



A healthier family starts here.



ThisIsY.ca

September 2 – December 22, 2019

A. R. Kaufman Family YMCA

Monday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool			
6:00 am	Pickleball (13+) 6:00 – 9:00		Yoga (13+) 6:00 – 7:00									Lane Swim (13+) 6:00 – 9:00			
6:30 am			Group Active® (13+) 6:30 – 7:30												
7:00 am															
7:30 am															
8:00 am									R Move For Health (15+) 8:00 – 9:10 (Sept. 16 – Dec. 5)			AquaFit (13+) 9:05 – 9:50			
8:30 am															
9:00 am	Cardio Fit (13+) 9:15 – 10:15		Move Together Strength (13+) 9:30 – 10:15						R Move For Health (15+) 9:15 – 10:10		Stay & Play (0-6) 9:00 – 1:00				
9:30 am															
10:00 am															
10:30 am	Group Power® (13+) 10:30 – 11:30		Move Together Chair Yoga (13+) 10:30 – 11:30		Rise & Shine (2.5-4) 9:45 – 11:45	R Move STroNg (15+) 10:00 – 11:00 (Sept. – Dec.)			R Move For Health (15+) 10:15 – 11:10			R Splashers/ Bubblers (3 months-3) 10:30 – 11:00	Parent & Tot Swim (0-5) 10:30 – 11:30		
11:00 am				Rise & Shine (2.5-4) 11:15 – 11:45											
11:30 am									R Neuro Fit (15+) 11:30 – 12:30			Lane Swim (13+) 10:00 – 1:00			
12:00 pm	Badminton (13+) 11:45 – 1:00		Group Blast® (13+) 12:00 – 1:00						Wellness Centre Support (15+) 12:15 – 1:15						
12:30 pm															
1:00 pm												Move Together Water (13+) 1:05 – 1:50			
1:30 pm	Pickleball (13+) 1:30 – 3:00		R Neuro Fit Circuit (15+) 1:15 – 2:15 (Aug. 19 – Oct. 18)						R Rock Steady Boxing® (15+) 1:30 – 2:30		Family Play Centre (0-6) 1:00 – 4:00				
2:00 pm															
2:30 pm									Adapted Neuro Circuit (15+) 2:30 – 3:45	Wellness Centre Support (15+) 2:30 – 3:30			Open Swim (2 Lanes) 2:00 – 4:30		
3:00 pm															
3:30 pm	Basketball (13+) 3:30 – 5:15										Drop-In (13-17) 3:00 – 5:00				
4:00 pm									R Rock Steady Boxing® (15+) 3:45 – 5:15				R Private Swim Lessons (all ages) 4:00 – 4:30		
4:30 pm													R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 5:30		
5:00 pm															
5:30 pm	Group Active® (13+) 5:30 – 6:30		Cardio HIIT (13+) 5:45 – 6:30	R Dance (4-6) 5:25 – 6:10	Jr. Kid's Zone (4-6) 5:15 – 7:45	Try Traversing (7-9) 5:25 – 6:10					Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	R Swim Lessons (Lil' Dippers & Stars) (3-12) 5:30 – 6:15		
6:00 pm			R Dance (7-9) 6:15 – 7:00												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 6:15 – 7:15
6:30 pm	Group Power® (13+) 6:40 – 7:40		Zumba® (13+) 6:45 – 7:30	R Dance (10-12) 7:05 – 7:50					R Small Group Personal Training 6:30 – 7:30	TRX® (13+) 6:30 – 7:15					
7:00 pm															
7:30 pm	Youth Fit (10-12) 7:50 – 8:30	Youth Fit (7-9) 7:50 – 8:30	Group Centergy® (13+) 7:45 – 8:45				Cycle (13+) 7:15 – 8:00								
8:00 pm													AquaFit (13+) 8:05 – 8:50		
8:30 pm															
9:00 pm	Basketball (18+) 8:40 – 10:30												Lane Swim (13+) 9:00 – 10:30		
9:30 pm															
10:00 pm															

* Functional Training Room.

