



A healthier family starts here.



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January 6 – June 28, 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													
7:00 am		Group Active® (13+) 6:30 – 7:30											
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		Stay & Play (0-6) 9:00 – 1:00	R Splashers/Bubblers (3 months-3) 10:30 – 11:00 Parent & Tot Swim (0-5) 10:30 – 11:30	
10:00 am													
10:30 am	Group Power® (13+) 10:30 – 11:30		Move Together Chair Yoga (13+) 10:30 – 11:30		Rise & Shine (2.5-4) 9:45 – 11:45	R Move STroNg (15+) 10:00 – 11:00 (Jan. 6 – Feb. 26)			R Move For Health (15+) 10:15 – 11:10				
11:00 am													
11:30 am				Rise & Shine (2.5-4) 11:15 – 11:45					R Neuro Fit (15+) 11:30 – 12:30			Lane Swim (13+) 10:00 – 1:00	
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 Neuro Fit Circuit (15+) 1:15 – 2:15 (Dates TBA)								Family Play Centre (0-6) 1:00 – 4:00	Open Swim (2 Lanes) 2:00 – 4:30	
2:00 pm													
2:30 pm													
3:00 pm								Adapted Neuro Circuit (15+) 2:30 – 3:15	Wellness Centre Support (15+) 2:45 – 3:45				
3:30 pm	Basketball (13+) 3:30 – 5:15										Drop-In (13-17) 3:00 – 5:00	R Private Swim Lessons (all ages) 4:00 – 4:30	
4:00 pm													
4:30 pm													
5:00 pm												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 5:30	
5:30 pm	Group Active® (13+) 5:30 – 6:30		Interval Challenge (13+) 5:45 – 6:30	R Dance (4-6) 5:25 – 6:10	Jr. Kid's Zone (4-6) 5:15 – 7:45	Try Traversing (7-9) 5:25 – 6:10					Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	R Swim Lessons (Lil' Dippers & Stars) (3-12) 5:30 – 6:15
6:00 pm							R Dance (7-9) 6:15 – 7:00						
6:30 pm	Group Power® (13+) 6:40 – 7:40		Zumba® (13+) 6:45 – 7:30	R Dance (10-12) 7:05 – 7:50					R Small Group Personal Training 6:30 – 7:30	TRX® (13+) 6:30 – 7:15			
7:00 pm													R Swim Lessons (Lil' Dippers & Stars) (3-12) 7:15 – 8:00
7:30 pm	Youth Fit (10-12) 7:50 – 8:30	Youth Fit (7-9) 7:50 – 8:30	Group Century® (13+) 7:45 – 8:45				Cycle (13+) 7:15 – 8:00	R Small Group Personal Training 7:30 – 8:30					AquaFit (13+) 8:05 – 8:50
8:00 pm													
8:30 pm													
9:00 pm	Basketball (18+) 8:40 – 10:30											Lane Swim (13+) 9:00 – 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.

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								R Diabetes Fit (15+) 9:00 – 10:00 (Apr. 7 – Jun. 25)		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									R Rock Steady Boxing® (15+) 10:00 – 11:25			Parent & Tot Swim (0-5) 10:30 – 11:30	
10:30 am	Move Together Heart (13+) 10:30 – 11:15		Yoga (13+) 10:30 – 11:30										
11:00 am	Move & Play (2.5-4) 11:15 – 12:00											Lane Swim (13+) 10:00 – 1:00	
11:30 am									R Rock Steady Boxing® (15+) 11:30 – 12:30				
12:00 pm			Group Centergy® (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 (Ends May 5)											AquaFit - Deep (13+) 1:05 – 1:50	
1:30 pm									R Diabetes Fit (15+) 1:00 – 2:00 (Mar. 3 – May. 21)		Family Play Centre (0-6) 1:00 – 4:00		
2:00 pm													
2:30 pm									R Move For Health (15+) 2:30 – 3:30 (Feb. 4 – Apr. 23)			Open Swim (2 Lanes) 2:00 – 4:30	
3:00 pm													
3:30 pm	Basketball (13+) 3:30 – 5:15												
4:00 pm												R Private Swim Lessons (all ages) 4:00 – 4:30	
4:30 pm													
5:00 pm												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 7:00	
5:30 pm	HIIT (13+) 5:30 – 6:15		Yoga (13+) 5:30 – 6:30					Youth Fit (7-9) 5:25 – 6:10					
6:00 pm							Cycle (13+) 5:45 – 6:30		R Move For Health (15+) 6:00 – 7:00				
6:30 pm	R Karate (White/Red Belt) (5-12) 6:30 – 7:15	R Youth Leadership Development (10-12) & (13-17) 6:30 – 8:30 (Ends May 12)	Group Core® (13+) 6:45 – 7:15	R Youth Leadership Development (10-12) & (13-17) 6:30 – 8:30 (Ends May 12)				Youth Fit (10-12) 6:30 – 7:30		Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	R Splashers/Bubblers (3 months-3) 6:30 – 7:00	
7:00 pm	R Karate (Red/Yellow+ Belt) (5-12) 7:20 – 8:05		Group Active® (13+) 7:30 – 8:30										
7:30 pm								R Team Training 7:30 – 8:30	R Diabetes Fit (15+) 7:15 – 8:15 (Feb. 4 – Apr. 23)			R Swim Team (8-12) 7:45 – 8:45	
8:00 pm													
8:30 pm	Ball Hockey (18+) 8:40 – 10:30												
9:00 pm												Drop-In Lessons & Stroke Correction (13+) 8:45 – 9:30	
9:30 pm												Lane Swim (13+) 9:35 – 10:30	
10:00 pm													

