:00								
12:00-12:30									
12:30-1:00									
1:00-1:30									
1:30-2:00									
2:00-2:30									
2:30-3:00									
3:00-3:30									
3:30-4:00									
4:00-4:30									
4:30-5:00									
5:00-5:30									
5:30-6:00									
6:00-6:30									
6:30-7:00									
7:00-7:30									

# Holiday

	Studio 1	Studio 2	Multi purpose	Gymnasium		Small Pool		Large Pool	
						Stairs			
7:00am									
7:30									
8:00									Lane Swim
8:30									
9:00									
9:30									
10:00					Instructors Choice 9:30-10:30				
10:30									
11:00									
11:30									
12:00pm									
12:30									
1:00									
1:30									
2:00									
2:30									

## Hours of Operation

Monday to Friday 5:30am to 10:30pm

Saturday & Sunday 7:00am to 7:30pm

Holidays 7:00am to 4:30pm

Note: Change rooms and showers are available for 30 minutes after facility closes.

Please note we do our best to have an accurate schedule, however please understand minor changes are sometimes required due to P.A. Days, Special Events and additional programming