Additional Fee Required.

Registration Required.

Parental Participation Required.

Limited Space - First Come, First Serve Basis.

Tuesday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool	
6:00 am	Pickleball (13+) 6:00 – 9:00						Cycle (13+) 6:00 – 7:00					Lane Swim (13+) 6:00 – 9:00	
6:30 am													
7:00 am				Group Power® (13+) 6:30 – 7:30									
7:30 am													
8:00 am									R Move For Health (15+) 8:00 – 9:10 (Sept. 16 – Dec. 5)				
8:30 am													
9:00 am	Group Active® (13+) 9:15 – 10:15											AquaFit (13+) 9:05 – 9:50	
9:30 am			Zumba® (13+) 9:30 – 10:15				Cycle (13+) 9:30 – 10:15		R Diabetes Fit (15+) 9:15 – 10:15 (Sept. 24 – Dec. 19)				
10:00 am											Stay & Play (0-6) 9:00 – 1:00	Parent & Tot Swim (0-5) 10:30 – 11:30	
10:30 am	Move Together Heart (13+) 10:30 – 11:15		Yoga (13+) 10:30 – 11:30						R Rock Steady Boxing® (15+) 10:00 – 11:25				
11:00 am	Move & Play (2.5-4) 11:15 – 12:00					Move & Play (2.5-4) 10:00 – 12:00							
11:30 am									R Rock Steady Boxing® (15+) 11:30 – 12:30			Lane Swim (13+) 10:00 – 1:00	
12:00 pm			Group Centergy® (13+) 12:00 – 1:00					R \$ 8 Week Game Changer (13+) 12:00 – 1:00					
12:30 pm													
1:00 pm	Soccer (18+) 1:00 – 3:00 (Starts Oct. 15)											AquaFit - Deep (13+) 1:05 – 1:50	
1:30 pm									R Diabetes Fit (15+) 1:00 – 2:00 (Sept. 24 – Dec. 19)				
2:00 pm											Family Play Centre (0-6) 1:00 – 4:00	Open Swim (2 Lanes) 2:00 – 4:30	
2:30 pm									R Neuro Fit (15+) 2:30 – 3:30				
3:00 pm													
3:30 pm	Basketball (13+) 3:30 – 5:15											Private Swim Lessons (all ages) 4:00 – 4:30	
4:00 pm													
4:30 pm													
5:00 pm												Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 7:00	
5:30 pm	HIIT (13+) 5:30 – 6:15		Yoga (13+) 5:30 – 6:30				Cycle (13+) 5:45 – 6:30	Youth Fit (7-9) 5:25 – 6:10					
6:00 pm									R Move For Health (15+) 6:00 – 7:00			Stay & Play (0-6) 5:15 – 8:00	
6:30 pm	R Karate (White/Red Belt) (5-12) 6:30 – 7:15	R Youth Leadership Development (10-12) & (13-17) 6:30 – 8:30 (Starts Oct. 15)	Group Core® (13+) 6:45 – 7:15	R Youth Leadership Development (10-12) & (13-17) 6:30 – 8:30 (Starts Oct. 15)	Jr. Kid's Zone (4-6) 5:15 – 7:45	Try Traversing (7-9) 6:15 – 7:00		Youth Fit (10-12) 6:30 – 7:30		Kid's Zone (7-12) 5:15 – 8:15			
7:00 pm												R \$ Splashers/Bubblers (3 months-3) 6:30 – 7:00	
7:30 pm	R Karate (Red/Yellow+ Belt) (5-12) 7:20 – 8:05								R Diabetes Fit (15+) 7:15 – 8:15 (Sept. 24 – Dec. 19)			R Swim Lessons (Lil' Dippers & Stars) (3-12) 7:00 – 7:45	
8:00 pm			Group Active® (13+) 7:30 – 8:30					R Team Training 7:30 – 8:30				R Swim Team (8-12) 7:45 – 8:45	
8:30 pm													
9:00 pm	Ball Hockey (18+) 8:40 – 10:30											Drop-In Lessons & Stroke Correction (13+) 8:45 – 9:30	
9:30 pm												Lane Swim (13+) 9:35 – 10:30	
10:00 pm													

* Functional Training Room.

