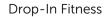
Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



MONDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am	Open	Gym				
7:00am	6:00-8:45am				Lane Swim 6:15-10:00am	
7:30am						
8:00am		Cycle				
8:30am		8:00-8:45am				
9:00am	Group				Lane Swim	Open Swim
9:30am	9:15-10	D:15am			9:00-10:00am	9:00-10:00am
10:00am		ga		Stay n' Play 0-5 yrs		Jafit
10:30am	10:30-1	1:15am		9:00-12:00pm	10:15-1	1:00am
11:00am		eten el Techelon			Swim Lessons	Lane Swim
11:30am	On The Move: I 11·30-1	2:15pm			11:00-12:00pm	11:15-12:15pm
12:00pm	11.00 1				Aquafit	
12:30pm			Gravity		12:30-1:15pm	
1:00pm	Diald	a ha ll	12:30-1:00pm			
1:30pm	Pickleball 12:30-2:30pm					
2:00pm						
2:30pm						
3:00pm	•	Gym		Intermediate &		
3:30pm	3:00-4	:00pm		Advanced Leaders		
4:00pm		Open Gym		2:45-3:45pm	Swim Lessons	
4:30pm		3:00-4:30pm				
5:00pm	Y Kids	Group Power			3:15-6	:50pm
5:30pm	3-5 yrs & 6-9 yrs	5:15-6:15pm				
6:00pm	4:00-7:00pm					
6:30pm		Belly Dance				
7:00pm		6:30-7:15pm	Yoga		Aquafit	Lane Swim
7:30pm			7:15-8:00pm		7:00-7:45pm	7:00-7:45pm
8:00pm	Open Gym 7:15-8:45pm				Master	
8:30pm					7:55-8:45pm	
9:00pm						



Child and Youth

Registered Programs



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



TUESDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am						
7:00am	Open	Gym				Lane Swim
7:30am	6:00-8	:45am			6:	:15-10:00am
8:00am						
8:30am						
9:00am	St	ep			Lane Swim	Open Swim
9:30am	9:15-1				9:00- 10:00am	9:00-10:00am
10:00am	Family Gym	Arriba				Aquafit
10:30am	10:15-11:15	10:30-11:15am			10:15-11:00am	
11:00am					Swim	
11:30am	On The Mo	ve: Balance			Lessons 11:00-	
12:00pm	11:30-12:15pm				12:00pm	Lane Swim 11:15-1:15pm
12:30pm	Cycle		Gravity		Open Swim	11.15-1.15pm
1:00pm	12:15-1		12:30-1:00pm		12:00- 1:15pm	
1:30pm						
2:00pm	0	Com				
2:30pm	Open 1:15-3	-				
3:00pm	1.10 0					
3:30pm						
4:00pm			Gravity			
4:30pm			4:30-5:00pm		Sv	wim Lessons
5:00pm	Y Kids 3-5 yrs & 6-9 yrs	Circuit			3	:15-6:50pm
5:30pm	4:00-7:00pm	5:15-6:00pm				
6:00pm		0.10 0.000pm	Fusion			
6:30pm			6:15-7:00pm			
7:00pm	Open		Nia			Adult Swim Lesson
7:30pm	7:00-8	:45pm	7:15-8:15pm		Lane Swim 7:00-	7:00-7:30pm
8:00pm					8:45pm	Open Swim
8:30pm	Volleyball 7:30-8:30pm	Open Gym 7:00-8:45pm				7:45-8:45pm
9:00pm	1.00 0.00pm	7.00 0.10pm				

Drop-In Fitness

Child and Youth

Registered Programs

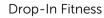


Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



		W				
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am	Open	Gym			1	
7:00am	6:00-7	:45am			Lane Swim 6:15-10:00am	
7:30am						
8:00am	Pui					
8:30am	8:00-9	:00am				
9:00am	Cy				Lane Swim	Open Swim
9:30am	9:15-10):00am			9:00-10:00am	9:00-10:00am
10:00am	Yo	a 2		Stay n' Play 0-5 yrs		ıafit
10:30am	10:15-1			9:00-12:00pm	10:15-1	1:00am
11:00am					Swim Lessons	Lane Swim
11:30am	On The Move: Fi	unctional Fitness			11:00-12:00pm	11:15-12:15pm
12:00pm	11:30-12:15pm			Silver Club		Jafit
12:30pm			Gravity	11:15-12:15pm	12:30-1:15pm	
1:00pm			12:30-1:00pm			
1:30pm						
2:00pm	Open Gym 12:30-4:00pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm		Open Gym				
4:30pm		12:30-4:45pm		Art Spark Workshop (\$)	Swim L	
5:00pm	Y Kids	Group Power		3-5 yrs	3:15-6	:50pm
5:30pm	3-5 yrs & 6-9 yrs	5:15-6:15pm		4:45-5:45pm		
6:00pm	4:00-7:00pm			Art Spark	1	
6:30pm		Zumba		Workshop (\$)		
7:00pm		6:30-7:15pm		6-9 yrs 5:45-6:45pm	Aquafit	Lane Swim
7:30pm					7:00-7:45pm	7:00-8:45pm
8:00pm	Open	Gym				
8:30pm	7:00-8:45pm					Swim 8:45pm
9:00pm					,	



