



A healthier family starts here.



ThisIsY.ca


September 2 – December 22, 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							Stay & Play (0-6) 9:00 – 1:00		AquaFit (13+) 9:05 – 9:50		
9:30 am	Zumba® (13+) 9:35 – 10:20		Cycle (13+) 9:35 – 10:35	Group Centergy® (13+) 9:35 – 10:35		Rise & Shine (2.5-4) 9:30 – 11:30					
10:00 am											
10:30 am	Playnasium (0-6) 10:30 – 12:00		Move30® (13+) 11:00 – 11:30 (Starts Oct. 7)	Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30		Family Time (0-6) 1:30 – 4:00	Family Time 11:00 – 12:00	Lane Swim (13+) 10:00 – 1:00	Parent & Tot Swim (3 months-5) 10:00 – 12:00	
11:00 am											
11:30 am											
12:00 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55	Group Core® (13+) 12:00 – 12:30				Wellness Walking (15+) 12:00 – 1:00	Move Together Water (13+) 1:05 – 1:50	Leisure Swim (13+) 10:00 – 2:00	
12:30 pm											
1:00 pm						R Diabetes Fit (15+) 1:00 – 2:00	Minds in Motion 12:30 – 3:30 (Sept. 9 – Nov. 4. No class Oct. 14 & Nov. 11 – Dec. 16)				
1:30 pm											
2:00 pm	Basketball (13+) 2:30 – 4:00						Family Time (0-6) 1:30 – 4:00		Open Swim (3 Lanes) 2:00 – 4:20	Open Swim 2:00 – 4:20	
2:30 pm											
3:00 pm						R Move For Health (15+) 2:30 – 3:30					
3:30 pm			Fitness Centre Support - Healthy Hearts (15+) 3:30 – 4:30 (Meet in Conditioning Centre)					Family Time 3:30 – 4:30	SJAM Swim Team (2 lanes) 3:15 – 4:15 (Starts Nov. 4)		
4:00 pm											
4:30 pm	YMCA Basketball (7-9) 4:15 – 5:15		Group Core® (13+) 4:50 – 5:20		R Dance (4-6) 4:15 – 5:00				Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 7:30		
5:00 pm											
5:30 pm	YMCA Basketball (7-9) 5:15 – 6:15		Group Active® (13+) 5:30 – 6:30	Group Blast® (13+) 5:30 – 6:30		Jr. Kid's Zone (4-6) 4:15 – 6:30	Stay & Play (0-6) 4:30 – 7:45				
6:00 pm											
6:30 pm	YMCA Basketball (10-12) 6:15 – 7:15		Zumba® (13+) 6:40 – 7:25	Yoga (13+) 6:40 – 7:40						R Splashers/Bubblers (3 months-3) 6:30 – 7:00	
7:00 pm											
7:30 pm	YMCA Basketball (10-12) 7:15 – 8:15										
8:00 pm			Cycle (13+) 7:50 – 8:35	R S Small Group Personal Training (13+) 7:45 – 8:30							
8:30 pm											
9:00 pm	Badminton (15+) 8:30 – 10:45								Aquatic Leadership (10+) 7:00 – 9:30	Drop-In Lessons & Stroke Correction (13+) 8:15 – 9:00	
9:30 pm											
10:00 pm											
10:30 pm											
									Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 9:00 – 10:30	


*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		Cycle (13+) 7:30 – 8:15							
7:30 am										
8:00 am										
8:30 am										
9:00 am										
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	Fitness Centre Support - Healthy Hearts (15+) 9:00 – 10:00 (Meet in Conditioning Centre)	AquaFit - Deep (13+) 9:05 – 9:50	
10:00 am										
10:30 am	Move & Play (2.5-4) 10:30 – 11:30			Move Together Strength (13+) 10:45 – 11:30	R Move For Health (15+) 10:45 – 11:45				Lane Swim (13+) 10:00 – 11:00	▲ Parent & Tot Swim (3 months-5) 10:00 – 11:00
11:00 am										
11:30 am										
12:00 pm	Basketball (13+) 12:00 – 2:15		Group Power® (13+) 12:00 – 1:00	Move Together 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	Fitness Centre Support - Healthy Hearts (15+) 1:00 – 3:00 (Meet in Conditioning Centre)	Open Swim (3 Lanes) 2:00 – 3:50	Open Swim 2:00 – 3:50
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	Y Sport (7-12) 4:15 – 5:00				Active Games (4-6) 4:15 – 5:00					
5:00 pm	Soccer (7-9) 5:00 – 5:45	Soccer (10-12) 5:00 – 5:45	Move30® (13+) 4:45 – 5:15 (Starts Oct. 8)	HIIT (13+) 4:35 – 5:20		Soccer (4-6) 5:00 – 5:45			R Swim Lessons (Stars) (6-12) 5:00 – 5:45	R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:00 – 5:00 5:45 – 6:45
5:30 pm										
6:00 pm	Ball Hockey (7-9) 5:45 – 6:30	Ball Hockey (10-12) 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	R S Small Group Personal Training (13+) 5:30 – 6:45 (Meet in Core & Stretch Space)		
6:30 pm									Tri/ Intermediate Run Group (18+) 6:15 – 7:10 (Meet in the Lobby)	
7:00 pm	Active Games (7-12) 6:30 – 7:15		Group Centergy® (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40		Jr. Kid's Zone (4-6) 6:30 – 7:15			Open Swim 7:00 – 8:00	
7:30 pm	Ready, Set, Relay (7-12) 7:15 – 8:00									
8:00 pm			Yoga (13+) 7:50 – 8:50	Group Core® (13+) 7:50 – 8:20					AquaFit (13+) 8:05 – 8:50	
8:30 pm										
9:00 pm	Ball Hockey (18+) 8:15 – 10:45					Table Tennis (15+) 8:15 – 10:45				Leisure Swim (13+) 8:05 – 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.

