



A healthier family starts here.



ThisIsY.ca

March 16 – March 22, 2020

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													
8:30 am													
9:00 am												AquaFit (13+) 9:05 – 9:50	
9:30 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	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 9:00 – 1:00		
10:00 am													
10:30 am	Group Power® (13+) 10:30 – 11:30		Move Together Chair Yoga (13+) 10:30 – 11:30	Jr. Kid's Zone (4-6) 9:45 – 11:45	Rise & Shine (2.5-4) 9:45 – 11:45				R Move For Health (15+) 10:15 – 11:10				
11:00 am													
11:30 am									R Neuro Fit (15+) 11:30 – 12:30				
12:00 pm	Badminton (13+) 11:45 – 1:00		Group Blast® (13+) 12:00 – 1:00										
12:30 pm									Wellness Centre Support (15+) 12:15 – 1:15				
1:00 pm												Move Together Water (13+) 1:05 – 1:50	
1:30 pm	Pickleball (13+) 1:30 – 3:00								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				
3:00 pm													
3:30 pm	Basketball (13+) 3:30 – 5:15									Drop-In (13-17) 3:00 – 5:00			
4:00 pm													
4:30 pm									R Rock Steady Boxing® (15+) 3:45 – 5:15				
5:00 pm													
5:30 pm	Group Active® (13+) 5:30 – 6:30		Cardio HIIT (13+) 5:45 – 6:30			Try Traversing (7-9) 5:25 – 6:10							
6:00 pm				Active Games (7-9) 6:15 – 7:00	Jr. Kid's Zone (4-6) 5:15 – 7:45							Pool Closed 4:30 – 8:00	
6:30 pm	Group Power® (13+) 6:40 – 7:40		Zumba® (13+) 6:45 – 7:30					R \$ Small Group Personal Training 6:30 – 7:30	◆ TRX® (13+) 6:30 – 7:15	Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00		
7:00 pm				Active Games (10-12) 7:05 – 7:50									
7:30 pm							Cycle (13+) 7:15 – 8:00						
8:00 pm	Youth Fit (10-12) 7:50 – 8:30	Youth Fit (7-9) 7:50 – 8:30	Group Centergy® (13+) 7:45 – 8:45									AquaFit (13+) 8:05 – 8:50	
8:30 pm													
9:00 pm	Basketball (18+) 8:40 – 10:30												
9:30 pm												Lane Swim (13+) 9:00 – 10:30	
10:00 pm													

* Functional Training Room.

\$ Additional Fee Required.

R 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														
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	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 9:00 – 1:00			
10:00 am														
10:30 am	Move Together Heart (13+) 10:30 – 11:15		Yoga (13+) 10:30 – 11:30	Jr. Kid's Zone (4-6) 10:00 – 12:00	Move & Play (2.5-4) 10:00 – 12:00				R Rock Steady Boxing® (15+) 10:00 – 11:25					▲ Parent & Tot Swim (0-5) 10:30 – 11:30
11:00 am	Move & Play (2.5-4) 11:15 – 12:00													
11:30 am									R Rock Steady Boxing® (15+) 11:30 – 12:30					
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									Wellness Centre Support (15+) 12:15 – 1:15					
1:00 pm	◆ Soccer (18+) 1:00 – 3:00 (Soccer runs until 2:45 pm on Dec. 24 & 31)											AquaFit - Deep (13+) 1:05 – 1:50		
1:30 pm														
2:00 pm														
2:30 pm														
3:00 pm										R Diabetes Fit (15+) 1:00 – 2:00				
3:30 pm	Basketball (13+) 3:30 – 5:15													
4:00 pm														
4:30 pm														
5:00 pm														
5:30 pm	HIIT (13+) 5:30 – 6:15		Yoga (13+) 5:30 – 6:30											
6:00 pm							Cycle (13+) 5:45 – 6:30	Youth Fit (7-9) 5:25 – 6:10						
6:30 pm	Active Games (7-9) 6:30 – 7:30	Basketball (13-17) 6:30 – 8:30	Group Core® (13+) 6:45 – 7:15		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	R Move For Health (15+) 6:00 – 7:00	Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00			
7:00 pm														
7:30 pm	Active Games (10-12) 7:30 – 8:30			Group Active® (13+) 7:30 – 8:30										
8:00 pm								R Team Training 7:30 – 8:30	R Diabetes Fit (15+) 7:15 – 8:15					
8:30 pm														
9:00 pm	◆ Ball Hockey (18+) 8:40 – 10:30													
9:30 pm														
10:00 pm												Lane Swim (13+) 9:35 – 10:30		

* 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						
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	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 9:00 – 1:00	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	Jr. Kid's Zone (4-6) 9:45 – 11:45	Rise & Shine (2.5-4) 9:45 – 11:45			◆ TRX® (13+) 10:30 – 11:15	R Move For Health (15+) 10:15 – 11:10					
11:00 am														
11:30 am						Rise & Shine (2.5-4) 11:15 – 11:45			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	Pickleball (13+) 1:40 – 3:15								R Rock Steady Boxing® (15+) 1:30 – 2:30		Family Play Centre (0-6) 1:00 – 4:00			
2:00 pm														
2:30 pm														Open Swim (2 Lanes) 2:00 – 4:30
3:00 pm														
3:30 pm	Basketball (13+) 3:30 – 5:15													
4:00 pm														
4:30 pm														
5:00 pm														
5:30 pm	Group Blast® (13+) 5:30 – 6:30		Move Together Strength (13+) 5:30 – 6:15			Try Traversing (4-6) 5:25 – 6:10		R Youth Conditioning (10-12) 5:30 – 6:30			Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	Pool Closed 4:30 – 8:00	
6:00 pm														
6:30 pm	YMCA Basketball (4-6) 6:45 – 7:30	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				◆ TRX® Level 2 (13+) 6:30 – 7:15					
7:00 pm														
7:30 pm														
8:00 pm	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													
9:30 pm														
10:00 pm													Lane Swim (13+) 9:00 – 10:30	

* 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												
8:30 am												
9:00 am	Cardio Fit (13+) 9:15 – 10:15								R Diabetes Fit (15+) 9:15 – 10:15	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 9:00 – 1:00	AquaFit (13+) 9:05 – 9:50
9:30 am			Zumba® (13+) 9:30 – 10:15				Cycle (13+) 9:30 – 10:15					
10:00 am												
10:30 am	Move Together Heart (13+) 10:30 – 11:15		Yoga (13+) 10:30 – 11:30	Jr. Kid's Zone (4-6) 10:00 – 12:00	Move & Play (2.5-4) 10:00 – 12:00				R Rock Steady Boxing® (15+) 10:00 – 11:25			Parent & Tot Swim (0-5) 10:30 – 11:30
11:00 am	Move & Play (2.5-4) 11:15 – 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 Century® (13+) 12:00 – 1:00					R S 8 Week Game Changer (13+) 12:00 – 1:00	Wellness Centre Support (15+) 12:15 – 1:15			
12:30 pm												
1:00 pm	◆ Soccer (18+) 1:00 – 3:00											AquaFit - Deep (13+) 1:05 – 1:50
1:30 pm									R Diabetes Fit (15+) 1:00 – 2:00			
2:00 pm											▲ Family Play Centre (0-6) 1:00 – 4:00	
2:30 pm									R Neuro Fit (15+) 2:30 – 3:30			
3:00 pm												
3:30 pm	Basketball (13+) 3:30 – 5:15								R Rock Steady Boxing® (15+) 3:45 – 5:15			
4:00 pm												
4:30 pm												
5:00 pm												
5:30 pm	Group Active® (13+) 5:30 – 6:30											
6:00 pm			Move30® (13+) 6:00 – 6:30	Active Games (7-9) 6:15 – 7:00	Jr. Kid's Zone (4-6) 5:15 – 7:45		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	Pool Closed 4:30 – 9:35
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	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			
7:30 pm												
8:00 pm												
8:30 pm												
9:00 pm	Badminton (15+) 8:45 – 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.

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			AquaFit (13+) 9:05 – 9:50
9:30 am								◆ TRX® (13+) 9:30 – 10:15				
10:00 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	Jr. Kid's Zone (4-6) 9:45 – 11:45			◆ TRX® (13+) 10:30 – 11:15	Kid's Zone (7-12) 9:00 – 12:00	Stay & Play (0-6) 9:00 – 1:00	▲ Parent & Tot Swim (0-5) 10:30 – 11:30
10:30 am												
11:00 am									R Neuro Fit (15+) 11:30 – 12:30			Lane Swim (13+) 10:00 – 1:00
11:30 am			Rise & Shine (2.5-4) 11:15 – 11:45									
12:00 pm	Badminton (13+) 11:45 – 1:00		Move Together Chair Yoga (13+) 11:45 – 12:45						Wellness Centre Support (15+) 12:30 – 1:30			Move Together Water (13+) 1:05 – 1:50
12:30 pm							Cycle (13+) 12:10 – 12:55					
1:00 pm	Pickleball (13+) 1:00 – 3:00								Wellness Centre Support (15+) 2:30 – 3:30		Family Play Centre (0-6) 1:00 – 4:00	Open Swim (2 Lanes) 2:00 – 4:30
1:30 pm												
2:00 pm												
2:30 pm												
3:00 pm												
3:30 pm	Basketball (13+) 3:30 – 5:15											
4:00 pm												
4:30 pm												
5:00 pm												Pool Closed 4:30 – 6:00
5:30 pm	Group Blast® (13+) 5:30 – 6:30			Soccer (4-6) 5:25 – 6:15								
6:00 pm												
6:30 pm	Active Games (7-9) 6:40 – 7:15	Y Sports (10-12) 6:40 – 8:00				Try Traversing (4-6) 6:20 – 7:15				Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	▲ Family Swim 6:00 – 9:00
7:00 pm												
7:30 pm	Active Games (4-6) 7:20 – 8:00					Try Traversing (7-9) 7:20 – 8:00						
8:00 pm	Basketball (13-17) 8:05 – 10:30											
8:30 pm												
9:00 pm												
9:30 pm										Drop-In (13-17) 8:30 – 10:30		
10:00 pm												

* 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												
7:30 am		Basketball (13+) 7:00 – 8:50					Cycle (13+) 7:15 – 8:00					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							Kid's Zone (7-12) 8:45 – 11:45	Stay & Play (0-6) 8:45 – 12:30	
9:30 am												
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					Rock Steady Boxing® (15+) 10:00 – 11:30				
10:30 am												
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									
11:30 am												
12:00 pm	Cardio Fit (13+) 12:10 – 1:10											Pool Closed 8:55 – 5:00
12:30 pm												
1:00 pm												
1:30 pm												
2:00 pm												
2:30 pm												
3:00 pm												
3:30 pm	◆ Soccer (13-17) 3:30 – 4:30											
4:00 pm												
4:30 pm												
5:00 pm	◆ Soccer (18+) 4:30 – 6:30											Lane Swim (13+) 5:00 – 6:00
5:30 pm												
6:00 pm												Family Swim 6:05 – 8:00
6:30 pm												
7:00 pm	Basketball (13-17) 6:35 – 8:30											
7:30 pm												
8:00 pm												

Statutory Holiday Schedule -

	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	Lane Swim (13+) 8:30 – 12:00	12:30 pm				Family Swim 12:00 – 2:00
9:00 am						1:00 pm			
9:30 am					1:30 pm				
10:00 am					2:00 pm				
10:30 am	Group Power® (13+) 10:30 – 11:30 (In Studio Jan. 1)				2:30 pm				Open Swim 2:00 – 4:00
11:00 am					3:00 pm				
11:30 am					3:30 pm				

* Functional Training Room

💰 Additional Fee Required.

📄 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												
8:30 am													
9:00 am								Cycle (13+) 9:00 – 9:45					Lane Swim (13+) 8:30 – 11:00
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		
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													
12:30 pm			Move30® (13+) 12:30 – 1:00										
1:00 pm												Family Swim 12:00 – 2:00	
1:30 pm			R Newcomer Youth (13-21) 1:10 – 2:00										
2:00 pm	R Newcomer Youth (13-21) 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												
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

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.

A. R. Kaufman Family YMCA

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 Email: ARKmembership@ckw.ymca.ca
 General Manager: Hayley Mott