

# Chaplin 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

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

Time	Studio	Wellness Center	**Pool	Outdoor Fitness Classes	Track	Courts
<b>Morning (6:00 AM – 12:00 PM)</b>	*Cycle (9:00 – 9:45)  *Move Together Yoga (10:15 – 11:15)		*AquaFit (9:00 – 9:45)		*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  One Racquetball court and three squash courts available
<b>Afternoon (12:00 PM – 3:00 PM)</b>		*Wellness Centre Support (1:00 – 1:45)  *Wellness Centre Support (2:00 – 2:45)				
<b>Evening (3:00 PM – 8:00 PM)</b>	*Group Power (5:30 – 6:30)  *Cycle (7:00 – 7:45)			*HIIT (6:45 – 7:30)		

\*Please register via Game Time

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



# TUESDAY

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

Time	Gymnasium	Studio	Wellness Center	Pool	Track	Courts
<b>Morning</b> (6:00 AM – 12:00 PM)	Pickleball (8:00 – 10:00)	*Group Active (9:15 – 10:15)  *Yoga (10:45 – 11:45)		For Lane and Leisure swim times please see the last page on this schedule	*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  One Racquetball court and three squash courts available
<b>Afternoon</b> (12:00 PM – 3:00 PM)		*Move Together Strength (1:00 – 1:45)	*Wellness Centre Support (1:00 – 1:45)  *Wellness Centre Support (2:00 – 2:45)			
<b>Evening</b> (3:00 PM – 8:00 PM)		*Yoga (6:45 – 7:45)				

\*Please register via Game Time



# WEDNESDAY

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

Time	Gymnasium	Studio	Wellness Center	**Pool	Outdoor Fitness Classes	Track	Courts
<b>Morning (6:00 AM – 12:00 PM)</b>		*Cycle (9:00 – 9:45)  *Move Together Yoga (10:15 – 11:15)		*AquaFit (9:00 – 9:45)		*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  One Racquetball court and three squash courts available
<b>Afternoon (12:00 PM – 3:00 PM)</b>			*Wellness Centre Support (1:00 – 1:45)  *Wellness Centre Support (2:00 – 2:45)				
<b>Evening (3:00 PM – 8:00 PM)</b>	Basketball Ages 13-17 (3:30 – 7:30)	*Yoga (5:30 – 6:30)			*HIIT (6:45 – 7:30)		

\*Please register via Game Time

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



# THURSDAY

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

Time	Studio	Wellness Center	Pool	Track	Courts
<b>Morning</b> (6:00 AM – 12:00 PM)	*Group Active (9:15 – 10:15)  *Yoga (10:45 – 11:45)		For Lane and Leisure swim times please see the last page on this schedule	*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  One Racquetball court and three squash courts available
<b>Afternoon</b> (12:00 PM – 3:00 PM)	*Move Together Chair Yoga (1:00 – 1:45)	*Wellness Centre Support (1:00 – 1:45)  *Wellness Centre Support (2:00 – 2:45)			
<b>Evening</b> (3:00 PM – 8:00 PM)	*Group Active (5:30 – 6:30)				

\*Please register via Game Time

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



# FRIDAY

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

Time	Gymnasium	Studio	Wellness Center	**Pool	Track	Courts
<b>Morning</b> (6:00 AM – 12:00 PM)	Pickleball (8:00 – 10:00)	*Move Together Strength (9:15 – 10:15)  *Group Power (10:45 – 11:45)		*AquaFit (9:00 – 9:45)	*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  One Racquetball court and three squash courts available
<b>Afternoon</b> (12:00 PM – 3:00 PM)			*Wellness Centre Support (1:00 – 1:45)  *Wellness Centre Support (2:00 – 2:45)			
<b>Evening</b> (3:00 PM – 8:00 PM)	Basketball Ages 13 - 17 (3:30 – 7:30)					

\*Please register via Game Time

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



## SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Studio	Pool	Track	Courts
<b>Morning</b> (7:00 AM – 12:00 PM)	*Yoga (9:00 – 10:00)  *Group Active (10:30 – 11:30)	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 – 2:15 PM  One Racquetball court and three squash courts available
<b>Afternoon</b> (12:00 PM – 3:00 PM)				

## SUNDAY

Building Hours: 7:00 AM – 12:00 PM

Time	Studio	Pool	Track	Courts
<b>Morning</b> (7:00 AM – 12:00 PM)	*Yoga (10:00 – 11:00)	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  One Racquetball court and three squash courts available

\*Please register via Game Time



## POOL - Lane and Leisure Swim Times

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	7:00 – 7:45	7:00 – 7:45
	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	7:00 – 7:45	8:00 – 8:45	8:00 – 8:45
	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	8:00 – 8:45	9:00 – 9:45	9:00 – 9:45
	10:00 – 10:45	9:00 – 9:45	10:00 – 10:45	9:00 – 9:45	10:00 – 10:45	10:00 – 10:45	10:00 – 10:45
		10:00 – 10:45		10:00 – 10:45		11:00 – 11:45	11:00 – 11:45
<b>Afternoon</b>	11:30 - 12:15		11:30 - 12:15				
	12:20 - 1:05		12:20 - 1:05			12:00 – 12:45	
	1:15 - 2:00		1:15 - 2:00				
	2:05 - 2:50		2:05 - 2:50				