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					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							Stay & Play (0-6) 9:00 – 1:00		AquaFit (13+) 9:05 – 9:50	
9:30 am	Zumba® (13+) 9:35 – 10:20		Cycle (13+) 9:35 – 10:35	Group Centergy® (13+) 9:35 – 10:35		Rise & Shine (2.5-4) 9:30 – 11:30				
10:00 am										
10:30 am	Playnasium (0-6) 10:30 – 12:00		Move30® (13+) 11:00 – 11:30 (Starts Oct. 9)	Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30			Family Time (11:00 – 12:00)	Lane Swim (13+) 10:00 – 1:00	Parent & Tot Swim (3 months-5) 10:00 – 12:00
11:00 am										
11:30 am										
12:00 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55	Group Core® (13+) 12:00 – 12:30						Leisure Swim (13+) 10:00 – 2:00
12:30 pm										
1:00 pm						R Diabetes Fit (15+) 1:00 – 2:00			Move Together Water (13+) 1:05 – 1:50	
1:30 pm										
2:00 pm	Basketball (13+) 2:30 – 4:00						Family Time (0-6) 1:30 – 4:00		Open Swim (3 Lanes) 2:00 – 4:20	Open Swim 2:00 – 4:20
2:30 pm					R Move For Health (15+) 2:30 – 3:30					
3:00 pm										
3:30 pm			Fitness Centre Support - Healthy Hearts (15+) 3:30 – 4:30 (Meet in Conditioning Centre)					Family Time 3:30 – 4:30	SJAM Swim Team (2 lanes) 3:15 – 4:15 (Starts Nov. 4)	
4:00 pm										
4:30 pm	Active Games (7-12) 4:15 – 5:45		Cycle (13+) 4:35 – 5:20				Jr. Kid's Zone (4-6) 4:15 – 6:30			Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 7:30
5:00 pm					R Dance (7-9) 5:00 – 5:45					
5:30 pm			Group Core® (13+) 5:30 – 6:00	Group Blast® (13+) 5:30 – 6:30			Stay & Play (0-6) 4:30 – 7:45			
6:00 pm	R ★ Tae Kwon Do (5-12) 5:45 – 6:30					Kid's Zone (7-12) 5:45 – 8:00				
6:30 pm	R ★ Tae Kwon Do (5-12) 6:30 – 7:15		HIIT (13+) 6:10 – 6:55						R ▲ Splashers/Bubblers (3 months-3) 6:30 – 7:00	
7:00 pm				Group Active® (13+) 6:40 – 7:40						
7:30 pm	R ★ Advanced Tae Kwon Do (Purple - Black Stripe Belts) (5-12) 7:15 – 8:00		Yoga (13+) 7:45 – 8:45	Zumba® (13+) 7:50 – 8:35	R Teen Conditioning (13+) 7:00 – 8:30 (Meet Instructor at Membership Desk)	Aquatic Leadership (10+) 6:30 – 8:15				R Swim Lessons (Stars) (6-12) 7:30 – 8:15
8:00 pm										
8:30 pm	Volleyball (18+) 8:15 – 10:45							R S Aquatic Leadership (10+) 8:15 – 9:30	Drop-In Lessons & Stroke Correction (13+) 8:15 – 9:00	
9:00 pm										
9:30 pm										Leisure Swim (13+) 9:00 – 10:30
10:00 pm									Lane Swim (13+) 9:00 – 10:30	
10:30 pm										