* Functional Training Room.

Additional Fee Required.

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		Stay & Play (0-6) 9:00 – 1:00	AquaFit (13+) 9:05 – 9:50	
9:30 am									R Move For Health (15+) 9:15 – 10:10				
10:00 am													
10:30 am	Group Power® (13+) 10:30 – 11:30	Move30® (13+) 10:30 – 11:00	Minds in Motion (15+) 10:00 – 12:00 (Jan. 22 – Mar. 11 & Mar. 25 – May 13)	R Rise & Shine (2.5-4) 9:45 – 11:45		R Move STroNg (15+) 10:00 – 11:00 (Jan. 6. – Feb. 26)			TRX® (13+) 10:30 – 11:15	R Move For Health (15+) 10:15 – 11:10		R ⚠ Splashers/Bubblers (3 months-3) 10:30 – 11:00	R ⚠ Parent & Tot Swim (0-5) 10:30 – 11:30
11:00 am													
11:30 am						R 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										
12:30 pm	Adapted Gym Session (15+) 12:30 – 1:30							Cycle (13+) 12:10 – 12:55		Wellness Centre Support (15+) 12:15 – 1:15			
1:00 pm												AquaFit (13+) 1:05 – 1:50	
1:30 pm									R Rock Steady Boxing® (15+) 1:30 – 2:30		Family Play Centre (0-6) 1:00 – 4:00		
2:00 pm	Pickleball (13+) 1:40 – 3:15												
2:30 pm									R Move For Health (15+) 10:15 – 11:10 (Feb 3 – Apr. 27)			Open Swim (2 Lanes) 2:00 – 4:30	
3:00 pm													
3:30 pm	Basketball (13+) 3:30 – 5:15												
4:00 pm												R Ⓢ Private Swim Lessons (all ages) 4:00 – 4:30	
4:30 pm												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 5:30	
5:00 pm													
5:30 pm	Group Blast® (13+) 5:30 – 6:30	Move Together Strength (13+) 5:30 – 6:15	R Karate (White Belt) (5-12) 5:20 – 6:05			Try Traversing (4-6) 5:25 – 6:10		R Youth Conditioning (10-12) 5:30 – 6:30					
6:00 pm													
6:30 pm											Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:00	R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 6:15 – 7:15
6:30 pm	R YMCA 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	R Karate (Red Belt) (5-12) 6:15 – 7:00			TRX® Level 2 (13+) 6:30 – 7:15					
7:00 pm									R Teen Conditioning (13+) 6:40 – 7:40			R Swim Lessons (Lil' Dippers & Stars) (3-12) 7:15 – 8:00	
7:30 pm													
7:30 pm	R YMCA 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	
8:00 pm													
8:30 pm													
9:00 pm	Volleyball (15+) 8:35 – 10:30											Lane Swim (13+) 9:00 – 10:30	
9:30 pm													
10:00 pm													

