



*A healthier family* starts here.

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March 18 – June 30, 2019

**Stork Family YMCA**

# Monday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool
6:00 am			Group Centergy® (13+) 6:00 – 7:00	Group Power® (13+) 6:00 – 7:00					Lane Swim (13+) 6:00 – 9:00	Leisure Swim (13+) 6:00 – 10:00
6:30 am										
7:00 am	Pickleball (15+) 7:00 – 9:15									
7:30 am										
8:00 am										
8:30 am										
9:00 am	Reserved for Programming 9:15 – 10:30 (June 3 – June 26)						Stay & Play (0-6) 9:00 – 1:00		AquaFit (13+) 9:05 – 9:50	
9:30 am			Cycle (13+) 9:35 – 10:35	Zumba® (13+) 9:35 – 10:20		Rise & Shine (2.5-4) 9:30 – 11:30				
10:00 am	Playnasium (0-6) 10:30 – 12:00		Group Centergy® (13+) 10:45 – 11:45	Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30			Lane Swim (13+) 10:00 – 1:00	Parent & Tot Swim (3 months-5) 10:00 – 12:00	
10:30 am										
11:00 am										Family Time 11:00 – 12:00
11:30 am										
12:00 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:00 – 12:30					Wellness Walking (15+) 12:00 – 1:00	AquaFit (13+) 1:05 – 1:50	Leisure Swim (13+) 10:00 – 2:00
12:30 pm			Group Core® (13+) 12:30 – 1:00							
1:00 pm					R Diabetes Fit (15+) 1:00 – 2:00	Minds in Motion 12:30 – 3:30 (March 18 – May 13 & May 27 - June 24)				
1:30 pm							Family Time (0-6) 1:30 – 4:00	Open Swim (3 Lanes) 2:00 – 4:20	Open Swim 2:00 – 4:20	
2:00 pm	Basketball (13+) 2:30 – 4:00									
2:30 pm										
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	R Steve Nash Basketball® (7-9) 4:15 – 5:15		Group Core® (13+) 4:50 – 5:20		R S Youth Specialty (7-12) 4:15 – 5:00	R S Youth Specialty (4-6) 4:15 – 5:00			R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 7:30	
5:00 pm										
5:30 pm	R Steve Nash Basketball® (7-9) 5:15 – 6:15		Group Active® (13+) 5:30 – 6:30	Group Blast® (13+) 5:30 – 6:30		Crafts & Games (4-6) 5:00 – 6:30	Stay & Play (0-6) 4:30 – 7:45			
6:00 pm										
6:30 pm	R Steve Nash Basketball® (10-12) 6:15 – 7:15		Zumba® (13+) 6:40 – 7:25	Yoga (13+) 6:40 – 7:40	Crafts & Games (7-12) 5:15 – 8:00			R Learn to Run (18+) 6:30 – 8:00 (March 18 – June 24 No Run May 20. Meet in the Lobby)		R Splashers/Bubblers (3 months-3) 6:30 – 7:00
7:00 pm										
7:30 pm	R Steve Nash Basketball® (10-12) 7:15 – 8:15								R Swim Lessons (Stars) (6-12) 7:30 – 8:15	R Aquatic Leadership (10+) 7:00 – 8:30
8:00 pm			Cycle (13+) 7:50 – 8:35							
8:30 pm									Drop-In Lessons & Stroke Correction (13+) 8:15 – 9:00	
9:00 pm	Badminton (15+) 8:30 – 10:45								Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 9:00 – 10:30
9:30 pm										
10:00 pm										
10:30 pm										

\*The Martin Levene Room

Additional Fee Required.

Registration Required.

Parental Participation Required.

In Partnership with Alzheimer's Society.

Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

# Tuesday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool	
6:00 am			Cycle (13+) 6:00 – 6:45	Group Active® (13+) 6:00 – 7:00					Lane Swim (13+) 6:00 – 9:00	Leisure Swim (13+) 6:00 – 10:00	
6:30 am			Group Core® (13+) 6:45 – 7:15								
7:00 am	Pickleball (15+) 7:00 – 9:15										
7:30 am											
8:00 am											
8:30 am											
9:00 am									AquaFit - Deep (13+) 9:05 – 9:50		
9:30 am			Group Blast® (13+) 9:35 – 10:35	Group Active® (13+) 9:35 – 10:35		Move & Play (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00		Lane Swim (13+) 10:00 – 11:00	Parent & Tot Swim (3 months-5) 10:00 – 11:00	
10:00 am											
10:30 am	Move & Play (2.5-4) 10:30 – 11:30			Gentle Strength (13+) 10:45 – 11:30					AquaFit - Shallow (13+) 11:05 – 11:50		
11:00 am							Family Time 11:00 – 12:00				
11:30 am											
12:00 pm	Basketball (13+) 12:00 – 2:15		Group Power® (13+) 12:00 – 1:00	Gentle Yoga (13+) 11:40 – 12:40					Lane Swim (13+) 12:00 – 2:00	Leisure Swim (13+) 10:00 – 2:00	
12:30 pm											
1:00 pm											
1:30 pm											
2:00 pm											
2:30 pm	Badminton (13+) 2:30 – 4:00						Family Time (0-6) 1:30 – 4:00		Open Swim (3 Lanes) 2:00 – 3:50	Open Swim 2:00 – 3:50	
3:00 pm											
3:30 pm								Family Time 3:30 – 4:30			
4:00 pm											
4:30 pm	Pickleball (7-12) 4:15 – 5:00			HIIT (13+) 4:35 – 5:20	R S Youth Specialty (4-6) 4:15 – 5:00	Youth Fit (4-6) 4:15 – 5:00				Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:00 – 5:00 5:45 – 6:45	
5:00 pm	Soccer (7-9) 5:00 – 5:45				Soccer (4-6) 5:00 – 5:45				R Swim Lessons (Stars) (6-12) 5:00 – 5:45		
5:30 pm	Ball Hockey (7-9) 5:45 – 6:30		Group Active® (13+) 5:30 – 6:30	Zumba® (13+) 5:45 – 6:30	Ball Hockey (4-6) 5:45 – 6:30		Stay & Play (0-6) 4:30 – 7:45				
6:00 pm											
6:30 pm	Soccer (10-12) 6:30 – 7:15				Ready, Set, Relay (7-9) 6:30 – 7:15			Tri/ Intermediate Run Group (18+) 6:15 – 7:10 (Meet in the Lobby)			
7:00 pm	Ball Hockey (10-12) 7:15 – 8:00		Group Centergy® (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40	R S Youth Specialty (7-12) 7:15 – 8:00	Youth Fit (7-9) 7:15 – 8:00			Open Swim 7:00 – 8:00		
7:30 pm				Group Core® (13+) 7:50 – 8:20							
8:00 pm									AquaFit (13+) 8:05 – 8:50		
8:30 pm	Ball Hockey (18+) 8:15 – 10:45		Yoga (13+) 8:30 – 9:30							Leisure Swim (13+) 8:05 – 10:30	
9:00 pm											
9:30 pm											
10:00 pm											
10:30 pm											

\*The Martin Levene Room

Additional Fee Required.

Registration Required.

Parental Participation Required.

In Partnership with Alzheimer's Society.

Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.



