



*A healthier family* starts here.



*ThisIsY.ca*

September 2 – December 22, 2019

**Chaplin Family YMCA**

# Monday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool	Leisure Pool
6:00 am				Cycle (13+) 6:15 – 7:00							Lane Swim (13+) 5:45 – 8:10	Leisure Swim (13+) 5:45 – 9:00
6:30 am												
7:00 am			Group Centergy® (13+) 7:15 – 8:15									
7:30 am												
8:00 am												
8:30 am											AquaFit (13+) 8:15 – 9:00	
9:00 am			Move Together Heart (13+) 9:15 – 10:00	Cycle (13+) 9:00 – 9:45		R Diabetes Fit (15+) 9:00 – 10:00					CR Lane Swim (13+) 9:05 – 10:00 10:00 – 11:00 (4 Lanes)	CR Family Swim 9:05 – 11:00
9:30 am												
10:00 am	▲ Playnasium (0-6) 10:00 – 11:00		Group Active® (13+) 10:10 – 11:10		Move Together Yoga (13+) 10:10 – 11:10	R Move For Health (15+) 10:05 – 11:05		Stay & Play (0-6) 8:45 – 1:15	Rise & Shine (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00	Aqua Power Jog (13+) 10:15 – 10:45	
10:30 am												
11:00 am	Rise & Shine (2.5-4) 11:00 – 11:30		Move Together Strength (13+) 11:20 – 12:00			R Neuro Fit (15+) 11:15 – 12:15					CR Lane Swim (13+) 11:00 – 12:55	R ▲ Splashers/Bubblers (3 months-3) 11:00 – 11:30 R Lil'Dippers (3-5) 11:30 – 12:00 R Lil'Dippers (3-5) 12:00 – 12:30 CR ▲ Family Swim 11:30 – 12:55
11:30 am												
12:00 pm			Group Power® (13+) 12:10 – 1:00			Wellness Centre Support (15+) 12:15 – 2:15						
12:30 pm												
1:00 pm			Move Together Chair Yoga (13+) 1:15 – 2:00			Mobility & Stretch (15+) 1:00 – 1:30						
1:30 pm												
2:00 pm												
2:30 pm						R Neuro Fit (15+) 2:30 – 3:30						Open Swim/Lane Swim (2 Lanes) 1:00 – 4:15
3:00 pm	Basketball (13+) 3:00 – 4:30											
3:30 pm						Wellness Centre Support (15+) 3:30 – 4:30						
4:00 pm												
4:30 pm			R Dance (7-9) 4:30 – 5:10									
5:00 pm	YMCA Basketball (4-6) 4:45 – 5:30											R ▲ Splashers/Bubblers (3 months-3) 5:00 – 5:30
5:30 pm	Soccer (7-9) 5:30 – 6:15		Group Power® (13+) 5:25 – 6:25	R Youth Circuit (10-14) 5:25 – 6:25 (Meet Outside the Cycle Studio)	R Dance (10-12) 5:30 – 6:15							R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 7:00
6:00 pm												
6:30 pm	▲ ★ Family Tae Kwon Do (3+) 6:35 – 7:05		Move30® (13+) 6:45 – 7:15 (Starts Oct. 7)	Learn to Run 6:00 – 7:00 (Sept 9 – Nov. 18, Meet at the Front Desk)			Kid's Zone (7-12) 5:15 – 8:00	Stay & Play (0-6) 5:15 – 8:00	Jr. Kid's Zone (4-6) 5:15 – 7:45	Drop-In Closed		
7:00 pm	R ★ Tae Kwon Do (5-12) 7:05 – 7:45			Cycle (13+) 6:35 – 7:20								R Swim Lessons (Stars) (6-12) 7:00 – 7:45
7:30 pm												
8:00 pm	R ★ Tae Kwon Do (Advanced) 7:45 – 8:30		Zumba® (13+) 7:45 – 8:45									
8:30 pm												
9:00 pm												
9:30 pm	Basketball (15+) 8:45 – 10:45											CR Leisure Swim (13+) 8:00 – 10:30
10:00 pm											CR Lane Swim (13+) 9:45 – 10:30	