* 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													
7:00 am				Group Power® (13+) 6:30 – 7:30									
7:30 am													
8:00 am													
8:30 am													
9:00 am	Cardio Fit (13+) 9:15 – 10:15								R Diabetes Fit (15+) 9:00 – 10:00 (Apr. 7 – Jun. 25)		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		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						Wellness Centre Support (15+) 12:15 – 1:15				
12:30 pm													
1:00 pm	Soccer (18+) 1:00 – 3:00 (Ends May 7)										Family Play Centre (0-6) 1:00 – 4:00	AquaFit - Deep (13+) 1:05 – 1:50	
1:30 pm													
2:00 pm													
2:30 pm										R Move For Health (15+) 2:30 – 3:30 (Feb. 4 – Apr. 23)			Open Swim (2 Lanes) 2:00 – 4:30
3:00 pm													
3:30 pm	Basketball (13+) 3:30 – 5:15												
4:00 pm									R Rock Steady Boxing® (15+) 3:45 – 5:15			R Private Swim Lessons (all ages) 4:00 – 4:30	
4:30 pm													
5:00 pm									R Health & Fitness Community Workshops (15+) 5:00 – 5:45				
5:30 pm	Group Active® (13+) 5:30 – 6:30			R Dance (4-6) 5:25 – 6:10	Jr. Kid's Zone (4-6) 5:15 – 7:00						Kid's Zone (7-12) 5:15 – 8:15	Stay & Play (0-6) 5:15 – 8:15	Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 4:30 – 7:00
6:00 pm			Move30® (13+) 6:00 – 6:30	R Dance (7-9) 6:15 – 7:00			Cycle (13+) 5:45 – 6:30		R Move For Health (15+) 6:00 – 7:00				
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						R Dance (10-12) 7:05 – 7:50	Jr. Kid's Zone (4-6) 7:05 – 7:45						R Swim Lessons (Lil' Dippers & Stars) (3-12) 7:00 – 7:45
7:30 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 (Feb. 4 – Apr. 23)				R Aquatic Leadership (13+) 6:30 – 9:30
8:00 pm							Cycle (13+) 7:30 – 8:30	R Small Group Personal Training 7:30 – 8:30					R Weights n' Water (13+) 8:00 – 9:00
8:30 pm													R Bronze Star 7:15 – 8:45
9:00 pm	Badminton (15+) 8:45 – 10:30												Drop-In Lessons & Stroke Correction (13+) 8:45 – 9:30
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.

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		Stay & Play (0-6) 9:00 – 1:00	AquaFit (13+) 9:05 – 9:50
9:30 am								◆ TRX® (13+) 9:30 – 10:15				
10:00 am												
10:30 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			◆ Adapted Neuro Circuit (15+) 10:15 – 11:00	R Health & Fitness Community Workshops (15+) 10:00 – 10:45		Stay & Play (0-6) 9:00 – 1:00	▲ Parent & Tot Swim (0-5) 10:30 – 11:30
11:00 am									◆ TRX® (13+) 10:30 – 11:15			
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									Lane Swim (13+) 10:00 – 1:00
12:30 pm							Cycle (13+) 12:10 – 12:55 (Ends May 15)					
1:00 pm												Move Together Water (13+) 1:05 – 1:50
1:30 pm	Pickleball (13+) 1:00 – 3:00		R Neuro Fit Circuit (15+) 1:15 – 2:15 (Dates TBA)								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									Wellness Centre Support (15+) 2:30 – 3:30			
3:30 pm												
4:00 pm	Basketball (13+) 3:30 – 5:15											R Private Swim Lessons (all ages) 4:00 – 4:30
4:30 pm												
5:00 pm												R Swim Lessons (Li'l Dippers & Learn to Swim) (3-12) 4:30 – 6:30
5:30 pm	Group Blast® (13+) 5:30 – 6:30			Soccer (4-6) 5:25 – 6:15							Kid's Zone (7-12) 5:15 – 8:15	
6:00 pm			R Karate (White Belt) (5-12) 6:00 – 6:45									
6:30 pm						Try Traversing (4-6) 6:20 – 7:15					Stay & Play (0-6) 5:15 – 8:00	R ▲ Splashers/Bubblers (3 months-3) 6:30 – 7:00
7:00 pm	Active Games (7-9) 6:40 – 7:15	Y Sports (10-12) 6:40 – 8:00	R Karate (Red Belt) (5-12) 6:50 – 7:35									
7:30 pm	YMCA Basketball (4-6) 7:20 – 8:00					Try Traversing (7-9) 7:20 – 8:00						
8:00 pm			R Karate (Yellow Belt+) (5-12) 7:40 – 8:30									▲ Family Swim 7:30 – 9:00
8:30 pm												
9:00 pm	Basketball (13-17) 8:05 – 10:30										Drop-In (13-17) 8:30 – 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.

