

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 5-7:30 Camp 7:30-9			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 7-10 Book on App		Adult Basketball 7-9:50		Open Swim 7-9 Book on App	Lane Swim 7-8 Triclub Swim 8-9
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	Parent & Tot 10-11 Book on App	Lane Swim 7-1 Book on App	Pickleball Open (All Levels) 10-12 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		Family Swim 11-12 Book on App	Open Swim 10-11		Inclusion Swim 11-12		
Camp 10:45-2:15	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		Rental 12-1	Family Swim Both Pools 12-1 Book on App		Family Swim Both Pools 12-1 Book on App		
			Camp 12-1	Lane Swim 10-2 Book on App	Open Gym 12-2								
1/2 Private Childcare			Camp 1-2				Rental 1-2	Family Swim Both Pools 1-2 Book on App	Open Gym 1-3		Rental 1-2	Lane Swim 1-2 Book on App	
1/2 Camp 2:15-3			Closed 2-4		Open Basketball 2-5:55			Family Swim Both Pools 2-3 Book on App			Family Swim Both Pools 2-3 Book on App		
1/2 Open Basketball							Rental 3-4	Lane Swim 3-4 Book on App			Sunday Family Partnership Rental 3-4	Lane Swim 3-4 Book on App	
1/2 Camp 3-5:30			Family Swim 4-5 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	
			Family Swim 5-6 Book on App	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		Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App	
Teen Night Open Gym 5:30-7:30 Book on App		Rental (Youth Room) 7-8	Rental 6-7	Lane Swim 6-8:45 Book on App					Open Basketball 3-5:55				
									Pool closes at 5:45 pm				
Open Gym 7:45-8:55			Teen Swim 7-8:45 Book on App										

My Y app Instructions

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1

Register with your email associated with your YMCA account

Download the My Y mobile app from your mobile app store
- 3

4

Check your email for a pin Number

Create your app password and enter your pin to login
- 6

5

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!
- 7

Select "reserve" on your desired class, or select a time for your visit.

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