Gymnasium Open Gym / 5-8:30 **Group Power** 9-10 Book on App Fit for Life-Book on App Pickleball Open Play 11:10-1 Book on App 1-2:15 Private Childcare 2:15-3 Open Basketball Open Gym 5-6:30 Pound 6:30-7:30 Book on App Basketball 7:30-8:55

Holiday Schedule 25m Pool Gymnasium Studio/Conf Youth Room Leisure Pool 25m Pool Studio/Conf Childminding Leisure Pool 25m Pool Youth Room Leisure Pool Studio/Conf Youth Rooms Leisure Pool 25m Pool Cyclefit 7:30-8:15 ri Club Swii Open Swim Lane Swim (Studio) 6-9 6-9 Open Gym Open Swim Open Swim Open Swim Book on App Lane Swim Book on App Book on App 6-9 7-9 Basketball 7-9 6-9 Book on App Book on App (studio) Book on App Tuesday December 24 & December 31 8:30-9 Parent & Tot Aquafit Cardio Kick 9-10 9-9:45 Parent + Tot Parent & Tot Parent & Tot Book on App Book on App 8:45-10 9-9:45 9-10 9-9:45 9-10 Book on App look on Ap ook on App Childminding Book on App Book on App Gymnasium Leisure Pool 25m Pool 8:30-11 8:30-12 Fit For Life ivate Daycare Parent & Tot Family Swim (Childminding Childminding Rental Open Gym 10-11 Boot Camp 10-11 10-11 Pickleball 10-10:45 Book on App 10-11 Book on App Open Gym Childminding Book on App Onen Play Open Swim 8:30-11 Warm Water 10-12 Open Swim HCRS Partner 7-8:30 am Mindfulness (Childminding Book on App 6-9 clusion Swir 10-11 ship Rental Meditation Book on app room) 11-11:45 11-12 11-12 10-10:45 Book on App Book on App Pickleball Parent & Tot Book on App Pickleball Board Room Open Play Pickleball 3-30—9:50 pm Book on App Muscle Lane Swim 11-1 Lanes 7 am-2 pm Practice Book on app ook on App Express 10-2 Rental amily Swim Book on app (All Levels) Book on app Book on app 12-1:30 Lane Swim Lane Swir Open Swim Book on App 7-5:45 Warm Water Book on App Lane Swim artnership 12-2 10-2 **HCRS Rental** Oper Book on App 11-11:45 Rental 1-2pm Basketball Book on App Book on App Book on App Rental Rental 2-3 1-2:15 1-2 Family Swim Private Open Swim Childcare 12-1 **Wednesday December 25** amily Swim Book on App 2:15-3 2-3 Closed 2-4 Basketball Sunday Funday Rental Partnership **HCRS Rental** Closed Rental 1-2 3-4 Book on App Oper Gym Lane Swim **Thursday December 26** Rental ook on App Family Swim Family Swim 4-6 4-5:45 Aquafit Closed 2-4 Book on App Book on App Closed amily Swi 5-5:45 5-5:45 Book on App Book on App Teen Night Wednesday January 1st Open Gym Women on 3-5 Weights Book on App Lane Rental (Youth 5-5:45 Swim Rental Closed Room) Book on app Teen Night 4-6:30 Lane Swin 7-8 1/2 Open 6-8:45 Book On App Pool closes at 5:45 pm Pool closes at 5:45 pm 5-7:45 ook on Api Cvclefit 5:30-6:15 1/2 Kids Family Swim Book on App Night Out 7-8:45 (Studio) **Family Swim** 5-8PM Book on App 4-8:45 Bootcamp Childminding Book on App 6:30-7:15 4-7:30 (Childminding Book on App room) ow Intensity Class What do the Colours nildren & Youth programming Book on App mean? Medium Intensity Class Aquafitness High Intensity Class Lane Swim 7:30 -8:45 One Lane available during swimming lessons Cyclefit Class Book on App & classes Please book on My Y App Pickleball