Saturday

	Gym 1	Gym 2	Studio	MPR 3	MPR 2	MPR 1	Cycle Room	FTR*	Wellness	Club House	Play Centre	Pool	
7:00 am							Cycle (13+) 7:15 – 8:00						
7:30 am		Basketball (13+) 7:00 – 8:50										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									R Swim Lessons (Lil' Dippers) (3-5) 9:15 – 9:45	
9:30 am												R Swim Lessons (Stars) (6-12) 9:00 – 9:45	
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						R Rock Steady Boxing® (15+) 10:00 – 11:30		Kid's Zone (7-12) 8:45 – 11:45	Stay & Play (0-6) 8:45 – 12:30	R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 9:45-10:45
10:30 am													R Swim Lessons (Lil' Dippers & Stars) (3-12) 10:45 – 11:30
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										R ▲ Splashers/Bubblers (3 months-3) 11:30 – 12:00
11:30 am													R \$ Private Swim Lessons (all ages) 12:00 – 12:30
12:00 pm	Cardio Fit (13+) 12:10 – 1:10 (Ends May 9)												R Swim Lessons (Lil' Dippers & Learn to Swim) (3-12) 11:30 – 2:00
12:30 pm													
1:00 pm													
1:30 pm	R YMCA Basketball (7-9) 1:30 – 2:30		R Karate (White Belt) (5-12) 1:30 – 2:15		Jr. Kid's Zone (4-6) 1:30 – 3:30						Kid's Zone (7-12) 1:30 – 3:30		R \$ Private Swim Lessons (all ages) 2:00 – 3:00
2:00 pm													
2:30 pm	R YMCA Basketball (10-12) 2:30 – 3:30		R Karate (Red Belt) (5-12) 2:20 – 3:05				R Junior Triathlon - Level 1 (8-12) 2:00 – 3:00						R Junior Triathlon - Level 1 (8-12) 3:00 – 4:00
3:00 pm													
3:30 pm	◆ Soccer (13-17) 3:30 – 4:30 (Ends May 2)		R Karate (Yellow+ Belt) (5-12) 3:10 – 4:00				R Junior Triathlon - Level 2 (8-12) 3:00 – 4:00						R Junior Triathlon - Level 2 (8-12) 4:00 – 5:00
4:00 pm						R \$ Birthday Parties 2:30 – 5:30					R \$ Birthday Parties 4:00 – 5:00		
4:30 pm													
5:00 pm													
5:30 pm	◆ Soccer (18+) 4:30 – 6:30 (Ends May 2)												Lane Swim (13+) 5:00 – 6:00
6:00 pm													
6:30 pm													▲ Family Swim 6:05 – 8:00
7:00 pm	Basketball (13-17) 6:35 – 8:30												
7:30 pm													
8:00 pm													

Statutory Holiday Schedule - February 17 & May 18, 2020.

	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		12:30 pm				▲ Family Swim 12:00 – 2:00
9:00 am					1:00 pm				
9:30 am					1:30 pm				
10:00 am				Lane Swim (13+) 8:30 – 12:00	2:00 pm				
10:30 am	Group Power® (13+) 10:30 – 11:30				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.

R 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	Yoga (13+) 10:15 – 11:15									
10:30 am													
11:00 am	Soccer (10-12) 11:00 – 12:00		Group Power® (13+) 11:15 – 12:15										
11:30 am													
12:00 pm	R S Birthday Parties 12:00 – 1:00		Move30® (13+) 12:30 – 1:00										
12:30 pm													
1:00 pm	R S Birthday Parties 1:00 – 2:00		R Newcomer Youth (13-21) 1:10 – 2:00	R Newcomer Youth (13-21) 1:00 – 3:00									
1:30 pm													
2:00 pm	R Newcomer Youth (13-21) 2:00 – 3:00												
2:30 pm													
3:00 pm													
3:30 pm	Volleyball (15+) 3:10 – 5:00												
4:00 pm													
4:30 pm													
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

February 17 Family Day - Statutory Holiday Schedule
 April 10 Good Friday - Closed
 April 12 Easter Sunday - Closed
 May 18 Victoria Day - Statutory Holiday Schedule

Special events may necessitate early building closure.

Day Pass

Those purchasing a day pass have access to all non-registered programs & services outlined.

Family (parents & 2 children) \$21.00
 General (30+) \$12.20
 General (55+) \$ 8.95
 0 – 29 years \$ 6.80

All fees are subject to applicable taxes.

A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

Phone: 519-743-5201

Email: ARKmembership@ckw.ymca.ca

General Manager: Hayley Mott

Please note: On PD Days Kid's Zone is open 9:00 am – 12:00 pm and Jr. Kid's Zone is open 9:45 am – 11:45 am. Schedule is subject to change.

A.R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON

Chaplin Family YMCA

250 Hespeler Road, Cambridge, ON

Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON