

What do the Colours

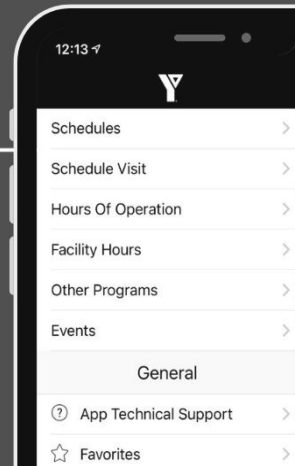
- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

* **One Lane available during swimming lessons & classes**
Please book on My Y App



Friday					Saturday					Sunday				
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Studio	Leisure Pool	25m Pool	
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9 Book on App		Adult Basketball 7-9:45	Triclub Cycle (Studio) 9:15-10:15	Open Swim 7-9 Book on App	Lane Swim 7-8 Triclub Swim 8-9 Starting Oct 19	
Boot Camp 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App	Women on Weights 9:15-10	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons 9-12	Lane Swim 7-1 Book on App	Pickleball Open (All Levels) 9:50-11:50 Book on App	Parent & Tot Open Gym 12-1 Book on App	Parent & Tot 9-10 Book on App	Lane Swim 9-12 Book on App	
Fit For Life - Boot Camp 10-10:45 Book on App	Flow Yoga 10-11 Book on App		Private Daycare 10-11		Parent & Tot Open Gym 10-11 Book on App	Flow Yoga 10-11 Book on App						Rental 10-11		Inclusion Swim 11-12
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App		HCRS Partnership Rental 11-12	Women on Weights 11-11:45								
Partnership Rental 1-2:15			Open Swim 12-2 Book on App	Lane Swim 10-2 Book on App	Pickleball Practice (All Levels) 12-1:30	Chair Yoga 11:15-12		Rental 12-1				Family Swim Both Pools 12-1 Book on App		
Private Childcare 2:15-3								Rental 1-2	Family Swim Both Pools 1-2 Book on App			Rental 1-2	Lane Swim 1-2 Book on App	
				Closed 2-4	Open Basketball 1:30-6				Family Swim Both Pools 2-3 Book on App			Family Swim Both Pools 2-3 Book on App		
Open Basketball 3-6								Rental 3-4	Lane Swim 3-4 Book on App			Sunday/Funday Partnership Rental 3-4	Lane Swim 3-4 Book on App	
			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App				Rental 4-5	Family Swim Both Pools 4-5 Book on App			Rental 4-5	Special Olympics Rental 4-5PM	
				Aquafit Cardio Box 5-5:45 Book on App					Family Swim 5-5:45 Book on App	Lane Swim 5-5:45 Book on App		Open Basketball 1-6	Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
Teen Night Open Gym 3-5 Book on App														
Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6-8:45 Book on App										
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App											
Open Gym 7:45-8:55														

My Y app Instructions



Stay Connected:



When you visit:

- Everyone 16+ must sign in with a Photo ID
- Swims: Children must be 8+ to swim without an adult.
- Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use. Anyone can book an orientation to get started!
- Childminding services are available 8:30AM-11AM (MON-FRI) & 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App 1_14