Child and Youth

Registered Programs



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am						
7:00am	Open					Swim
7:30am	6:00-8	:45am			6:15-10):00am
8:00am						
8:30am						
9:00am	Ste			Stay n' Play	Lane Swim	Open Swim
9:30am	9:15-10):15am		9:00-10:00am	9:00-10:00am	9:00-10:00am
10:00am	Demonst & Test Consist Curren	Arriba				Jafit
10:30am	Parent & Tot Social Gym 10:15-11:15	10:30-11:15am			10:15-1	1:00am
11:00am		20100 111200			Swim Lessons	
11:30am					11:00-12:00pm	Lane Swim
12:00pm	On The Move 11:30-1					11:15-1:15pm
12:30pm	11.00 12.10pm		Gravity		Open Swim	11.10 1.10pm
1:00pm			12:30-1:00pm		12:00-1:15pm	
1:30pm	Pickleball 12:30-2:30pm					
2:00pm						
2:30pm						
3:00pm	Open Gym 2:45-4:45pm					
3:30pm						
4:00pm				Youth Wellness		
4:30pm			Gravity	4:00-5:00pm	Swim Lessons	
5:00pm	Floor Hockey		4:30-5:00pm	Youth Wellness		essons 550pm
5:30pm	Workshop (\$) 6-9 yrs 5:00-6:00pm	Pump 5:15-6:15pm		5:00-6:00pm	0.10	
6:00pm	Floor Hockey	5.15-0.15pm	TRX Circuit			
6:30pm	Workshop (\$) 10-12 yrs 6:00-7:00pm		6:00-6:30pm			
7:00pm			Yoga		Lane Swim	Open Swim
7:30pm	Volleyball	Open Gym	6:45-7:30pm		7:00-7:30pm	7:00-7:30pm
8:00pm	Volleyball 7:45-8:45pm	6:30-8:45pm				s Swim
8:30pm					7:45-8	3:45pm
9:00pm						