| , | Mon | T | | | Thurso | | lay January 2 | | ı | Friday January 3 | | | Saturday Janu | | | nuary 4 | | | Saturday | January 5 | 1 | | | |
|--|--------------------------------------|--|-------------------------------------|--------------------------------------|---|---|--|---|--|--|---|---|--|---|--|--|-----------------------------------|--------------------------------------|---------------------|-------------------------------|-----------------|----------------------------------|--------------------------------------|--|
| Gymnasium | Studio/Conf | Youth Rooms | Leisure Pool | 25m Pool | Gymnasium | Studio/Conf | Youth Rooms | Leisure Pool | 25m Pool | Gymnasium | Studio/Conf | Youth Room | Leisure Pool | 25m Pool | Gymnasium | Studio/Conf | Childminding | Leisure Pool | 25m Pool | Gymnasium | Youth Room | Leisure Pool | 25m Pool | My Y app |
| Open Gym 5-8:30 | | | Open Swim 6-9 Book on App | Lane Swim 6-9 Book on App | Open Gym 5-8:30 | 6 AM Circuit 6-6:45 Book on App (Studio) | | Арр | Lane Swim 6-9 Book on App | Open Gym 5-8:30 | | | Open Swim 6-9 | Lane Swim 6-9 | | Cyclefit 7:30-8:15 (Studio) | | | | | | | Tri Club Swim | My Y app Instructions |
| Group Power 9-10 Book on App | | | Parent & Tot 9-10 Book on App | Aquafit 9-9:45 Book on App | Pickleball Open (All Levels) 8:30-9:50 | Cyclefit Express 9-9:30 | | Tot 9-10 Book On | Aquafit Bootcam p 9-9:45 Book on | | | | Book on App | Арр | Open Gym 7-8:30 | Core Blast (studio) | | Open Swim 7-9 Book on App | | Adult Basketball 7-9:30 | | Open Swim 7-9 Book on App | BOOK On App | |
| Fit for Life- Strength 10:10-11 Book on App | | Childminding 8:30-11 (Childminding room) Book on App | Open Swim 10-11 Book on App | | Book on App | Book on App | Childmind ing 8:30-11 (Childmin ding | Open Swim 10-11 | | Boot Camp 9-9:45 Book on App Fit For Life - Boot Camp 10-10:45 | | Childminding 8:30-11 (Childminding room) | Parent + Tot 9-10 Book on App Private Day- care 10-11 | 9-9:45 | Group Power 8:45-10 Book on App | 8:30-9 Book on App Cardio Kick- boxing 9-9:45 Book on App | Childminding | Parent & Tot | | | | Parent & Tot | | Register with your Download the My Y email associated with your YMCA account mobile app store |
| | | BOOK OII APP | Book on 7,pp | | | Stretch & | room) Book on App | Book on App | | Book on | Yoga 10-11 | Book on App | Warm Water Aquafit | | Parent & Tot Open Gym 10-11 Book on App | Flow Yoga 10-11 Book on App | 8:30-12 (Childminding room) | Family Codes | | Pickleball Open Play | | Rental 10-11 | <u> </u> | 3 4 5 |
| Pickleball Open Play 11:10-1 Book on App | _ | | Warm Water Aquafit 11-11:45 | Lane Swim 10-2 Book on App | Camp 9:50—1 | Relaxation 10—10:45 Book on App | | Warm Water Aquafit 11-11:45 Book on | Lane Swim 10-2 Book on App | Pickleball Open Play 11-1 Book on App | Muscle Express 12:10-12:50 Book on App | | 11-11:45 | Lane Swim 10-2 | HCRS Part- nership Rental 11-12 Pickleball Practice | Mindfulness Meditation 10-10:45 (Board Room) Book on App | | Inclusion Swim 11-12 | | 10-12 Book on App | Rental 11-12 | Inclusion Swim 11-12 | | Check your email for a Create your app pin Number password and enter your pin to login |