# Wednesday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool
6:00 am			Group Blast® (13+) 6:00 – 7:00	Group Power® (13+) 6:00 – 7:00						
6:30 am										
7:00 am	Pickleball (15+) 7:00 – 9:15								Lane Swim (13+) 6:00 – 9:00	Leisure Swim (13+) 6:00 – 10:00
7:30 am										
8:00 am										
8:30 am										
9:00 am									AquaFit (13+) 9:05 – 9:50	
9:30 am	Reserved for Programming 9:15 – 10:30 (June 3 – June 26)		Group Centergy® (13+) 9:35 – 10:35	Zumba® (13+) 9:35 – 10:20		Rise & Shine (2.5-4) 9:30 – 11:30				
10:00 am							Stay & Play (0-6) 9:00 – 1:00			Parent & Tot Swim (3 months-5) 10:00 – 12:00
10:30 am	Playnasium (0-6) 10:30 – 12:00			Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30					
11:00 am								Family Time (11:00 – 12:00)	Lane Swim (13+) 10:00 – 1:00	
11:30 am										
12:00 pm			Group Core® (13+) 12:00 – 12:30							
12:30 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:30 – 1:00							Leisure Swim (13+) 10:00 – 2:00
1:00 pm					R Diabetes Fit (15+) 1:00 – 2:00			AquaFit (13+) 1:05 – 1:50		
1:30 pm										
2:00 pm										
2:30 pm	Basketball (13+) 2:30 – 4:00						Family Time (0-6) 1:30 – 4:00			Open Swim (3 Lanes) 2:00 – 4:20
3:00 pm										
3:30 pm									Family Time (3:30 – 4:30)	
4:00 pm										
4:30 pm	Build & Play (4-6) 4:15 – 5:00		Cycle (13+) 4:35 – 5:20							
5:00 pm	Basketball (4-6) 5:00 – 5:45					Youth Fit (10-12) 5:00 – 5:45				
5:30 pm			Group Core® (13+) 5:30 – 6:00	Group Blast® (13+) 5:30 – 6:30	Crafts & Games (7-12) 4:15 – 8:00	R Youth Specialty (10-12) 5:45 – 6:30	Stay & Play (0-6) 4:30 – 7:45			Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 7:30
6:00 pm	R ★ Tae Kwon Do (5-12) 5:45 – 6:30		HIIT (13+) 6:10 – 6:55							
6:30 pm	R ★ Tae Kwon Do (5-12) 6:30 – 7:15			Group Active® (13+) 6:40 – 7:40						
7:00 pm	R ★ Advanced Tae Kwon Do (Purple - Black Stripe Belts) (5-12) 7:15 – 8:00				R Teen Conditioning (13+) 7:00 – 8:30 (Meet Instructor at Membership Desk)	R Aquatic Leadership (10+) 6:30 – 8:15				
7:30 pm			Yoga (13+) 7:45 – 8:45	Zumba® (13+) 7:50 – 8:35					R Aquatic Leadership (10+) 7:00 – 9:30	R Swim Lessons (Stars) (6-12) 7:30 – 8:15
8:00 pm										
8:30 pm	Volleyball (18+) 8:15 – 10:45									Drop-In Lessons & Stroke Correction (13+) 8:15 – 9:00
9:00 pm										
9:30 pm										
10:00 pm										
10:30 pm									Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 9:00 – 10:30

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In Partnership with Alzheimer's Society.

★ Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

# Thursday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool	
6:00 am			Group Century® (13+) 6:00 – 7:00								
6:30 am											
7:00 am	Pickleball (15+) 7:00 – 9:15								Lane Swim (13+) 6:00 – 9:00	Leisure Swim (13+) 6:00 – 10:00	
7:30 am											
8:00 am											
8:30 am											
9:00 am									AquaFit - Deep (13+) 9:05 – 9:50		
9:30 am			Cycle (13+) 9:35 – 10:20	Group Active® (13+) 9:35 – 10:35		Move & Play (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00			▲ Parent & Tot Swim (3 months-5) 10:00 – 11:00  Leisure Swim (13+) 10:00 – 2:00	
10:00 am											Lane Swim (13+) 10:00 – 11:00
10:30 am	Move & Play (2.5-4) 10:30 – 11:30			Gentle Strength (13+) 10:45 – 11:30					▲ Family Time 11:00 – 12:00		AquaFit - Shallow (13+) 11:05 – 11:50
11:00 am											
11:30 am											
12:00 pm	Basketball (13+) 12:00 – 2:15		Group Power® (13+) 12:00 – 1:00	Gentle Yoga (13+) 11:40 – 12:40						Leisure Swim (13+) 10:00 – 2:00	
12:30 pm									Lane Swim (13+) 12:00 – 2:00		
1:00 pm											
1:30 pm											
2:00 pm											
2:30 pm	Badminton (13+) 2:30 – 4:00						Family Time (0-6) 1:30 – 4:00		Open Swim (3 Lanes) 2:00 – 3:50	Open Swim 2:00 – 3:50	
3:00 pm											
3:30 pm								▲ Family Time 3:30 – 4:30			
4:00 pm											
4:30 pm	Volleyball (7-12) 4:15 – 5:00			HIIT (13+) 4:35 – 5:20	R S Youth Specialty (7-12) 4:15 – 5:00 R S Youth Specialty (7-12) 5:00 – 5:45	Crafts & Games (4-6) 4:15 – 6:30	Stay & Play (0-6) 4:30 – 7:45		R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:00 – 5:00		
5:00 pm	Badminton (7-12) 5:00 – 5:45									R Swim Lessons (Stars) (6-12) 5:00 – 5:45	
5:30 pm	Basketball (10-12) 5:45 – 6:30	Group Blast® (13+) 5:30 – 6:30	Zumba® (13+) 5:45 – 6:30	Gaga Ball (7-9) 5:45 – 6:30						R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 6:45	
6:30 pm	R Junior Youth Leadership Development (10-12) 6:30 – 7:15 (October 11 – May 16)					R Senior Youth Leadership Development (13+) 6:30 – 7:15 (October 11 – May 16)					
7:00 pm		Yoga (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40		Crafts & Games (7-9) 6:30 – 8:00					Open Swim 7:00 – 8:00	
7:30 pm	R Senior Youth Leadership Development (13+) 7:15 – 8:00 (October 11 – May 16)		Group Core® (13+) 7:50 – 8:20			R Junior Youth Leadership Development (10-12) 7:15 – 8:00 (October 11 – May 16)					
8:00 pm									AquaFit (13+) 8:05 – 8:50		
8:30 pm	Basketball (18+) 8:15 – 10:45									Leisure Swim (13+) 8:05 – 10:30	
9:00 pm											
9:30 pm											
10:00 pm											Lane Swim (13+) 9:00 – 10:30
10:30 pm											

\*The Martin Levene Room

Additional Fee Required.

Registration Required.

Parental Participation Required.

In Partnership with Alzheimer's Society.

★ Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

# Friday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool
6:00 am			Cycle (13+) 6:00 – 6:45							
6:30 am										
7:00 am	Pickleball (15+) 7:00 – 9:15		Group Core® (13+) 6:45 – 7:15						Lane Swim (13+) 6:00 – 9:00	Leisure Swim (13+) 6:00 – 10:00
7:30 am										
8:00 am										
8:30 am										
9:00 am									AquaFit (13+) 9:05 – 9:50	
9:30 am	Reserved for Programming 9:15 – 10:30 (June 3 – June 26)		Group Active® (13+) 9:35 – 10:35	Group Power® (13+) 9:35 – 10:35						
10:00 am						Rise & Shine (2.5-4) 9:30 – 11:30				
10:30 am	Playnasium (0-6) 10:30 – 12:00						Stay & Play (0-6) 9:00 – 1:00			
11:00 am				Yoga (13+) 10:45 – 12:00				Family Time 11:00 – 12:00	Lane Swim (13+) 10:00 – 1:00	Parent & Tot Swim (3 months-5) 10:00 – 12:00
11:30 am										
12:00 pm										
12:30 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55							
1:00 pm									AquaFit (13+) 1:05 – 1:50	Leisure Swim (13+) 10:00 – 2:00
1:30 pm										
2:00 pm										
2:30 pm	Basketball (13+) 2:30 – 4:00									
3:00 pm							Family Time (0-6) 1:30 – 4:00		Open Swim (3 Lanes) 2:00 – 4:20 <small>(PD Day Open Swim April 12, May 31, June 28)</small>	Open Swim 2:00 – 4:20
3:30 pm								Family Time 3:30 – 4:30		
4:00 pm										
4:30 pm	R Steve Nash Basketball® (7-9) 4:15 – 5:15									R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 5:00
5:00 pm				Zumba® (13+) 4:35 – 5:20						R Swim Lessons (Stars) (6-12) 5:00 – 5:45
5:30 pm					R S Youth Specialty (7-12) 5:00 – 5:45					
6:00 pm	Sports & Games (10-12) 5:15 – 7:15	Sports & Games (7-9) 5:15 – 7:15		Group Active® (13+) 5:35 – 6:35						R S Splashers/Bubblers (3 months-3) 6:15 – 6:45
6:30 pm			R S Aquatic Leadership 5:00 – 9:00							R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 7:15
7:00 pm										
7:30 pm	R Steve Nash Basketball® (10-12) 7:15 – 8:15									R Swim Lessons (Stars) (6-12) 7:15 – 8:00
8:00 pm										
8:30 pm										Open Swim 8:05 – 9:00
9:00 pm										
9:30 pm										R S Aquatic Leadership 9:00 – 10:30
10:00 pm	Basketball (13-17) 8:30 – 10:45									
10:30 pm										

\*The Martin Levene Room

Additional Fee Required.

Registration Required.

Parental Participation Required.

In Partnership with Alzheimer's Society.

Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

# Saturday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool	
7:00 am			Space Reserved for Triathlon Group 7:00 – 8:50								
7:30 am											
8:00 am	<b>R</b> <b>S</b> Small Group Personal Training (15+) 8:00 – 8:45			Group Active® (13+) 8:00 – 9:00					Lane Swim (13+) 7:30 – 9:00	Leisure Swim (13+) 7:30 – 10:00	
8:30 am											
9:00 am	Soccer (4-6) 9:00 – 9:45		Cycle (13+) 9:05 – 9:50	Zumba® (13+) 9:05 – 9:50	Youth Fit (7-12) 9:00 – 9:45	<b>R</b> <b>S</b> Youth Specialty (4-6) 9:00 – 9:45			AquaFit (13+) 9:05 – 9:50		
9:30 am											
10:00 am	Sports & Games (7-12) 9:45 – 11:15		Group Blast® (13+) 10:00 – 11:00	Group Power® (13+) 10:00 – 11:00	Crafts & Games (4-6) 9:45 – 11:15		Stay & Play (0-6) 9:00 – 12:30		<b>R</b> <b>S</b> Private Swim Lessons (all ages) 10:00 – 11:00	<b>R</b> Junior Lifeguard (8-12) 10:00 – 11:00	
10:30 am											
11:00 am	Soccer (7-9) 11:15 – 12:00			Yoga (13+) 11:15 – 12:15					<b>R</b> Family Time 11:00 – 12:00		
11:30 am											
12:00 pm	Soccer (10-12) 12:00 – 12:45		<b>R</b> Junior Tri Group (8-12) 12:00 – 12:30						<b>R</b> Junior Tri Group (8-12) 11:00 – 1:00	<b>R</b> <b>S</b> Swim Lessons (Stars) (6-12) 11:00 – 11:45 11:45 – 12:30	
12:30 pm										<b>R</b> <b>S</b> Birthday Parties 11:00 – 1:00	
1:00 pm									<b>R</b> Junior Tri Group (8-12) 12:30 – 1:00		
1:30 pm	<b>R</b> <b>S</b> Birthday Parties 1:15 – 4:15		<b>R</b> Newcomer Youth 1:30 – 3:30		<b>R</b> <b>S</b> Birthday Parties 11:30 – 5:00				<b>R</b> Swim Team (8-12) 1:00 – 2:00	<b>R</b> <b>S</b> Private Swim Lessons (all ages) 12:30 – 3:00	
2:00 pm										<b>R</b> Swim Team (8-12) 1:00 – 2:00	
2:30 pm										Lane Swim (3 lanes) (13+) 2:00 – 3:00	Leisure Swim (13+) 2:00 – 3:00
3:00 pm											
3:30 pm				<b>R</b> <b>S</b> Aquatic Leadership 1:00 – 7:30					<b>R</b> Family Time 3:00 – 4:00		
4:00 pm											
4:30 pm	Pickleball (15+) 4:15 – 5:45								<b>R</b> Family Time 3:30 – 4:30		
5:00 pm										Open Swim 4:00 – 6:00	
5:30 pm											
6:00 pm	Soccer (15+) 6:00 – 7:15										
6:30 pm											
7:00 pm	Basketball (15+) 7:15 – 8:45										
7:30 pm											
8:00 pm										<b>R</b> <b>S</b> Aquatic Leadership 7:30 – 9:00	

## Statutory Holiday Schedule - May 20, 2019

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Pool	Leisure Pool
8:00 am								
8:30 am								
9:00 am	Basketball (15+) 9:00 – 10:45				Table Tennis (15+) 8:30 – 10:50		Lane Swim (13+) 8:30 – 12:00	Leisure Swim (13+) 8:30 – 12:00
9:30 am				Group Centergy® (13+) 9:45 – 10:45				
10:00 am								
10:30 am								
11:00 am				Group Active® (13+) 11:00 – 12:00	<b>R</b> <b>S</b> Family Table Tennis (7+) 11:00 – 12:00			
11:30 am								

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Pool	Leisure Pool	
12:00 pm									
12:30 pm	<b>R</b> <b>S</b> Family Badminton (7+) 12:15 – 1:45						<b>R</b> <b>S</b> Family Table Tennis (7+) 12:00 – 1:00	<b>R</b> Family Swim 12:00 – 2:00	
1:00 pm									
1:30 pm									
2:00 pm	<b>R</b> <b>S</b> Badminton (15+) 2:00 – 4:00								
2:30 pm									
3:00 pm									
3:30 pm									
								Open Swim 2:00 – 4:00	

\*The Martin Levene Room

**S** Additional Fee Required.

**R** Registration Required.

**P** Parental Participation Required.

**A** In Partnership with Alzheimer's Society.

**★** Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