Drop-In Fitness

Child and Youth

Registered Programs



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



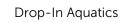
9:30am Group Power 9:00-10:00am 9:00-10:00am 9:00-10:0 10:00am 9:15-10:15am Image: Constraint of the second			l	FRIDAY			
$ \begin{array}{ c c c c } \hline \begin{tabular}{ c c c c } \hline \begin{tabular}{ c c c c } \hline \begin{tabular}{ c c c } \hline \begin{tabular}{ c c } \hline \hline \begin{tabular}{ c c } \hline t$		Gym A	Gym B	J	MPR	Pool	
7:00am 6:00-7:45am Iane Lane Swim Lane Swim Git5-10:00am 8:00am Cycle I I Git5-10:00am Git5-10:00am 8:00am Source I I Git5-10:00am Git5-10:00am 9:00am Cycle I <td>6:00am</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	6:00am						
$\begin{array}{ c c c c c }\hline \begin{tabular}{ c c c } \hline \begin{tabular}{ c c } \hline \ \ \begin{tabular}{ c c } \hline \ \ \begin{tabular}{ c c } \hline \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $	6:30am					1	
1.500m 8:00amCycle 8:00am 9:00am 9:00am 9:00am 9:00am 9:05-10:15amImage: Cycle (Cycle) 9:00-10:00am 11:15-11:15	7:00am	6:00-7	7:45am			Lane Swim	
8:30am 8:00-8:45am Image: constraint of the sector of th	7:30am					6:15-10:00am	
9:00am Group Power 9:0-10:00am Lane Swim Open Swi 9:30am 9:15-10:15am - 4 - - - 9:00-10:00am 10:15-11:00am 10:15-11:00am 10:15-11:00am 11:15-11:45am 11	8:00am]	
9:30am Group Power 9:00-10:00am	8:30am	8:00-8	3:45am				
9:30am 9:15-10:15am Image: Figure F	9:00am	Crown	Dower				Open Swim
10:00amImage: constraint of the second	9:30am					9:00-10:00am	9:00-10:00am
11:00am Adult Drop In Swim Lessons 11:15-11:45am Lane Swi 11:15-11:45am 11:30am On The Move: Cardio & Strength 11:30-12:15pm I	10:00am	0.20 2					
11:30am On The Move: Cardio & Strength Income Swim Lessons Lane Swim Lane Swim 12:30pm On The Move: Cardio & Strength Income Swim Lessons 11:15-11:45am	10:30am					10:15-1	1:00am
11:30amOn The Move: Cardio & Strength 11:30-12:15pmInternational InternationalInternational International12:00pmInternational InternationalInternational InternationalInternational InternationalInternational International12:30pmInternational InternationalInternational InternationalInternational InternationalInternational International1:30pmInternational InternationalInternational InternationalInternational InternationalInternational International1:30pmOpen Gym InternationalInternational InternationalInternational InternationalInternational InternationalInternational International1:30pmOpen Gym InternationalInternational InternationalInternational InternationalInternational InternationalInternational International1:30pmOpen Gym InternationalInternational InternationalInternational InternationalInternational InternationalInternational International1:30pmOpen Gym InternationalInternational InternationalInternational InternationalInternational InternationalInternational International InternationalInternational International International International International International International International International International International International International International International International <td>11:00am</td> <td>10:30-1</td> <td>1:15am</td> <td></td> <td></td> <td></td> <td>Lane Swim</td>	11:00am	10:30-1	1:15am				Lane Swim
12:00pm11:30-12:15pmImage: constraint of the sector	11:30am	On The Move: Cardio & Strength					11:15-12:15pm
1:00pm 12:30-1:00pm							
1:30 pm Open Gym Image: Compute Symmetry Image: Computery Image: Comp	12:30pm					12:30-	1:15pm
2:00pm 2:30pmOpen Gym 12:30-7:45pmImage: Constraining 4:30-pmImage: Constraining 	1:00pm			12:30-1:00pm			
2:30pm Open Gym Image: Complex Symmetry Image	1:30pm						
2:30pm12:30-7:45pmImage: Sensory Framework3:00pm12:30-7:45pmImage: Sensory FrameworkImage: Sensory Framework4:00pmOpen Gym 12:30-7:45pmLeaders In Training 4:30-5:30pmSensory FrameworkFamily Sw 3:45-4:455:30pmOpen Gym 12:30-7:45pmJunior Leaders 5:30-6:30pmImage: Sensory FrameworkSensory Framework6:00pmSensory FrameworkSensory FrameworkSensory FrameworkSensory Framework6:00pmSensory FrameworkSensory Framework	2:00pm	Open					
3:00pm Image: Constraint of the sector o	· .						
4:00pm Youth Wellness Lane Swim Family Swim 4:30pm Youth Wellness Lane Swim Family Swim 5:00pm Open Gym 4:30-5:30pm Image: Sensory Friendly Swim Sensory Friendly Swim 5:30pm 12:30-7:45pm Junior Leaders Image: Sensory Friendly Swim Sensory Friendly Swim 6:00pm Signed State Image: Sensory Friendly Swim Sensory Friendly Swim Sensory Friendly Swim	3:00pm						
4:30pm A:00-5:00pm 3:00-4:45pm 3:45-4:45 5:00pm Open Gym 4:30-5:30pm	3:30pm					3:00-4:45pm	
ScoppinOpen Gym 12:30-7:45pmA:30-5:30pmImage: Coord of the full image 4:30-5:30pmImage: Coord of the full image the full							Family Swim
5:30pm12:30-7:45pmJunior Leaders 5:30-6:30pmImage: Constraint of the second secon	4:30pm				4:00-5:00pm	3:00-4:45pm	3:45-4:45pm
5:30pm 12.30-7.43pm Junior Leaders 5:00-6:00pm 6:00pm 5:30-6:30pm 5:00-6:00pm	5:00pm		4:30-5:30pm			Soncony Eri	andly Swim
6:00pm 5:30-6:30pm		odilior Ecdders					
6:70nm							
	6:30pm	Open Gym 12:30-7:45pm					
	7:00pm						Open Swim
	7:30pm					6:15-7:45pm 6:1	6:15-7:45pm
8:00pm	8:00pm						
8:30pm	8:30pm						
9:00pm	9:00pm						

Drop-In Fitness

Child and Youth

Registered Programs

Self-Directed



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



SATURDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am						
7:00am						
7:30am	Open Gym				Lane Swim	Open Swim
8:00am	7:00-8	3:45am			7:15-8:45am 7:	7:15-8:45am
8:30am						
9:00am		Bootcamp				
9:30am		9:00-9:45am				
10:00am	Y Kids 3-5 yrs & 6-9 yrs					
10:30am	9:00-11:30am	Open Gym			Swim L 9:00-12	
11:00am		10:00-11:30am			5.00 1	O pin
11:30am						
12:00pm						
12:30pm		eball				
1:00pm	(1 court for families) 11:45-1:45pm					Lane Swim
1:30pm	1				1:00-2 1:15-2:20pm	1:00-2:30pm
2:00pm	Open	Gym				
2:30pm	2:00-2	2:45pm				
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm						
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness

Child and Youth

Registered Programs





Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



SUNDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am								
6:30am								
7:00am								
7:30am								
8:00am		n Gym				c		
8:30am	8:00-8	3:45am			Lane	Swim 9:15am		
9:00am	Су	cle			0.13	.13411		
9:30am	9:00-9	9:45am			Open Swim	Lane Swim		
10:00am	Oper	n Gym	Nia		9:15-10:15am	9:15-10:15am		
10:30am	10:00-1	.0:30am	10:00-11:00am		Family	' Swim		
11:00am	Sensory Fr	iendly Gym			10:30-1	1:15am		
11:30am	10:30-1	1:30am			Sensory Friendly Swim			
12:00pm		ı Gym			11:30-12:15pm			
12:30pm	11:30-1	2:45pm						
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
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4:00pm								
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7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								

Child and Youth

Registered Programs





Health, Fitness, & Aquatics January 1 - March 17 2024 Winter Schedule





Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise: On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

YMCA Silver Club is generously funded by:

