



A healthier family starts here.



ThisIsY.ca

March 16 – March 22, 2020

Stork Family YMCA

Monday


	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool	
6:00 am			Group Century® (13+) 6:00 – 7:00	Group Power® (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											
8:00 am											
8:30 am											
9:00 am								AquaFit (13+) 9:05 – 9:50			
9:30 am	Y Sports (7-9) 9:30 – 11:45	Y Sports (10-12) 9:30 – 11:45	Cycle (13+) 9:35 – 10:35	Zumba® (13+) 9:35 – 10:20	Jr. Kid's Zone (4-6) 9:30 – 11:45	Rise & Shine (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00		Lane Swim (13+) 10:00 – 1:00	Leisure Swim (13+) 10:00 – 2:00	
10:00 am											
10:30 am			Group Century® (13+) 10:45 – 11:45	Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30						
11:00 am								Family Time 11:00 – 12:00	Parent & Tot Swim (3 months-5) 11:00 – 12:00		
11:30 am											
12:00 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55								
12:30 pm											
1:00 pm						R Diabetes Fit (15+) 1:00 – 2:00	R S Aquatic Leadership (10+) 12:00 – 4:00		Move Together Water (13+) 1:05 – 1:50		
1:30 pm											
2:00 pm											
2:30 pm	Basketball (13+) 2:30 – 4:00		Fitness Centre Support - Healthy Hearts (15+) 2:30 – 4:30 (Meet in Conditioning Centre. Program Runs 3:30 – 4:30 on March 16)								
3:00 pm							R Move For Health (15+) 2:30 – 3:30		Family Time (0-6) 1:30 – 4:00	Open Swim 2:00 – 4:20	Open Swim 2:00 – 4:20
3:30 pm										Family Time 3:30 – 4:30	
4:00 pm											
4:30 pm	Basketball (7-9) 4:15 – 5:15		Group Core® (13+) 4:50 – 5:20								
5:00 pm											
5:30 pm	Y Sports (7-9) 5:15 – 6:15	Y Sports (10-12) 5:15 – 6:15	Group Active® (13+) 5:30 – 6:30	Group Blast® (13+) 5:30 – 6:30	Kid's Zone (7-12) 5:00 – 8:00	Jr. Kid's Zone (4-6) 4:15 – 6:30	Stay & Play (0-6) 4:30 – 7:45		Pool Closed 4:30 – 9:00		
6:00 pm											
6:30 pm	Active Games (7-9) 6:15 – 7:15	Active Games (10-12) 6:15 – 7:15	Zumba® (13+) 6:40 – 7:25	Yoga (13+) 6:40 – 7:40							
7:00 pm											
7:30 pm	Basketball (10-12) 7:15 – 8:15										
8:00 pm			Cycle (13+) 7:50 – 8:35								
8:30 pm											
9:00 pm	Badminton (15+) 8:30 – 10:45								Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 9:00 – 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.

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						
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										
8:00 am										
8:30 am										
9:00 am										
9:30 am	Active Games (7-9) 9:30 – 11:45	Active Games (10-12) 9:30 – 11:45	Group Blast® (13+) 9:35 – 10:35	Group Active® (13+) 9:35 – 10:35	Jr. Kid's Zone (4-6) 9:30 – 11:45	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)		
10:00 am										
10:30 am			Group Power® (13+) 10:45 – 11:45	Move Together Strength (13+) 10:45 – 11:30	R Move For Health (15+) 10:45 – 11:45			▲ Family Time 11:00 – 12:00	AquaFit - Shallow (13+) 11:05 – 11:50	Leisure Swim (13+) 10:00 – 2:00
11:00 am										
11:30 am				Move Together Yoga (13+) 11:40 – 12:40						
12:00 pm	Basketball (13+) 12:00 – 2:15					R S Aquatic Leadership (10+) 12:00 – 4:00	Stay & Play (0-6) 9:00 – 1:00		Lane Swim (13+) 12:00 – 2:00	Leisure Swim (13+) 10:00 – 2:00
12:30 pm										
1:00 pm										
1:30 pm				R Teen Conditioning (13+) 1:30 – 3:30 (March 17 – 19)						
2:00 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 2:00 – 3:50	Open Swim 2:00 – 3:50
2:30 pm										
3:00 pm										
3:30 pm										
4:00 pm	Y Sports (7-12) 4:15 – 5:00				Active Games (4-6) 4:15 – 5:00			▲ Family Time 3:30 – 4:30		Pool Closed 4:00 – 7:00
4:30 pm										
5:00 pm	Soccer (7-9) 5:00 – 5:45	Soccer (10-12) 5:00 – 5:45	Move30® (13+) 4:45 – 5:15	HIIT (13+) 4:35 – 5:20		Soccer (4-6) 5:00 – 5:45				
5:30 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				
6:00 pm										
6:30 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
7:00 pm										
7:30 pm	Ready, Set, Relay (7-12) 7:15 – 8:00				R Diabetes Fit (15+) 7:15 – 8:15					
8:00 pm			Yoga (13+) 7:50 – 8:50	Group Core® (13+) 7:50 – 8:20					AquaFit (13+) 8:05 – 8:50	Leisure Swim (13+) 8:05 – 10:30
8:30 pm	Ball Hockey (18+) 8:15 – 10:45				Table Tennis (15+) 8:15 – 10:45					
9:00 pm										
9:30 pm										
10:00 pm										
10:30 pm										

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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									AquaFit (13+) 9:05 – 9:50				
9:30 am	Y Sports (7-9) 9:30 – 11:45	Y Sports (10-12) 9:30 – 11:45	Cycle (13+) 9:35 – 10:35	Zumba® (13+) 9:35 – 10:20	Jr. Kid's Zone (4-6) 9:30 – 11:45	Rise & Shine (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00						
10:00 am													
10:30 am					Group Centergy® (13+) 10:45 – 11:45			Group Power® (13+) 10:45 – 11:45	R Diabetes Fit (15+) 10:30 – 11:30				
11:00 am												Family Time (13+) 11:00 – 12:00	Parent & Tot Swim (3 months-5) 11:00 – 12:00
11:30 am													
12:00 pm	Badminton (13+) 12:15 – 2:15		Cycle (13+) 12:10 – 12:55										
12:30 pm													
1:00 pm						R Diabetes Fit (15+) 1:00 – 2:00	R Aquatic Leadership (10+) 12:00 – 4:00		Move Together Water (13+) 1:05 – 1:50	Leisure Swim (13+) 10:00 – 2:00			
1:30 pm				R Teen Conditioning (13+) 1:30 – 3:30 (March 17 – 19)									
2:00 pm	Basketball (13+) 2:30 – 4:00												
2:30 pm													
3:00 pm						R Move For Health (15+) 2:30 – 3:30			Open Swim 2:00 – 4:20	Open Swim 2:00 – 4:20			
3:30 pm				Fitness Centre Support - Healthy Hearts (15+) 3:30 – 4:30 (Meet in Conditioning Centre)					Family Time (0-6) 1:30 – 4:00				
4:00 pm													
4:30 pm	Active Games (7-9) 4:15 – 5:00	Active Games (10-12) 4:15 – 5:00	Cycle (13+) 4:35 – 5:20										
5:00 pm	Y Sports (7-9) 5:00 – 5:45	Y Sports (10-12) 5:00 – 5:45											
5:30 pm			Group Core® (13+) 5:30 – 6:00	Group Blast® (13+) 5:30 – 6:30									
6:00 pm	R ★ Tae Kwon Do (5-12) 5:45 – 6:30					Jr. Kid's Zone (4-6) 4:15 – 6:30	Stay & Play (0-6) 4:30 – 7:45						
6:30 pm	R ★ Tae Kwon Do (5-12) 6:30 – 7:15		HIIT (13+) 6:10 – 6:55							Pool Closed 4:30 – 9:00			
7:00 pm													
7:30 pm	R ★ Advanced Tae Kwon Do (Purple - Black Stripe Belts) (5-12) 7:15 – 8:00			Group Active® (13+) 6:40 – 7:40	Kid's Zone (7-12) 5:45 – 8:00								
8:00 pm			Yoga (13+) 7:45 – 8:45	Zumba® (13+) 7:50 – 8:35									
8:30 pm													
9:00 pm	Volleyball (18+) 8:15 – 10:45												
9:30 pm													
10:00 pm													
10:30 pm										Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 9:00 – 10:30		

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Thursday

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Play Centre	Track	Pool	Leisure Pool
6:00 am			Group Century® (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										
8:00 am										
8:30 am										
9:00 am								Fitness Centre Support - Healthy Hearts (15+) 8:00 – 10:30 (Meet in Conditioning Centre)	AquaFit - Deep (13+) 9:05 – 9:50	
9:30 am	Active Games (7-9) 9:30 – 11:45	Active Games (10-12) 9:30 – 11:45	Cycle (13+) 9:35 – 10:20	Group Active® (13+) 9:35 – 10:35	Jr. Kid's Zone (4-6) 9:30 – 11:45	Move & Play (2.5-4) 9:30 – 11:30	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
10:00 am										
10:30 am					Group Power® (13+) 10:45 – 11:45	Move Together Strength (13+) 10:45 – 11:30		Move For Health (15+) 10:45 – 11:45		
11:00 am										
11:30 am				Move Together Yoga (13+) 11:40 – 12:40						
12:00 pm	Basketball (13+) 12:00 – 2:15								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			Ⓜ Teen Conditioning (13+) 1:30 – 3:30 (March 17 – 19)							
2:30 pm	Badminton (13+) 2:30 – 4:00									
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	Y Sports (7-12) 4:15 – 5:45			HIIT (13+) 4:35 – 5:20						
5:00 pm						Jr. Kid's Zone (4-6) 4:15 – 6:30				
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						
6:30 pm										
6:30 pm	Basketball (10-12) 6:30 – 8:00	Basketball (13-18) 6:30 – 8:00	Yoga (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40		Youth Fit (7-12) 6:30 – 7:15	Stay & Play (0-6) 4:30 – 7:45			
7:00 pm										
7:30 pm				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										
10:00 pm										
10:30 pm										
10:30 pm										
10:30 pm									Lane Swim (13+) 9:00 – 10:30	Leisure Swim (13+) 8:05 – 10:30

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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	Y Sports (7-9) 9:30 – 11:45	Y Sports (10-12) 9:30 – 11:45	Group Active® (13+) 9:35 – 10:35	Group Power® (13+) 9:35 – 10:35	Jr. Kids Zone (4-6) 9:30 – 11:45	Rise & Shine (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00		Lane Swim (13+) 10:00 – 1:00	Parent & Tot Swim (3 months-5) 11:00 – 12:00	
10:00 am											
10:30 am											
11:00 am				Yoga (13+) 10:45 – 12:00				Family Time 11:00 – 12:00			
11:30 am											
12:00 pm	Badminton (13+) 12:15 – 2:15										
12:30 pm											
1:00 pm									Move Together Water (13+) 1:05 – 1:50	Leisure Swim (13+) 10:00 – 2:00	
1:30 pm											
2:00 pm											
2:30 pm	Basketball (13+) 2:30 – 4:00										
3:00 pm									Open Swim 2:00 – 4:20	Open Swim 2:00 – 4:20	
3:30 pm											
4:00 pm											
4:30 pm	Basketball (7-9) 4:15 – 5:15		Studio Closed 11:30 – 9:00								
5:00 pm											
5:30 pm	Active Games (7-9) 5:15 – 6:15	Active Games (10-12) 5:15 – 6:15									
6:00 pm											
6:30 pm	Y Sports (7-9) 6:15 – 7:15	Y Sports (10-12) 6:15 – 7:15									
7:00 pm											
7:30 pm	Basketball (10-12) 7:15 – 8:15										
8:00 pm											
8:30 pm											
9:00 pm	Basketball (13-17) 8:30 – 10:45										
9:30 pm											
10:00 pm											
10:30 pm											


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 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										
7:30 am										
8:00 am									Lane Swim (13+) 7:30 – 9:00	Leisure Swim (13+) 7:30 – 10:00
8:30 am			Studio Closed 8:30 – 7:00							
9:00 am	Soccer (4-6) 9:00 – 9:45			Group Active® (13+) 8:00 – 9:00		Youth Fit (7-12) 9:00 – 9:45			AquaFit (13+) 9:05 – 9:50	
9:30 am				Zumba® (13+) 9:05 – 9:50						
10:00 am	Y Sports (7-12) 9:45 – 10:30			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		
10:30 am										
11:00 am	Active Games (7-12) 10:30 – 11:15								⚠ Family Time 11:00 – 12:00	
11:30 am	Soccer (7-9) 11:15 – 12:00									
12:00 pm	Soccer (10-12) 12:00 – 12:45	R Ⓢ Birthday Parties 12:00 – 1:00								
12:30 pm										
1:00 pm										
1:30 pm										
2:00 pm	R Ⓢ Birthday Parties 1:00 – 4:15									
2:30 pm				R Newcomer Youth (13-21) 1:30 – 3:30					Lane Swim (3 lanes) (13+) 2:00 – 3:00	Leisure Swim (13+) 2:00 – 3:00
3:00 pm										
3:30 pm									⚠ Family Swim 3:00 – 4:00	
4:00 pm										
4:30 pm										
5:00 pm										
5:30 pm										
6:00 pm										
6:30 pm	Soccer (15+) 6:00 – 7:15									
7:00 pm										
7:30 pm	Basketball (15+) 7:15 – 8:45									
8:00 pm										

Statutory Holiday Schedule -

	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						
10:00 am								
10:30 am								
11:00 am				Group Power® (13+) 11:00 – 12:00	⚠ Family Table Tennis (7+) 11:00 – 12:00			
11:30 am								

	Gym 1	Gym 2	Studio	MLR*	MPR 1	MPR 2	Pool	Leisure Pool
12:00 pm								
12:30 pm							⚠ Family Table Tennis (7+) 12:00 – 1:00	
1:00 pm	⚠ Family Badminton (7+) 12:15 – 1:45							⚠ Family Swim 12:00 – 2:00
1:30 pm								
2:00 pm								
2:30 pm	Badminton (15+) 2:00 – 4:00							Open Swim 2:00 – 4:00
3:00 pm								
3:30 pm								

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R Registration Required.

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Ⓐ 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		Pool Closed 7:30 – 4:00						Lane Swim (13+) 8:30 – 9:30	Leisure Swim (13+) 8:30 – 9:30		
8:30 am												
9:00 am												
9:30 am												
10:00 am				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	Family Time (0-6) 9:30 – 1:00	Family Time 11:00 – 12:00	Pool Closed 9:30 – 2:00			
10:30 am												
11:00 am				Group Power® (13+) 10:45 – 11:45	★ Tae Kwon Do (5-12) 11:15 – 12:00							
11:30 am												
12:00 pm	Badminton (15+) 12:00 – 2:00			Yoga (13+) 12:00 – 1:00	★ Tae Kwon Do (5-12) (Advanced Belts) 12:00 – 12:45							
12:30 pm												
1:00 pm												
1:30 pm												
2:00 pm	Family Badminton (7+) 2:00 – 3:50								Lane Swim (10+) 2:00 – 3:00	Leisure Swim (10+) 2:00 – 3:00		
2:30 pm												
3:00 pm												
3:30 pm				Group Active® (13+) 3:00 – 4:00					▲ Family Swim 3:00 – 4:00			
4:00 pm	Basketball (13-17) 4:00 – 5:20							▲ Family Time 3:30 – 4:30	Open Swim 4:00 – 6:00			
4:30 pm												
5:00 pm												
5:30 pm	Volleyball (15+) 5:30 – 7:45											
6:00 pm												
6:30 pm												
7:00 pm												

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.

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

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1
 Phone: 519-725-8783
 Email: STORKmembership@ckw.ymca.ca
 General Manager: Kim McLean

Please note: The Studio will be closed March 20 – 22, 2020 for an instructor training course. Schedule is subject to change.