

A.R. Kaufman Family YMCA

Program Schedule | September, 2020

Building Hours

Monday – Friday: 6:00 AM – 8:00 PM

Vulnerable Person Hours (Mon – Fri): 1:00 PM – 3:00 PM

Saturday: 7:00 AM – 3:00 PM

Sunday: 7:00 AM – 12:00 PM

CLOSED: Monday, September 7, 2020 (Stat Holiday)

You are why **we're here for good.**



MONDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

CLOSED: Monday, Sept 7, 2020 (Stat Holiday)

Time	Gymnasium	Studio	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Multi-Purpose Room #3	Track	Courts
Morning (6:00 AM – 12:00 PM)	Pickleball (6:15 – 8:15) *Group Power (10:30 – 11:30)	*Move Together Strength (9:15 – 10:00)	*AquaFit (9:00 – 9:45)	*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)		Rowing Machine *Bookable for 45- minute Single Use Only sessions from 6:15 AM – 7:45 PM	*Bookable for 30- minute Single Use Only sessions from 6:15 AM – 7:30 PM	*Bookable for 45- minute Single or Family Use sessions from 6:15 AM – 7:15 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 4:00 PM)	Basketball (2:00 – 4:00)	*Move Together Heart (1:30 – 2:30)						
Evening (4:00 PM – 8:00 PM)	*Group Blast (5:30 – 6:30)	*Group Centergy (6:45 – 7:45)		*Urban Pole (6:45 – 7:30)				

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



TUESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Studio	**Pool	Multi-Purpose Room #2	Multi-Purpose Room #3	Track	Courts
Morning (6:00 AM – 12:00 PM)		*Zumba (9:30 – 10:15)		*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)	Rowing Machine *Bookable for 45-minute Single Use Only sessions from 6:15 AM – 7:45 PM	*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:15 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 4:00 PM)	Basketball (2:00 – 4:00)		*Move Together Water (1:00 – 1:45)				
Evening (4:00 PM – 8:00 PM)	*Group Active (5:00 – 6:00)	*Yoga (6:30 – 7:30)					

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



WEDNESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Studio	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Multi-Purpose Room #3	Track	Courts
Morning (6:00 AM – 12:00 PM)	Pickleball (6:15 – 8:15) *Group Power (10:30 – 11:30)	*Move Together Yoga (9:15 – 10:15)	*AquaFit (9:00 – 9:45)	*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)		Rowing Machine *Bookable for 45-minute Single Use Only sessions from 6:15 AM – 7:45 PM	*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:15 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 4:00 PM)	Basketball (2:00 – 4:00)	*Move Together Strength (1:30 – 2:30)						
Evening (4:00 PM – 8:00 PM)	*Group Blast (5:30 – 6:30)	*Group Centergy (6:45 – 7:45)		*Zumba (6:45 – 7:30)				

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



THURSDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Studio	**Pool	Multi-Purpose Room #2	Outdoor Fitness Classes	Multi-Purpose Room #3	Track	Courts
Morning (6:00 AM – 12:00 PM)		*Zumba (9:30 – 10:15)		*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)		Rowing Machine *Bookable for 45-minute Single Use Only sessions from 6:15 AM – 7:45 PM	*Bookable for 30-minute Single Use Only sessions from 6:15 AM – 7:30 PM	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:15 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 4:00 PM)	Basketball (2:00 – 4:00)		*Move Together Water (1:00 – 1:45)					
Evening (4:00 PM – 8:00 PM)	*Group Active (5:00 – 6:00)	*Yoga (6:30 – 7:30)			*HIIT (6:45 – 7:30)			

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



FRIDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Studio	**Pool	Multi-Purpose Room #2	Multi-Purpose Room #3	Track	Courts
Morning (6:00 AM – 12:00 PM)	Pickleball (6:15 – 8:15) *Group Power (10:30 – 11:30)	*Move Together Strength (9:15 – 10:00)	*AquaFit (9:00 – 9:45)	*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)	Rowing Machine *Bookable for 45- minute Single Use Only sessions from 6:15 AM – 7:45 PM	*Bookable for 30- minute Single Use Only sessions from 6:15 AM – 7:30 PM	*Bookable for 45- minute Single or Family Use sessions from 6:15 AM – 7:15 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 4:00 PM)		*Move Together Chair Yoga (1:30 – 2:30)					
Evening (4:00 PM – 8:00 PM)	Basketball (5:00 – 7:30)						

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Gymnasium	Studio	Multi-Purpose Room #2	Multi-Purpose Room #3	Pool	Track	Courts
Morning (7:00 AM – 12:00 PM)	*Group Power (9:15– 10:15)	*Group Centergy (10:30 – 11:30)	*Child Minding (9:00 – 10:15) *Child Minding (10:20 – 12:15)	Rowing Machine *Bookable for 45-minute Single Use Only sessions from 7:15 AM – 2:15 PM	For Lane and Leisure swim times please see the last page on this schedule	*Bookable for 30-minute Single Use Only sessions from 7:15 AM – 2:30 PM	*Bookable for 45-minute Single or Family Use sessions from 7:15 AM – 2:30 PM Two racquetball courts and one squash court will be available for booking.
Afternoon (12:00 PM – 3:00 PM)							

SUNDAY

Building Hours: 7:00 AM – 12:00 PM

Time	Gymnasium	Multi-Purpose Room #3	Pool	Track	Courts
Morning (7:00 AM – 12:00 PM)	*Group Active (9:15– 10:15)	Rowing Machine *Bookable for 45-minute Single Use Only sessions from 7:15 AM – 11:45 PM	For Lane and Leisure swim times please see the last page on this schedule	*Bookable for 30-minute Single Use Only sessions from 7:15 AM – 11:30 AM	*Bookable for 45-minute Single or Family Use sessions from 7:15 AM – 11:45 AM Two racquetball courts and one squash court will be available for booking.

*Please register via Game Time

No registration is required to use our Fitness Center, which includes the Main Center, Weights & Plates and the Wellness Center.



POOL - Lane and Leisure Swim Times

Important Note: For all swims please register via Game Time.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Daily Swim Times Monday to Friday					7:30 – 8:15	7:30 – 8:15
	6:30 – 7:15					8:30 – 9:15	8:30 – 9:15
	7:30 – 8:15					9:30 – 10:15	9:30 – 10:15
	10:30 – 11:15					10:30 – 11:15	10:30 – 11:15
	11:30 – 12:15					11:30 – 12:15	
Afternoon	Monday Only		Wednesday Only		Friday Only		
	12:30 – 1:15		12:30 – 1:15		12:30 – 1:15		
	1:30 – 2:15		1:30 – 2:15		1:30 – 2:15		