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 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 Centergy® (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			Cycle (13+) 7:30 – 8:15							
8:00 am										
8:30 am										
9:00 am										
9:30 am			Cycle (13+) 9:35 – 10:20	Group Active® (13+) 9:35 – 10:35						
10:00 am						Move & Play (2.5-4) 9:30 – 11:30				
10:30 am	Move & Play (2.5-4) 10:30 – 11:30			Move Together Strength (13+) 10:45 – 11:30	Move For Health (15+) 10:45 – 11:45		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
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	Move Together 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			
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	Y Sports (7-12) 4:15 – 5:45		Move30® (13+) 4:45 – 5:15 (Starts Oct. 10)	HIIT (13+) 4:35 – 5:20						Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:00 – 5:00
5:00 pm										Swim Lessons (Stars) (6-12) 5:00 – 5:45
5:30 pm										
6:00 pm	Active Games (7-9) 5:45 – 6:30	Active Games (10-12) 5:45 – 6:30	Group Blast® (13+) 5:30 – 6:30	Zumba® (13+) 5:45 – 6:30			Stay & Play (0-6) 4:30 – 7:45			Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 6:45
6:30 pm	Junior Youth Leadership Development (10-12) 6:30 – 7:15 (Oct. 10 – May 14)				Senior Youth Leadership Development (13+) 6:30 – 7:15 (October 10 – May 14)					
7:00 pm			Yoga (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40						
7:30 pm	Senior Youth Leadership Development (13+) 7:15 – 8:00 (Oct. 10 – May 14)			Group Core® (13+) 7:50 – 8:20	Diabetes Fit (15+) 7:15 – 8:15	Gaga Ball (7-12) 7:15 – 8:00				Open Swim 7:00 – 8:00
8:00 pm									AquaFit (13+) 8:05 – 8:50	
8:30 pm										
9:00 pm	Basketball (18+) 8:15 – 10:45									
9:30 pm										
9:30 pm						Table Tennis (15+) 8:15 – 10:45				Leisure Swim (13+) 8:05 – 10:30
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			Group Core® (13+) 6:45 – 7:15							
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			Group Active® (13+) 9:35 – 10:35	Group Power® (13+) 9:35 – 10:35						
10:00 am										
10:30 am	Playnasium (0-6) 10:30 – 12:00						Stay & Play (0-6) 9:00 – 1:00			Parent & Tot Swim (3 months-5) 10:00 – 12:00
11:00 am			Yoga (13+) 10:45 – 12:00					Family Time (13+) 11:00 – 12:00	Lane Swim (13+) 10:00 – 1:00	
11:30 am										
12:00 pm										
12:30 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55							Leisure Swim (13+) 10:00 – 2:00
1:00 pm									Move Together Water (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 (PD Day Open Swim Sept. 20, Oct. 25, Nov. 15)	Open Swim 2:00 – 4:20
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	YMCA Basketball (7-9) 4:15 – 5:15									Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 5:00
5:00 pm	Active Games (7-12) 5:15 – 6:15									Swim Lessons (Stars) (6-12) 5:00 – 5:45
5:30 pm				Group Active® (13+) 5:35 – 6:35	Jr. Kid's Zone (4-6) 5:00 – 6:30					
6:00 pm							Stay & Play (0-6) 4:30 – 7:45			Splashers/Bubblers (3 months-3) 6:15 – 6:45
6:30 pm	Y Sports (7-12) 6:15 – 7:15	Aquatic Leadership 5:00 – 9:00				Active Games (4-6) 6:30 – 7:15				Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 7:15
7:00 pm					Family Aikido (5+) 6:45 – 7:15					
7:30 pm	YMCA Basketball (10-12) 7:15 – 8:15					Aikido (7-12) 7:15 – 8:00				Swim Lessons (Stars) (6-12) 7:15 – 8:00
8:00 pm										Open Swim 8:05 – 9:00
8:30 pm	Basketball (13-17) 8:30 – 10:45									
9:00 pm										
9:30 pm										
10:00 pm										Aquatic Leadership 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.