\$ Additional Fee Required.

R Registration Required.

▲ Parental Participation Required.

◆ Limited Space - First Come, First Serve Basis.

Wednesday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	ClubHouse	PlayCentre	Pool								
6:00 am	Pickleball (13+) 6:00 – 9:00						Cycle (13+) 6:00 – 7:00					Lane Swim (13+) 6:00 – 9:00								
6:30 am			Group Active® (13+) 6:30 – 7:30																	
7:00 am																				
7:30 am																				
8:00 am								R Ⓢ Small Group Personal Training 8:00 – 9:00	R Move For Health (15+) 8:00 – 9:10 (Sept. 16 – Dec. 5)											
8:30 am																				
9:00 am	Group Active® (13+) 9:15 – 10:15	Move Together Yoga (13+) 9:15 – 10:15					Move Together Cycle (13+) 9:30 – 10:15		TRX® (13+) 9:30 – 10:15		R Move For Health (15+) 9:15 – 10:10	AquaFit (13+) 9:05 – 9:50								
9:30 am																				
10:00 am																				
10:30 am	Group Power® (13+) 10:30 – 11:30	Move30® (13+) 10:30 – 11:00 (Starts Oct. 9)	Minds in Motion (15+) 10:00 – 12:00 (Sept. 4 – Oct. 23 & Nov. 6 – Dec 18)	R Rise & Shine (2.5-4) 9:45 – 11:45		R Move STroNg (15+) 10:00 – 11:00 (Sept. – Dec.)			TRX® (13+) 10:30 – 11:15	R Move For Health (15+) 10:15 – 11:10	Stay & Play (0-6) 9:00 – 1:00	R Splashers/Bubblers (3 months-3) 10:30 – 11:00	R Parent & Tot Swim (0-5) 10:30 – 11:30							
11:00 am																				
11:30 am									Well-Brewed Social (15+) 11:30 – 12:00			Lane Swim (13+) 10:00 – 1:00								
12:00 pm		Basketball (18+) 11:45 – 12:45	Group Blast® (13+) 12:00 – 1:00				Cycle (13+) 12:10 – 12:55			Wellness Centre Support (15+) 12:15 – 1:15										
12:30 pm																				
1:00 pm	R Adapted Gym Session (15+) 12:30 – 1:30											AquaFit (13+) 1:05 – 1:50								
1:30 pm																				
2:00 pm	Pickleball (13+) 1:40 – 3:15									R Rock Steady Boxing® (15+) 1:30 – 2:30	Family Play Centre (0-6) 1:00 – 4:00	Open Swim (2 Lanes) 2:00 – 4:30								
2:30 pm																				
3:00 pm																				
3:30 pm	Basketball (13+) 3:30 – 5:15																			
4:00 pm																				
4:30 pm												R Ⓢ Private Swim Lessons (all ages) 4:00 – 4:30								
5:00 pm												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 5:30								
5:30 pm	Group Blast® (13+) 5:30 – 6:30	Move Together Strength (13+) 5:30 – 6:15	R Karate (White Belt) (5-12) 5:20 – 6:05			Try Traversing (4-6) 5:25 – 6:10		R Youth Conditioning (10-12) 5:30 – 6:30					R Swim Lessons (Lil' Dippers & Stars) (3-12) 5:30 – 6:15							
6:00 pm																				
6:30 pm																				
7:00 pm	YMCA Basketball (4-6) 6:45 – 7:30	R YMCA Basketball (7-9) 6:45 – 7:45	Group Power® (13+) 6:35 – 7:35	Move Together Yoga (13+) 6:30 – 7:30	Jr. Kid's Zone (4-6) 6:15 – 7:45	R Karate (Red Belt) (5-12) 6:15 – 7:00					Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 6:15 – 7:15							
7:30 pm						R Karate (Yellow+ Belt) (5-12) 7:10 – 8:00							R Swim Lessons (Lil' Dippers & Stars) (3-12) 7:15 – 8:00							
8:00 pm	R YMCA Basketball (10-12) 7:30 – 8:30		Group Centergy® (13+) 7:45 – 8:45					R Ⓢ Small Group Personal Training 7:30 – 8:30					AquaFit (13+) 8:05 – 8:50							
8:30 pm																				
9:00 pm	Volleyball (15+) 8:35 – 10:30											Lane Swim (13+) 9:00 – 10:30								
9:30 pm																				
10:00 pm																				