# Tuesday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool	Leisure Pool
6:00 am											Lane Swim (13+) 5:45 – 8:00	Leisure Swim (13+) 5:45 – 9:00
6:30 am					TRX® (13+) 6:15 – 7:00							
7:00 am			Yoga (13+) 7:15 – 7:45								Lane Swim (13+) (4 Lanes) 8:00 – 8:55	
8:00 am										Specialized Youth Programming 8:00 – 2:00	Aqua Power Jog (13+) 8:15 – 8:45	Family Swim 9:05 – 10:55
8:30 am	Pickleball (15+) 8:30 – 10:30										AquaFit (13+) 9:00 – 9:45	
9:00 am		Total Body Conditioning (13+) 9:15 – 10:00			Wellness Centre Support (15+) 9:30 – 10:30							
9:30 am												
10:00 am			Move30® (13+) 10:15 – 10:45 (Starts Oct. 8)								Lane Swim (13+) 10:00 – 11:00	Leisure Swim (13+) 11:00 – 12:55
10:30 am					Yoga (13+) 10:10 – 11:10	Mobility & Stretch (15+) 10:30 – 11:00			Stay & Play (0-6) 8:45 – 1:15	Move & Play (2.5-4) 9:30 – 11:30		
11:00 am	Move&Play (2.5-4) 11:00 – 11:30		Group Centergy® (13+) 11:00 – 12:00									
11:30 am						R Move For Health (15+) 11:30 – 12:30						
12:00 pm	Facility Booking 12:00 – 1:00		Group Active® (13+) 12:10 – 1:00	Cycle (13+) 12:10 – 1:00								
12:30 pm												
1:00 pm						R Diabetes Fit (15+) 1:00 – 2:00						
1:30 pm						R Rock Steady Boxing® (15+) 1:15 – 2:15						
2:00 pm												
2:30 pm												
3:00 pm	Basketball (13+) 3:00 – 5:00											
3:30 pm												
4:00 pm												
4:30 pm			Youth Fit (7-9) 4:15 – 5:15									
5:00 pm												
5:30 pm	Ball Hockey (7-9) 5:15 – 6:00	Tumbling (4-6) 5:15 – 6:00										
6:00 pm	Ball Hockey (4-6) 6:00 – 6:30	Tumbling (7-9) 6:00 – 6:30	Group Centergy® (13+) 5:25 – 6:25	Cycle (13+) 6:00 – 6:45 (Starts Oct. 1)	TRX® (13+) 5:40 – 6:25	R Move For Health (15+) 6:00 – 7:00	Kid's Zone (7-12) 5:15 – 8:00	Stay & Play (0-6) 5:15 – 8:00				
6:30 pm												
7:00 pm			Group Active® (13+) 6:35 – 7:35									
7:30 pm												
8:00 pm	Family Badminton (5+) 7:45 – 9:00		Yoga (13+) 7:45 – 8:45									
8:30 pm												
9:00 pm												
9:30 pm	Badminton (15+) 9:00 – 10:45											
10:00 pm												



# Wednesday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	TeenZone	Pool	Leisure Pool
6:00 am												
6:30 am				Cycle (13+) 6:15 – 7:00							Lane Swim (13+) 5:45 – 8:10	Leisure Swim (13+) 5:45 – 9:00
7:00 am			Core & Stretch 7:15 – 7:45									
7:30 am												
8:00 am												
8:30 am	Pickleball (15+) 8:30 – 10:15									Specialized Youth Programming 8:00 – 2:00	AquaFit (13+) 8:15 – 9:00	
9:00 am			Move Together Heart (13+) 9:15 – 10:00	Cycle (13+) 9:00 – 9:45		R Diabetes Fit (15+) 9:00 – 10:00					CR Lane Swim (13+) 9:05 – 10:00 10:00 – 11:00 (4 Lanes)	CR PA Family Swim 9:05 – 11:00
9:30 am									Rise & Shine (2.5-4) 9:30 – 11:30			
10:00 am												
10:30 am			Group Active® (13+) 10:10 – 11:10		Move Together Yoga (13+) 10:10 – 11:10			Stay & Play (0-6) 8:45 – 1:15			Aqua Power Jog (13+) 10:15 – 10:45	
11:00 am	PA Wiggles & Giggles (0-6) 10:45 – 11:15	Rise & Shine (2.5-4) 11:00 – 11:30										
11:30 am			Move Together Strength (13+) 11:20 – 12:00									
12:00 pm	Facility Booking 12:00 – 1:00											
12:30 pm			Group Power® (13+) 12:10 – 1:00			Well-Brewed Social (15+) 12:00 – 1:00 (At The Cafe)						
1:00 pm												
1:30 pm	Adapted Gym Session (15+) 1:15 – 1:45											
2:00 pm						Adapted Gym Session (15+) 1:45 – 2:15						
2:30 pm												
3:00 pm												
3:30 pm	Basketball (13+) 3:00 – 5:00											
4:00 pm												
4:30 pm												
5:00 pm												
5:30 pm	R YMCA Basketball (7-9) 5:15 – 6:00											
6:00 pm	R YMCA Basketball (7-9) 6:00 – 6:45		Group Power® (13+) 5:25 – 6:25									
6:30 pm												
7:00 pm	R YMCA Basketball (10-12) 6:45 – 7:45		Group Blast® (13+) 6:35 – 7:35	Cycle (13+) 6:35 – 7:20	R ★ Beginners Judo (7+) 6:30 – 7:30							
7:30 pm												
8:00 pm	Y Sports (13-17) 7:50 – 8:50		Zumba® (13+) 7:45 – 8:45									
8:30 pm												
9:00 pm	Basketball (15+) 8:50 – 10:45											
9:30 pm												
10:00 pm												