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	R S 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				AquaFit (13+) 9:05 – 9:50	
9:30 am										
10:00 am	Y Sports (7-12) 9:45 – 10:30		Group Blast® (13+) 10:00 – 11:00	Group Power® (13+) 10:00 – 11:00	Jr. Kid's Zone (4-6) 9:45 – 11:45		Stay & Play (0-6) 9:00 – 12:30		R S Private Swim Lessons (all ages) 10:00 – 11:00	R Junior Lifeguard (8-12) 10:00 – 11:00
10:30 am										
11:00 am	Active Games (7-12) 10:30 – 11:15									
11:30 am	Soccer (7-9) 11:15 – 12:00			Yoga (13+) 11:15 – 12:15				A Family Time 11:00 – 12:00	R Junior Tri Group (8-12) 11:00 – 1:00	R S Swim Lessons (Stars) (6-12) 11:00 – 11:45 R S Swim Lessons (all ages) 11:45 – 12:30
12:00 pm	Soccer (10-12) 12:00 – 12:45		R Junior Tri Group (8-12) 12:00 – 12:30							R S Birthday Parties 11:00 – 1:00
12:30 pm									R Junior Tri Group (8-12) 12:30 – 1:00	
1:00 pm					R ★ Karate (4-6) 1:15 – 2:00				R Swim Team (8-12) 1:00 – 2:00	R S Private Swim Lessons (all ages) 12:30 – 3:00
1:30 pm			R Newcomer Youth 1:30 – 3:30		R ★ Karate (7-12) 2:00 – 3:00		R S Birthday Parties 12:00 – 5:00			R Swim Team (8-12) 1:00 – 2:00
2:00 pm	R S Birthday Parties 1:15 – 4:15									Leisure Swim (13+) 2:00 – 3:00
2:30 pm										
3:00 pm										
3:30 pm				R S Aquatic Leadership 1:00 – 7:30					A Family Time 3:30 – 4:30	A Family Swim 3:00 – 4:00
4:00 pm										
4:30 pm										
5:00 pm										
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										R S Aquatic Leadership 7:30 – 9:00

Statutory Holiday Schedule - September 2 & October 14, 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			Cycle (13+) 9:45 – 10:45	Group Active® (13+) 9:45 – 10:45				
10:00 am								
10:30 am								
11:00 am				Group Power® (13+) 11:00 – 12:00	A Family Table Tennis (7+) 11:00 – 12:00			
11:30 am								
12:00 pm								A Family Table Tennis (7+) 12:00 – 1:00
12:30 pm								Family Swim 12:00 – 2:00
1:00 pm							A Family Badminton (7+) 12:15 – 1:45	
1:30 pm								
2:00 pm								Open Swim 2:00 – 4:00
2:30 pm							Badminton (15+) 2:00 – 4:00	
3:00 pm								
3:30 pm								

*The Martin Levene Room

S Additional Fee Required.

R Registration Required.

A Parental Participation Required.

A In Partnership with Alzheimer's Society.

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

Sunday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool	
8:00 am	Basketball (18+) 8:00 – 11:45								Lane Swim (13+) 8:30 – 9:30	Leisure Swim (13+) 8:30 – 9:30	
8:30 am											
9:00 am											
9:30 am				Cycle (13+) 9:35 – 10:35	Group Centergy® (13+) 9:35 – 10:35	Kid's Zone (7-12) 9:30 – 11:00	Jr. Kid's Zone (4-6) 9:30 – 11:00			R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 9:30 – 1:00	
10:00 am											
10:30 am											
11:00 am			Group Blast® (13+) 10:45 – 11:45	Group Power® (13+) 10:45 – 11:45				A Family Time 11:00 – 12:00	R A Splashers/Bubblers (3 months-3) 11:30 – 12:00		
11:30 am											
12:00 pm	Badminton (15+) 12:00 – 2:00		Yoga (13+) 12:00 – 1:00		R ★ Tae Kwon Do (5-12) 11:15 – 12:00	R ★ Tae Kwon Do (5-12) (Advanced Belts) 12:00 – 12:45	A Family Time (0-6) 9:30 – 3:00				
12:30 pm											
1:00 pm										R Swim Lessons (Stars) (6-12) 1:00 – 1:45	
1:30 pm											
2:00 pm	A Family Badminton (7+) 2:00 – 3:50										
2:30 pm											
3:00 pm											
3:30 pm				Group Active® (13+) 3:00 – 4:00				A Family Time 3:30 – 4:30	A Family Swim 3:00 – 4:00		
4:00 pm											
4:30 pm	Basketball (13-17) 4:00 – 5:20										
5:00 pm									Open Swim 4:00 – 6:00		
5:30 pm	Volleyball (15+) 5:30 – 7:45		R S Triathlon Group (18+) 5:00 – 7:00		R S Triathlon Group (18+) 5:00 – 7:00						
6:00 pm											
6:30 pm											
7:00 pm									R Triathlon Group/Masters Swim (18+) 6:05 – 7:30		

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: Schedule is subject to change.

Day Pass

Those purchasing a day pass have access to all non-registered programs and 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.

Stork Family YMCA

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