* Functional Training Room.

Ⓢ Additional Fee Required.

R Registration Required.

⚠ Parental Participation Required.

◆ Limited Space - First Come, First Serve Basis.

Thursday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool
6:00 am	Pickleball (13+) 6:00 – 9:00						Cycle (13+) 6:00 – 7:00					Lane Swim (13+) 6:00 – 9:00
6:30 am			Group Power® (13+) 6:30 – 7:30									
7:00 am												
7:30 am												
8:00 am									R Move For Health (15+) 8:00 – 9:10 (Sept. 16 – Dec. 5)			
8:30 am												
9:00 am	Cardio Fit (13+) 9:15 – 10:15		Zumba® (13+) 9:30 – 10:15				Cycle (13+) 9:30 – 10:15		R Diabetes Fit (15+) 9:15 – 10:15 (Sept. 24 – Dec. 19)		Stay & Play (0-6) 9:00 – 1:00	AquaFit (13+) 9:05 – 9:50
9:30 am												
10:00 am												
10:30 am	Move Together Heart (13+) 10:30 – 11:15		Yoga (13+) 10:30 – 11:30		Move & Play (2.5-4) 10:00 – 12:00				R Rock Steady Boxing® (15+) 10:00 – 11:25			<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> ▲ Parent & Tot Swim (0-5) 10:30 – 11:30 </div> <div style="width: 45%;"> R Bobber/ Floater (3-5) 10:30 – 11:00 </div> </div>
11:00 am	Move & Play (2.5-4) 11:15 – 12:00											
11:30 am												
12:00 pm			Group Centergy® (13+) 12:00 – 1:00					R \$ 8 Week Game Changer (13+) 12:00 – 1:00				Lane Swim (13+) 10:00 – 1:00
12:30 pm												
1:00 pm	◆ Soccer (18+) 1:00 – 3:00 (Starts Oct. 17)								R Diabetes Fit (15+) 1:00 – 2:00 (Sept. 24 – Dec. 19)		Family Play Centre (0-6) 1:00 – 4:00	AquaFit – Deep (13+) 1:05 – 1:50
1:30 pm												
2:00 pm												
2:30 pm										R Neuro Fit (15+) 2:30 – 3:30		
3:00 pm												
3:30 pm	Basketball (13+) 3:30 – 5:15											
4:00 pm									R Rock Steady Boxing® (15+) 3:45 – 5:15			R \$ Private Swim Lessons (all ages) 4:00 – 4:30
4:30 pm												
5:00 pm									R Health & Fitness Community Workshops (15+) 5:00 – 5:45			
5:30 pm	Group Active® (13+) 5:30 – 6:30			R Dance (4-6) 5:25 – 6:10	Jr. Kid's Zone (4-6) 5:15 – 7:00							
6:00 pm			Move30® (13+) 6:00 – 6:30 (Starts Oct. 10)	R Dance (7-9) 6:15 – 7:00				Cycle (13+) 5:45 – 6:30		R Move For Health (15+) 6:00 – 7:00	Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:15
6:30 pm	Y Sports (7-9) 6:40 – 7:30	Y Sports (13-17) 6:40 – 8:30	Group Core® (13+) 6:45 – 7:15					◆ TRX® (13+) 6:30 – 7:15				
7:00 pm					R Dance (10-12) 7:05 – 7:50	Jr. Kid's Zone (4-6) 7:05 – 7:45						
7:30 pm	Y Sports (10-12) 7:30 – 8:30		Zumba® (13+) 7:30 – 8:15	Yoga (13+) 7:30 – 8:30					R Diabetes Fit (15+) 7:15 – 8:15 (Sept. 24 – Dec. 19)			
8:00 pm							Cycle (13+) 7:30 – 8:30					<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> R \$ Aquatic Leadership (13+) 6:30 – 9:30 </div> <div style="width: 45%;"> R \$ Weights n' Water (13+) 8:00 – 9:00 </div> </div>
8:30 pm												
9:00 pm	Badminton (15+) 8:45 – 10:30											Drop-In Lessons & Stroke Correction (13+) 8:45 – 9:30
9:30 pm												
10:00 pm												