# Thursday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool	Leisure Pool
6:00 am					TRX® (13+) 6:15 – 7:00						Lane Swim (13+) 5:45 – 8:00	Leisure Swim (13+) 5:45 – 9:00
6:30 am											Lane Swim (13+) (4 Lanes) 8:00 – 8:55	
7:00 am			Yoga (13+) 7:15 – 7:45									
7:30 am												
8:00 am												
8:30 am											Aqua Power Jog (13+) 8:15 – 8:45	
9:00 am												
9:30 am			Total Body Conditioning (13+) 9:15 – 10:00	Cycle (13+) 9:30 – 10:15		Wellness Centre Support (15+) 9:30 – 10:30						
10:00 am	Playnasium (0-6) 10:00 – 11:00		Move30® (13+) 10:15 – 10:45 (Starts Oct. 10)		Yoga (13+) 10:10 – 11:10				Move & Play (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00		Family Swim (13+) 9:05 – 11:00
10:30 am								Stay & Play (0-6) 8:45 – 1:15			Lane Swim (13+) 10:00 – 12:55	
11:00 am	Move & Play (2.5-4) 11:00 – 11:30		Zumba® (13+) 11:00 – 11:45									
11:30 am						R Move For Health (15+) 11:30 – 12:30						Leisure Swim (13+) 11:00 – 12:55
12:00 pm	Facility Booking 12:00 – 1:00		Group Centergy® (13+) 12:10 – 1:00	Cycle (13+) 12:10 – 1:00								
12:30 pm												
1:00 pm						R Rock Steady Boxing® (15+) 1:15 – 2:15						
1:30 pm						R Diabetes Fit (15+) 1:00 – 2:00						
2:00 pm												
2:30 pm						R Rock Steady Boxing® (15+) 2:30 – 4:00						
3:00 pm	Basketball (13+) 3:00 – 5:00											
3:30 pm												
4:00 pm				R Dance (4-6) 4:00 – 4:30 4:35 – 5:05								
4:30 pm												
5:00 pm												
5:30 pm	YMCA Basketball (4-6) 5:15 – 6:00	Y Sports (7-9) 5:15 – 6:00	Group Active® (13+) 5:25 – 6:25	Youth Fit (10-14) 5:25 – 6:25							Drop-In Employment Readiness & Volunteer Help Available Music Room Open (11-13) 4:00 – 6:00	
6:00 pm	Active Games (4-6) 6:00 – 6:30	Active Games (7-9) 6:00 – 6:30			Cycle (13+) 6:00 – 6:45 (Starts Oct. 3)	Learn to Run 6:00 – 7:00 (Sept. 11 – Nov. 21. Meet at the Front Desk)	R Move For Health (15+) 6:00 – 7:00	Kid's Zone (7-12) 5:15 – 8:00	Stay & Play (0-6) 5:15 – 8:00			
6:30 pm	★ Family Tae Kwon Do (3+) 6:35 – 7:05		Interval Challenge (13+) 6:35 – 7:35									
7:00 pm	R ★ Tae Kwon Do (5-12) 7:05 – 7:45				Youth Fit (10-14) 6:45 – 7:45							
7:30 pm						R Diabetes Fit (15+) 7:15 – 8:15						
8:00 pm	Volleyball (13-17) 8:00 – 9:00		Yoga (13+) 7:45 – 8:45									
8:30 pm												
9:00 pm	Volleyball (15+) 9:00 – 10:45											
9:30 pm												
10:00 pm												

# Friday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool	Leisure Pool
6:00 am												
6:30 am				Cycle (13+) 6:15 – 7:00							Lane Swim (13+) 5:45 – 8:10	Leisure Swim (13+) 5:45 – 9:00
7:00 am			Core & Stretch (13+) 7:15 – 7:45									
7:30 am												
8:00 am												
8:30 am	Pickleball (15+) 8:30 – 10:30										AquaFit (13+) 8:15 – 9:00	
9:00 am			Move Together Strength (13+) 9:15 – 10:00	Cycle (13+) 9:00 – 9:45		Wellness Centre Support (15+) 9:00 – 11:00		Stay & Play (0-6) 8:45 – 1:15		Rise & Shine (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00	Family Swim (13+) 9:05 – 11:00
9:30 am												
10:00 am			Group Power® (13+) 10:10 – 11:10		Move Together Yoga (13+) 10:10 – 11:10							
10:30 am												
11:00 am	Rise & Shine (2.5-4) 11:00 – 11:30										Lane Swim (13+) 9:05 – 12:55	R Splashers/Bubblers (3 months-3) 11:00 – 11:30
11:30 am						Neuro Fit (15+) 11:15 – 12:15						R Lil' Dippers (3-5) 11:30 – 12:00
12:00 pm	Facility Booking 12:00 – 1:00											R Lil' Dippers (3-5) 12:00 – 12:30
12:30 pm			Group Active® (13+) 12:10 – 1:00			Wellness Centre Support (15+) 12:15 – 2:15						Family Swim (13+) 11:30 – 12:55
1:00 pm						Mobility & Stretch (15+) 1:00 – 1:30						
1:30 pm												
2:00 pm												
2:30 pm												
3:00 pm						R Neuro Fit (15+) 2:30 – 3:30						Open Swim/Lane Swim (2 Lanes) 1:00 – 4:15
3:30 pm	Basketball (13+) 3:00 – 5:00											
4:00 pm						Wellness Centre Support (15+) 3:30 – 4:30						
4:30 pm												
5:00 pm	R YMCA Basketball (10-12) 5:15 – 6:15										R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 6:30	R Splashers/Bubblers (3 months-3) 5:00 – 5:30
5:30 pm												
6:00 pm	R YMCA Basketball (7-9) 6:15 – 7:00											
6:30 pm												R Swim Lessons (Stars) (6-12) 6:30 – 7:15
7:00 pm	R YMCA Basketball (7-9) 7:00 – 7:45		Zumba® (13+) 6:45 – 7:45		R ★ Junior Judo (7-12) 6:30 – 8:00			Kid's Zone (7-12) 5:15 – 8:00			Drop-In Employment Readiness & Volunteer Help Available (13-18) 5:00 – 10:00	
7:30 pm								Stay & Play (0-6) 5:15 – 8:00				
8:00 pm												
8:30 pm	Basketball (13-17) 8:00 – 9:45											
9:00 pm						R ★ Senior Judo (7-12) 8:30 – 10:00						Open Swim/ Lane Swim (1 Lane) 7:30 – 8:55
9:30 pm												
9:30 pm											CR Lane Swim (13+) 9:00 – 10:00	CR Leisure Swim (13+) 9:00 – 10:00
10:00 pm												