| | | | Open Swim 12-1 Book on App | | Drugge 9 | | Partner Rental 10-11 | Open Swim | Арр | Partnership Rental 1-2:15 | | | Open Swim 12-2 Book on App | | (All Levels) 12-1:30 Book on App | | | Rental 12-1 | Lane Swim 7-5:45 | | | Family Swim 12-1 | Lane Swim 8-4PM Book on App | 50 |
| Camp 1-2:15 | | | HCRS Rental 1-2 Book on App | | Parent & Tot Open Gym 1-2 Book on App | | | 12-2 Book on App | | Private Childcare | | | | | | | Rental 1-2 | Family Swim | Book on App | Open Basketball 12-3 | Rental 2-3 | Rental 1-2 | | Find a class to book by selecting "Schedules". Find fitness floor or lane swim times by selecting "Schedule a visit" Start exploring, stay informed and plan your next visit! |
| Private Childcare 2:15-3 | | | Closed 2-4 | | Private Childcare 2:15-3 | | | Closed 2-4 | | 2:15-3 | | | Closed | 2-4 | | | | 1-3 Book on App | | | | _ | | Schedules Schedule Visit Hours Of Operation Facility Hours > |
| Open Basketball 3– 5 | Women on Weights | | | | Camp 3-5:30 | Cyclefit 5-5:45 | | | | Open Basketball 3:30-6 | | | Family Swim | Lane Swim 4-5 Book on App Aquafit Cardio | Open Basketball 1:30-6 | | | Rental 3-4 | | | - | Sunday Funday Partnership Rental | | your desired class, or select a time for your visit. V General App Technical Support App Favorites |
| Open Gym | 5-5:45 Book on app | | | Lane Swim 4-6:30 | | Book on App (Studio) | | | | | | | Book on App | Boxing 5—5:45 Book on | | | | | | Open Gym | | 3-4 Rental | Special | When you visit: Everyone 16+ must sign in with a Photo ID |
| 5-6:30 | Cyclefit 5:30-6:15 Book on App | | Family Swim | Aquafit | Youth open gym 5:30–6:30 | Balance 6-6:45 | | Family Swim 4-8:45 | Lane Swim 4-7 | Teen Night Open Gym 3-5 Book on | | | | Арр | | | Rental 4-5 | Family Swim 4-5:45 Book on App | | 3-6 | | 4-5 | Olympics Rental 4-5PM | Swims: Children must be 8+ to swim without an adult. |
| Pound 6:30-7:30 Book on App | | Childminding 4-7:30 (Childminding room) | 4—8:45 Book on App | Bootcamp 6:30-7:15 Book on App | 3.30 0.30 | Book on App | ing 4-7:30 (Childmin | Book on App | Endur- ance | App | | Rental (Youth Room) 7-8 | Rental 6-7 | Lane Swim | | | | | | | Rental 5-6 | Book on App | Lane Swim 5-5:45PM Book on App | Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use. |
| | | Book on App | | Lane Swim | Pickleball (3.0 +) 6:30-8:55 Book on | | ding room) Book on App | | Swim/Tri -Club 7-8 Book on app | Teen Night 1/2 Open Gym 5-7:45 Book on App | | , 0 | | 6—8:45 Book On App | | | | Pool closes at | 5:45 pm | m | | Pool closes at | | Childminding services are available 8:30AM-11AM (MON-FRI) and 4:00PM- 7:30PM (MON-THUR). 8:30AM-12PM |
| Open Basketball 7:30-8:55 | | | | 7:30 -8:45 Book on App | Арр | Slow Flow Yoga 7-8 Book on | | | Lane Swim 8-8:45 Book on | 1/2 Kids Night Out 5-8PM | | | Family Swim 7-8:45 Book on App | | | | | | | | | | | (SAT) <u>Visits must be reserved in the My Y App</u> |
| | | | | | | Арр | | | App | Open Gym 7:45-8:55 | | | | | | | | | | | | | | Published: |