* Functional Training Room.

\$ Additional Fee Required.

R Registration Required.

▲ Parental Participation Required.

◆ Limited Space - First Come, First Serve Basis.

Friday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool
6:00 am	Pickleball (13+) 6:00 – 9:00		Group Centergy® (13+) 6:00 – 7:00									Lane Swim (13+) 6:00 – 9:00
6:30 am												
7:00 am												
7:30 am												
8:00 am												
8:30 am												
9:00 am	Group Blast® (13+) 9:15 – 10:15		Group Centergy® (13+) 9:15 – 10:15	Move Together Yoga (13+) 9:15 – 10:15					Wellness Centre Support (15+) 9:00 – 10:00		Stay & Play (0-6) 9:00 – 1:00	AquaFit (13+) 9:05 – 9:50
9:30 am								◆ TRX® (13+) 9:30 – 10:15				
10:00 am												
10:30 am	Group Power® (13+) 10:30 – 11:30		Move Together Strength (13+) 10:30 – 11:15		Rise & Shine (2.5-4) 9:45 – 11:45			◆ Adapted Neuro Circuit (15+) 10:15 – 11:30	Health & Fitness Community Workshops (15+) 10:00 – 10:45			▲ Parent & Tot Swim (0-5) 10:30 – 11:30
11:00 am									◆ TRX® (13+) 10:30 – 11:15			Bobber/Floater (3-5) 10:30 – 11:00
11:30 am				Rise & Shine (2.5-4) 11:15 – 11:45								
11:30 am									Neuro Fit (15+) 11:30 – 12:30			Lane Swim (13+) 10:00 – 1:00
12:00 pm	Badminton (13+) 11:45 – 1:00		Move Together Chair Yoga (13+) 11:45 – 12:45									
12:30 pm							Cycle (13+) 12:10 – 12:55		Wellness Centre Support (15+) 12:30 – 1:30			
1:00 pm												Move Together Water (13+) 1:05 – 1:50
1:30 pm	Pickleball (13+) 1:00 – 3:00		Neuro Fit Circuit (15+) 1:15 – 2:15									
2:00 pm												
2:30 pm												
3:00 pm									Wellness Centre Support (15+) 2:30 – 3:30			
3:30 pm												
4:00 pm	Basketball (13+) 3:30 – 5:15											Private Swim Lessons (all ages) 4:00 – 4:30
4:30 pm												
5:00 pm												
5:30 pm	Group Blast® (13+) 5:30 – 6:30			Soccer (4-6) 5:25 – 6:15								Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 6:30
6:00 pm			Karate (White Belt) (5-12) 6:00 – 6:45									
6:30 pm								Try Traversing (4-6) 6:20 – 7:15				Splashers/Bubblers (3 months-3) 6:30 – 7:00
7:00 pm	Active Games (7-9) 6:40 – 7:15	Y Sports (10-12) 6:40 – 8:00	Karate (Red Belt) (5-12) 6:50 – 7:35					Try Traversing (7-9) 7:20 – 8:00				Swim Lessons (Lil' Dippers & Stars) (3-12) 6:30 – 7:15
7:30 pm	Active Games (4-6) 7:20 – 8:00											
8:00 pm			Karate (Yellow Belt+) (5-12) 7:40 – 8:30									Family Swim 7:30 – 9:00
8:30 pm												
9:00 pm	Basketball (13-17) 8:05 – 10:30											
9:30 pm												
10:00 pm										Drop-In (13-17) 8:30 – 10:30		

* Functional Training Room.

Additional Fee Required.

Registration Required.

Parental Participation Required.

Limited Space - First Come, First Serve Basis.

Saturday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool
7:00 am							Cycle (13+) 7:15 – 8:00					
7:30 am		Basketball (13+) 7:00 – 8:50										Lane Swim (13+) 7:30 – 8:55
8:00 am			Group Active® (13+) 7:45 – 8:45									
8:30 am												
9:00 am	Ball Hockey (10-12) 9:00 – 9:55		Group Blast® (13+) 9:00 – 10:00									R Swim Lessons (Lil' Dippers) (3-5) 9:15 – 9:45
9:30 am												R Swim Lessons (Stars) (6-12) 9:00 – 9:45
10:00 am	Tumbling (4-6) 10:00 – 10:55	Ball Hockey (7-9) 10:00 – 10:55	Group Power® (13+) 10:15 – 11:15						R Rock Steady Boxing® (15+) 10:00 – 11:30			R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 9:45-10:15
10:30 am										Kid's Zone (7-12) 8:45 – 11:45	Stay & Play (0-6) 8:45 – 12:30	
11:00 am	Tumbling (7-9/10-12) 11:00 – 11:55	Ball Hockey (4-6) 11:00 – 11:55	Group Centergy® (13+) 11:30 – 12:30									R Swim Lessons (Lil' Dippers & Stars) (3-12) 10:45 – 11:30
11:30 am												R ▲ Splashers/Bubblers (3 months-3) 11:30 – 12:00
12:00 pm	Cardio Fit (13+) 12:10 – 1:10											R \$ Private Swim Lessons (all ages) 12:00 – 12:30
12:30 pm												
1:00 pm												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 11:30 – 2:00
1:30 pm	R YMCA Basketball (7-9) 1:30 – 2:30		R Karate (White Belt) (5-12) 1:30 – 2:15		Jr. Kid's Zone (4-6) 1:30 – 3:30							
2:00 pm												
2:30 pm	R YMCA Basketball (10-12) 2:30 – 3:30		R Karate (Red Belt) (5-12) 2:20 – 3:05				R Junior Triathlon - Level 1 (8-12) 2:00 – 3:00					R \$ Private Swim Lessons (all ages) 2:00 – 3:00
3:00 pm												
3:30 pm	◆ Soccer (13-17) 3:30 – 4:30 (Starts Oct. 12)		R Karate (Yellow+ Belt) (5-12) 3:10 – 4:00				R Junior Triathlon - Level 2 (8-12) 3:00 – 4:00					R Junior Triathlon - Level 1 (8-12) 3:00 – 4:00
4:00 pm							R \$ Birthday Parties 2:30 – 5:30					
4:30 pm												
5:00 pm												
5:30 pm	◆ Soccer (18+) 4:30 – 6:30 (Starts Oct. 19)											
6:00 pm												
6:30 pm												
7:00 pm	Basketball (13-17) 6:35 – 8:30											
7:30 pm												
8:00 pm												R \$ Birthday Parties 4:00 – 5:00
												R Junior Triathlon - Level 2 (8-12) 4:00 – 5:00
												Lane Swim (13+) 5:00 – 6:00
												▲ Family Swim 6:05 – 8:00

Statutory Holiday Schedule - September 2 & October 14, 2019.

	Gym 1	Gym 2	Studio	Pool		Gym 1	Gym 2	Studio	Pool
8:00 am					12:00 pm				
8:30 am	Pickleball (13+) 8:00 – 10:00		Group Centergy® (13+) 8:15 – 9:15		12:30 pm				▲ Family Swim 12:00 – 2:00
9:00 am					1:00 pm				
9:30 am					1:30 pm				
10:00 am				Lane Swim (13+) 8:30 – 12:00	2:00 pm				
10:30 am	Group Power® (13+) 10:30 – 11:30				2:30 pm				
11:00 am					3:00 pm				Open Swim 2:00 – 4:00
11:30 am					3:30 pm				

* Functional Training Room

\$ Additional Fee Required.

R Registration Required at the Member Service Desk.

▲ Parental Participation Required.

◆ Limited Space - First Come, First Serve Basis.

Sunday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool
8:00 am	Pickleball (13+) 8:00 – 9:50											Lane Swim (13+) 8:30 – 11:00
8:30 am												
9:00 am								Cycle (13+) 9:00 – 9:45				
9:30 am												
10:00 am	Soccer (4-6) 10:00 – 11:00	Soccer (7-9) 10:00 – 11:00	Group Active® (13+) 10:00 – 11:00							Kid's Zone (7-12) 9:45 – 12:30	Stay & Play (0-6) 9:45 – 12:30	AquaFit (13+) 11:05 – 11:50
10:30 am			Yoga (13+) 10:15 – 11:40									
11:00 am	Soccer (10-12) 11:00 – 12:00		Group Power® (13+) 11:15 – 12:15									
11:30 am												
12:00 pm	R S Birthday Parties 12:00 – 1:00		Move30® (13+) 12:30 – 1:00 (Starts Oct. 6)									
12:30 pm												
1:00 pm	R S Birthday Parties 1:00 – 2:00		R Newcomer Youth (13-19) 1:10 – 2:00	R Newcomer Youth (13-19) 1:00 – 3:00	R S Birthday Parties 10:30 – 5:00	R S Birthday Parties 10:30 – 4:00				R S Birthday Parties 1:00 – 2:00		Family Swim 12:00 – 2:00
1:30 pm												
2:00 pm	R Newcomer Youth (13-19) 2:00 – 3:00											R S Birthday Party Swim 1:00 – 2:00 2:00 – 3:00
2:30 pm												
3:00 pm												Open Swim 2:00 – 4:00
3:30 pm	Volleyball (15+) 3:10 – 5:00											
4:00 pm												
4:30 pm												Lane Swim (13+) 4:05 – 5:00
5:00 pm												
5:30 pm	Badminton (15+) 5:10 – 7:30											R S Aquatic Leadership (13+) 5:00 – 8:00
6:00 pm												
6:30 pm												
7:00 pm												

*Functional Training Room

Building Hours

Monday – Friday 5:30 am – 11:00 pm
 Saturday 7:00 am – 9:00 pm
 Sunday 8:00 am – 8:00 pm
 Statutory Holiday 8:00 am – 5:00 pm

All program areas close 15 minutes before building closure.

Early Building Closures

September 2 Labour Day - Statutory Holiday Schedule
 October 14 Thanksgiving Day - Statutory Holiday Schedule

Special events may necessitate early building closure.

Please note: Our Pool will be shut down from August 26 – September 8, 2019 for scheduled maintenance. Pool programs will start September 9. Gym 1 & 2 will be closed at 5:00 pm on Sunday, November 3, 2019 for Staff Training and Development. Schedule is subject to change.

Day Pass

Those purchasing a day pass have access to all non-registered programs & services outlined.

Family (parents & 2 children) \$20.60
 General (30+) \$12.00
 General (55+) \$ 8.75
 0 – 29 years \$ 6.60

All fees are subject to applicable taxes.

A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

Phone: 519-743-5201

Email: ARKmembership@ckw.ymca.ca

General Manager: Hayley Mott

A.R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON

Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON