



*A healthier family* starts here.



*ThisIsY.ca*

March 16 – March 22, 2020

**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												
6:30 am				Cycle (13+) 6:15 – 7:00							Lane Swim (13+) 5:45 – 8:10	Leisure Pool Closed 5:45 – 8:15
7:00 am												
7:30 am			Group Centergy® (13+) 7:15 – 8:15									
8:00 am										Specialized Youth Programming 8:00 – 2:00	AquaFit (13+) 8:15 – 9:00	Leisure Swim (13+) 8:15 – 9:00
8:30 am												
9:00 am				Cycle (13+) 9:00 – 9:45		R Diabetes Fit (15+) 9:00 – 10:00						
9:30 am			Move Together Heart (13+) 9:15 – 10:00									
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	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 8:45 – 1:15	Rise & Shine (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00	Lane Swim (13+) 9:05 – 10:00 10:00 – 11:00 (4 Lanes)	Family Swim (13+) 9:05 – 12:55
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					Lane Swim (13+) 11:00 – 12:55	
11:30 am												
12:00 pm												
12:30 pm			Group Power® (13+) 12:10 – 1:00			Wellness Centre Support (15+) 12:15 – 2:15						
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						
3:00 pm												
3:30 pm	Basketball (13+) 3:00 – 4:30											
4:00 pm						Wellness Centre Support (15+) 3:30 – 4:30						
4:30 pm												
5:00 pm	YMCA Basketball (4-6) 4:45 – 5:30											
5:30 pm	Soccer (7-9) 5:30 – 6:15		Group Power® (13+) 5:25 – 6:25									
6:00 pm												
6:30 pm	★ Family Tae Kwon Do (3+) 6:35 – 7:05						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								
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	Basketball (15+) 8:45 – 10:45										Underwater Hockey (8-12) 8:00 – 8:55	Leisure Swim (13+) 8:00 – 9:00
9:30 pm											Underwater Hockey (13+) 8:00 – 9:40	Leisure Pool Closed 9:00 – 10:30
10:00 pm											Leisure Swim (13+) 9:40 – 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 Pool Closed 5:45 – 8:15		
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										Specialized Youth Programming 8:00 – 2:00	Aqua Power Jog (13+) 8:15 – 8:45	Leisure Swim (13+) 8:15 – 9:00		
8:30 am	Pickleball (15+) 8:30 – 10:30													
9:00 am			Total Body Conditioning (13+) 9:15 – 10:00			Wellness Centre Support (15+) 9:30 – 11:30	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 8:45 – 1:15	Move & Play (2.5-4) 9:30 – 11:30		AquaFit (13+) 9:00 – 9:45	Family Swim 9:05 – 10:55		
9:30 am														
10:00 am		Move30® (13+) 10:15 – 10:45		Yoga (13+) 10:10 – 11:10	Mobility & Stretch (15+) 10:30 – 11:00									CR Lane Swim (13+) 10:00 – 11:00
10:30 am														
11:00 am	Move & Play (2.5-4) 11:00 – 11:30		Group Centergy® (13+) 11:00 – 12:00									Lane Swim (13+) 11:00 – 12:55	Leisure Swim (13+) 11:00 – 12:55	
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					Open Swim/Lane Swim (2 Lanes) 1:00 – 4:15 (On Dec. 24 & 31 Pool Closes at 2:30)			
1:30 pm			R Rock Steady Boxing® White (15+) 1:15 – 2:15											
2:00 pm														
2:30 pm			R Rock Steady Boxing® Red (15+) 2:30 – 4:00											
3:00 pm	Basketball (13+) 3:00 – 5:00													
3:30 pm														
4:00 pm														
4:30 pm										Drop-In Homework Help Available Music Room Open (11-13) 4:00 – 6:00				
5:00 pm														
5:30 pm	Ball Hockey (7-9) 5:15 – 6:00	Tumbling (4-6) 5:15 – 6:00	Group Centergy® (13+) 5:25 – 6:25											
6:00 pm	Ball Hockey (4-6) 6:00 – 6:30	Tumbling (7-9) 6:00 – 6:30		Cycle (13+) 6:00 – 6:45	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			Pool Closed 4:15 – 7:00			
6:30 pm	Soccer (4-6) 6:35 – 7:35		Group Active® (13+) 6:35 – 7:35											
7:00 pm										Drop-In Homework Help Available Music Room Open (13-18) 5:00 – 10:00				
7:30 pm														
8:00 pm	Family Badminton (5+) 7:45 – 9:00		Yoga (13+) 7:45 – 8:45			R Diabetes Fit (15+) 7:15 – 8:15						CR Lane Swim (1 Lane) (13+) 8:00 – 8:45	AquaFit (13+) 8:00 – 8:45	Leisure Swim (10+) 8:00 – 9:00
8:30 pm														
9:00 pm	Badminton (15+) 9:00 – 10:45													
9:30 pm														
10:00 pm													CR Lane Swim (13+) 9:00 – 10:00	Leisure Pool Closed 9:00 – 10:00

# Wednesday

	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 Pool Closed 5:45 – 8:15	
7:00 am			Core & Stretch 7:15 – 7:45										
7:30 am													
8:00 am													
8:30 am	Pickleball (15+) 8:30 – 10:15										AquaFit (13+) 8:15 – 9:00	Leisure Swim (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)		
9:30 am													
10:00 am													
10:30 am			Group Active® (13+) 10:10 – 11:10		Move Together Yoga (13+) 10:10 – 11:10	R Move For Health (15+) 10:05 – 11:05	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 8:45 – 1:15		Rise & Shine (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00	Aqua Power Jog (13+) 10:15 – 10:45	
11:00 am	Rise & Shine (2.5-4) 11:00 – 11:30												
11:30 am			Move Together Strength (13+) 11:20 – 12:00										
12:00 pm													
12:30 pm	Facility Booking 12:00 – 1:00		Group Power® (13+) 12:10 – 1:00			Well-Brewed Social (15+) 12:00 – 1:00 (At The Cafe)						Lane Swim (13+) 11:00 – 12:55	
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	Basketball (7-9) 5:15 – 6:00		Group Power® (13+) 5:25 – 6:25										
6:00 pm	Basketball (7-9) 6:00 – 6:45												
6:30 pm			Group Blast® (13+) 6:35 – 7:35	Cycle (13+) 6:35 – 7:20									
7:00 pm	Basketball (10-12) 6:45 – 7:45												
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 – 9:45												
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											Lane Swim (13+) 5:45 – 8:00	Leisure Pool Closed
6:30 am					TRX® (13+) 6:15 – 7:00						Lane Swim (13+) (4 Lanes) 8:00 – 8:55	Leisure Pool 5:45 – 8:15
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	Leisure Swim (13+) 8:15 – 9:00
9:00 am											AquaFit (13+) 9:00 – 9:45	
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				Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 8:45 – 1:15	Move & Play (2.5-4) 9:30 – 11:30	Specialized Youth Programming 8:00 – 2:00		Family Swim 9:05 – 11:00
10:30 am				Yoga (13+) 10:10 – 11:10		Mobility & Stretch (15+) 10:30 – 11:00						
11:00 am	Move & Play (2.5-4) 11:00 – 11:30		Zumba® (13+) 11:00 – 11:45								Lane Swim (13+) 10:00 – 12:55	Leisure Swim (13+) 11:00 – 12:55
11:30 am												
12:00 pm	Facility Booking 12:00 – 1:00											
12:30 pm			Move30 (13+) 12:15 – 12:45	Cycle (13+) 12:10 – 1:00								
1:00 pm												
1:30 pm			Rock Steady Boxing® White (15+) 1:15 – 2:15			Diabetes Fit (15+) 1:00 – 2:00						
2:00 pm												
2:30 pm												
3:00 pm	Basketball (13+) 3:00 – 5:00		Rock Steady Boxing® Red (15+) 2:30 – 4:00									
3:30 pm												
4:00 pm												
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										
6:00 pm	Active Games (4-6) 6:00 – 6:30	Active Games (7-9) 6:00 – 6:30	Group Active® (13+) 5:25 – 6:25									
6:30 pm	Family Tae Kwon Do (3+) 6:35 – 7:05			Cycle (13+) 6:00 – 6:45		Move For Health (15+) 6:00 – 7:00						
7:00 pm	Tae Kwon Do (5-12) 7:05 – 7:45		Interval Challenge (13+) 6:35 – 7:35	Youth Fit (10-14) 6:45 – 7:45			Kid's Zone (7-12) 5:15 – 8:00	Stay & Play (0-6) 5:15 – 8:00			Pool Closed 4:15 – 8:00	
7:30 pm												
8:00 pm			Yoga (13+) 7:45 – 8:45									
8:30 pm	Volleyball (13-17) 8:00 – 9:00											
9:00 pm												
9:30 pm	Volleyball (15+) 9:00 – 10:45											
10:00 pm												

\$ 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.