# Saturday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool	Leisure Pool	
6:00 am													
6:30 am											Lane Swim (13+) 6:15 – 7:55	Leisure Swim (13+) 6:15 – 8:45	
7:00 am													
7:30 am													
8:00 am			Interval Challenge (13+) 8:00 – 9:00								AquaFit (13+) 8:00 – 8:45		
8:30 am													
9:00 am											R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 9:00 – 10:00	R Splashers/Bubblers (3 months-3) 9:30 – 10:00	
9:30 am			Yoga (13+) 9:10 – 10:00	Cycle (13+) 9:00 – 10:00 (Starts Oct. 5)									
10:00 am	Play Gym (4-6) 9:45 – 10:45												
10:30 am			Group Active® (13+) 10:10 – 11:10		R Street Proofing Beginner (7-12) 10:00 – 11:00							R Swim Lessons (Stars) (6-12) 10:00 – 10:45	
11:00 am	Active Games (7-12) 10:45 – 11:45	Playnasium (0-6) 10:45 – 11:45											
11:30 am					R Street Proofing Advanced (7-12) 11:00 – 12:30						R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 10:45 – 12:15	R Splashers/Bubblers (3 months-3) 11:15 – 11:45	
12:00 pm	Family Badminton (5+)/ Table Tennis (7+) 12:00 – 1:30		R Dance (4-6) 12:00 – 12:30										
12:30 pm													R Swim Lessons (Stars) (6-12) 12:15 – 1:00
1:00 pm													
1:30 pm	R S Birthday Parties 1:30 – 3:00	R S Birthday Parties 1:30 – 3:00	R Dance (7-9) 1:15 – 2:00										
2:00 pm													
2:30 pm													
3:00 pm	Soccer (4-6) 3:15 – 4:00												
3:30 pm				R Junior Triathlon (8-12) (13-15) 3:00 – 5:00 (4:00 – 5:00 In Pool)									
4:00 pm	Soccer (7-9) 4:00 – 5:00												
4:30 pm													
5:00 pm	Basketball (13-17) 5:00 – 8:45												
5:30 pm													
6:00 pm													
6:30 pm													
7:00 pm													
7:30 pm													
										Drop-In Homework Help Available (13-18) 5:00 – 9:00			
											Open Swim/Lane Swim (1 Lane) 1:15 – 3:55		
											R Junior Triathlon (8-12) (13-15) 3:00 – 5:00 (3:00 – 4:00 In Cycle Room)		
											R S Adapted Aquatics 4:00 – 6:00		
												Open Swim/Lane Swim (1 Lane) 6:15 – 8:00	

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

	Gym 1	Gym 2	Studio	Pool
8:00 am				
8:30 am				Lane Swim (13+) 8:00 – 10:00
9:00 am				
9:30 am				
10:00 am				
10:30 am		Total Body Conditioning (13+) 10:00 – 11:00		CR Open Swim 10:00 – 11:55
11:00 am				
11:30 am				

	Gym 1	Gym 2	Studio	Pool
12:00 pm				Lane Swim (13+) 12:00 – 1:00
12:30 pm				
1:00 pm	P Family Badminton (5+)/ Table Tennis (7+) 1:00 – 3:00			
1:30 pm				
2:00 pm				CR P Open Swim 1:00 – 4:00
2:30 pm				
3:00 pm				
3:30 pm				

- S Additional Fee Required.
- R Registration Required.
- P Parental Participation Required.
- TS Referral Through School.
- CR City Swim Rate Fees Apply to YMCA Non-Members.
- ★ Martial Art Lessons included in membership. Additional (optional) fee for uniforms, testing & belts.

# Sunday

	Gym 1	Gym 2	Studio	Cycle Room	MPR 2	Wellness Centre	Jay's Room	Play Centre	MPR 1	Teen Zone	Pool		Leisure Pool
8:00 am											Lane Swim (6 Lanes) 8:00 – 8:30	Master Swim (4 Lanes) 8:00 – 9:25	Leisure Swim (13+) 8:00 – 9:25
8:30 am											Lane Swim (2 Lanes) 8:30 – 9:25		
9:00 am				Cycle (13+) 9:00 – 9:45 (Starts Oct. 6)									
9:30 am													R ▲ Splashers/Bubblers (3 months-3) 9:30 – 10:00
10:00 am	▲ Family Badminton (5+) 10:00 – 11:30		Yoga (13+) 10:00 – 11:00										
10:30 am													R ▲ Splashers/Bubblers (3 months-3) 10:30 – 11:00
11:00 am													
11:30 am			R ★ Tae Kwon Do (5-12) 11:15 – 12:00 (No Class on Long Weekends)										
12:00 pm													
12:30 pm			R ★ Tae Kwon Do (Advanced) 12:00 – 12:45 (No Class on Long Weekends)										
1:00 pm													
1:30 pm	R \$ Birthday Parties 1:00 – 3:30												
2:00 pm													
2:30 pm													
3:00 pm													
3:30 pm													
4:00 pm													
4:30 pm													
5:00 pm													
5:30 pm													
6:00 pm													
6:30 pm													
7:00 pm													

## Building Hours

Monday – Friday	5:30 am – 11:00 pm
Saturday	6:00 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:** Gym 1 & 2 and the Studio will be closed November 17, 2019 from 3:00 pm – 6:00 pm 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.

## Chaplin Family YMCA

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General Manager: Monique Yuhasz