



DECEMBER/JANUARY INTERIM SCHEDULE 2017 (December 18 - January 7, 2018)

SCHEDULES AT A GLANCE - CHILD & YOUTH + POOL

****PLEASE NOTE Dec24th and 31st WE WILL BE OPEN FROM 7:00AM-3:00PM - NO PROGRAMMING**

****PLEASE NOTE Dec25th WE ARE CLOSED. Dec 26th OPEN FROM 10:00AM-5:00PM. **NEW** Jan1st 10AM-3PM - NO PROGRAMMING**

Our normal building hours Monday to Friday 5:30am-10:00pm, Saturday 7:00am-7:00pm & Sunday 7:00am-5:00pm

CHILD MINDING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MPR	9:15am-12:00pm	9:15am-12:00pm	9:15am-12:00pm	9:00am-12:00pm	9:15am-12:00pm		

GYM SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym	5:30am-9:00am 3:00pm-5:00pm 8:30pm-9:45pm	5:30am-9:00am 3:00pm-5:00pm 8:30pm-9:45pm	5:30am-9:00am 3:00pm-5:00pm	5:30am-8:45am 3:00pm-5:00pm 8:30pm-9:45pm	5:30am-9:00am 3:00pm-5:30pm 8:30pm-9:45pm	12:15pm-6:45pm	7:00am-4:45pm
Preschool Gym	9:15-12:00pm	9:15-12:00pm	9:15-12:00pm	9:00-12:00pm			
Y Kids 3-5yrs (refer to schedule)	Y Kids programming as per Y Kids Schedule						
Y Kids 6-12yrs (refer to schedule)							

POOL SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim	6:30am-8:55am 9:50am-12:00pm 8:30pm-9:30pm	6:30am-10:00am 12:00pm-1:30pm 8:10pm-9:30pm	6:30am-8:55am 9:50am-12:00pm 8:30pm-9:30pm	6:30am-10:00am 12:00pm-1:30pm 8:30pm-9:30pm	6:30am-8:55am 11:00am-1:00pm 8:30pm-9:30pm	9:00am-11:00am	9:00am-11:00am
Family/Lane Swim	12:00pm-2:25pm 4:30pm-6:30pm	1:30pm-2:25pm 4:30pm-7:00pm	12:00pm-2:25pm 4:30pm-6:30pm	1:30pm-2:25pm 4:30pm-6:30pm	1:00pm-2:25pm 4:30pm-6:30pm	11:00am-1:00pm 3:00pm-5:00pm	11:00am-1:00pm
Open Swim	6:30pm-8:25pm		6:30pm-8:25pm	6:30pm-8:25pm	6:30pm-8:25pm	1:00pm-3:00pm	1:00pm-3:30pm
Rental (Pool deck closed, including hot tub)	4:00-4:30pm (Pool deck closed)	4:00-4:30pm (Pool deck closed)	4:00-4:30pm (Pool deck closed)	4:00-4:30pm (Pool deck closed)	4:00-4:30pm (Pool deck closed)		
Adult Rec	2:30pm-4:00pm	2:30pm-4:00pm	2:30pm-4:00pm	2:30pm-4:00pm	2:30pm-4:00pm	5:00pm-6:30pm	3:30pm-4:30pm
Aquafit	9:00am-9:45am	10:15am-11:00am 7:10pm-7:55pm	9:00am-9:45am	10:15am-11:00am	9:00am-9:45am	8:00am-8:45am	8:00am-8:45am
Aquatherapy		11:05am-11:50am		11:05am-11:50am	10:00am-10:45am		

*p.p - Parent participation required



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SCHEDULES AT A GLANCE - FITNESS

GROUP FITNESS DROP IN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Cardio Blast 9:30am-10:00am	Group Power 7:00am-8:00am	Core 8:00am-8:30am	Group Power 7:00am-8:00am	Group Power 9:30am-10:30am	Group Power 9:30am-10:30am	Strength 10:00am-10:45am
	Strength 10:00am-10:30am	Zumba 9:30am-10:30am	Cardio Strength 9:30am-10:30am	Step 9:15am-10:00am	Pilates 10:45am-11:45am	Yoga 10:45am-11:45am	Yoga 11:00am-12:00pm
	Core 10:30am-11:00am	Yoga 10:45am-11:45am	Pilates 10:45am-11:45am	Yoga 10:10am-11:10am			
	On the Move 11:05am-11:50am		Zumba 12:05am-12:50pm	On the Move 11:20am-12:05pm			
Afternoon	Pilates 12:05pm-12:50pm		Building Boomers 1:00pm-2:00pm		Building Boomers 1:00pm-2:00pm		
Evening	Group Power 7:00pm-8:00pm	Cardio Kick 6:00pm-6:45pm	Yoga 7:00pm-8:00pm	Zumba 6:00pm-6:45pm			
		Group Core 7:00pm-7:30pm		Group Power 7:00pm-8:00pm			
GROUP CYCLING							
Morning			7:00am-7:45am			8:30am-9:15am	9:00am-9:45am
Afternoon							
Evening	6:00pm-6:45pm		6:00pm-6:45pm				
AQUA FITNESS							
Morning Aquafit	9:00am-9:45am	10:15am-11:00am	9:00am-9:45am	10:15am-11:00am	9:00am-9:45am	8:00am-8:45am	8:00am-8:45am
Aquatherapy		11:05am-11:50am		11:05am-11:50am	10:00am-10:45am		
Evening Aquafit		7:10pm-7:55pm					