# 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 Pool Closed 5:45 – 8:15		
7:00 am			Core & Stretch (13+) 7:15 – 7:45											
7:30 am														
8:00 am										Specialized Youth Programming 8:00 – 2:00	AquaFit (13+) 8:15 – 9:00	Leisure Swim (13+) 8:15 – 9:00		
8:30 am	Pickleball (15+) 8:30 – 10:30													
9:00 am				Cycle (13+) 9:00 – 9:45										
9:30 am			Move Together Strength (13+) 9:15 – 10:00			Wellness Centre Support (15+) 9:00 – 11:00								
10:00 am														
10:30 am			Group Power® (13+) 10:10 – 11:10		Move Together Yoga (13+) 10:10 – 11:10		Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 8:45 – 1:15			Rise & Shine (2.5-4) 9:30 – 11:30			
11:00 am	Rise & Shine (2.5-4) 11:00 – 11:30												Lane Swim (13+) 9:05 – 12:55	Family Swim 9:05 – 12:55
11:30 am						R Neuro Fit (15+) 11:15 – 12:15								
12:00 pm	Facility Booking 12:00 – 1:00													
12:30 pm			Group Active® (13+) 12:10 – 1:00			Wellness Centre Support (15+) 12:15 – 2:15								
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												Pool Closed 4:15 – 5:30		
5:30 pm	Basketball (10-12) 5:15 – 6:15													
6:00 pm														
6:30 pm	Basketball (7-9) 6:15 – 7:00													
7:00 pm	Basketball (7-9) 7:00 – 7:45		Zumba® (13+) 6:45 – 7:45				Kid's Zone (7-12) 5:15 – 8:00	Stay & Play (0-6) 5:15 – 8:00				Open Swim/ Lane Swim (2 Lanes) 5:30 – 8:55		
7:30 pm										Drop-In Employment Readiness & Volunteer Help Available (13-18) 5:00 – 10:00				
8:00 pm														
8:30 pm	Basketball (13-17) 8:00 – 9:45													
9:00 pm														
9:30 pm												CR Lane Swim (13+) 9:00 – 10:00	Leisure Pool Closed 9:00 – 10:00	
10:00 pm														

Additional Fee Required.

Registration Required.

Parental Participation Required.

Referral Through School.

City Swim Rate Fees Apply to YMCA Non-Members.

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

# 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 Pool Closed 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				Cycle (13+) 9:00 – 10:00								
9:30 am			Yoga (13+) 9:10 – 10:00									
10:00 am	Play Gym (4-6) 9:45 – 10:45											
10:30 am			Group Active® (13+) 10:10 – 11:10									
11:00 am	Active Games (7-12) 10:45 – 11:45	Playnasium (0-6) 10:45 – 11:45										Pool Closed 8:45 – 1:15
11:30 am												
12:00 pm	Family Badminton (5+)/ Table Tennis (7+) 12:00 – 1:30											
12:30 pm												
1:00 pm												
1:30 pm												
2:00 pm												Open Swim/Lane Swim (1 Lane) 1:15 – 3:55
2:30 pm												
3:00 pm												
3:30 pm	Soccer (4-6) 3:15 – 4:00											
4:00 pm	Soccer (7-9) 4:00 – 5:00											
4:30 pm												
5:00 pm												
5:30 pm												
6:00 pm	Basketball (13-17) 5:00 – 8:45											Pool Closed 3:55 – 8:00
6:30 pm												
7:00 pm											Drop-In Homework Help Available (13-18) 5:00 – 9:00	
7:30 pm												

## Statutory Holiday Schedule -

	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		
11:00 am				Open Swim 10:00 – 11:55
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				
1:30 pm			Family Badminton (5+)/ Table Tennis (7+) 1:00 – 3:00	
2:00 pm				Open Swim 1:00 – 4:00
2:30 pm				
3:00 pm				
3:30 pm				

- \$ 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										Drop-In Closed	Lane Swim (2 Lanes) 8:00 – 9:25	Master Swim (4 Lanes) 8:00 – 9:25	Leisure Pool Closed 8:00 – 9:25
8:30 am													
9:00 am				Cycle (13+) 9:00 – 9:45									
9:30 am													
10:00 am	▲ Family Badminton (5+) 10:00 – 11:30		Yoga (13+) 10:00 – 11:00										
10:30 am													
11:00 am													
11:30 am			★ Tae Kwon Do (5-12) 11:15 – 12:00 (No Class on Long Weekends)										Pool Closed 9:25 – 1:00
12:00 pm			★ Tae Kwon Do (Advanced) 12:00 – 12:45 (No Class on Long Weekends)										
12:30 pm													
1:00 pm													
1:30 pm													
2:00 pm			Group Centergy® (13+) 2:00 – 3:00										Open Swim/Lane Swim (1 Lane) 1:00 – 3:55
2:30 pm	Facility Booking 2:30 – 3:30												
3:00 pm													
3:30 pm													
4:00 pm	Basketball (10-12) 4:00 – 5:00												
4:30 pm													
5:00 pm	Basketball (10-12) 5:00 – 6:00												
5:30 pm													
6:00 pm	Basketball (13+)												
6:30 pm	6:00 – 7:45												
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

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 & 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

250 Hespeler Road, Cambridge, ON N1R 3H3

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General Manager: Monique Yuhasz