



*A healthier family* starts here.



*ThisIsY.ca*

January 6 – June 28, 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					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	Zumba® (13+) 9:35 – 10:20		Cycle (13+) 9:35 – 10:35	Group Century® (13+) 9:35 – 10:35					Lane Swim (13+) 10:00 – 1:00	R Swim Lessons (Lil' Dippers) (3-5) 10:00 – 10:30
10:00 am						Rise & Shine (2.5-4) 9:30 – 11:30	Stay & Play (0-6) 9:00 – 1:00			R ▲ Splashers/Bubblers (3 months-3) 10:30 – 11:00
10:30 am	Playnasium (0-6) 10:30 – 12:00			Group Power® (13+) 10:45 – 11:45						
11:00 am			Move30® (13+) 11:00 – 11:30						Family Time 11:00 – 12:00	
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										
1:30 pm						R Diabetes Fit (15+) 10:30 – 11:30 (Feb. 3 – Apr. 27, No Class Feb. 17)				
2:00 pm										
2:30 pm	Basketball (13+) 2:30 – 4:00									Open Swim (3 Lanes) 2:00 – 4:20
3:00 pm										
3:30 pm										
4:00 pm										
4:30 pm	YMCA Basketball (7-9) 4:15 – 5:15									
5:00 pm										
5:30 pm	YMCA Basketball (7-9) 5:15 – 6:15									
6:00 pm										
6:30 pm	YMCA Basketball (10-12) 6:15 – 7:15									
7:00 pm										
7:30 pm	YMCA Basketball (10-12) 7:15 – 8:15									
8:00 pm										
8:30 pm	Badminton (15+) 8:30 – 10:45									
9:00 pm										
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											R Swim Lessons (Lil' Dippers) (3-5) 10:00 – 10:30
10:30 am	Playnasium (0-6) 10:30 – 12:00			Group Power® (13+) 10:45 – 11:45							R Splashers/Bubblers (3 months-3) 10:30 – 11:00
11:00 am			Move30® (13+) 11:00 – 11:30						Family Time (13+) 10:00 – 1:00		Parent & Tot Swim (3 months-5) 11:00 – 12:00
11:30 am									Family Time (0-6) 11:00 – 12:00		
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							Family Time (0-6) 1:30 – 4:00			Open Swim (3 Lanes) 2:00 – 4:20	
2:30 pm	Basketball (13+) 2:30 – 4:00										
3:00 pm											
3:30 pm											
4:00 pm											
4:30 pm	Y Sports (7-9) 4:15 – 5:00	Active Games (10-12) 5:00 – 5:45									
5:00 pm	Active Games (7-9) 5:00 – 5:45	Y Sports (10-12) 5:00 – 5:45									
5:30 pm			Fitness Centre Support - Healthy Hearts (15+) 3:30 – 4:30 (Meet in Conditioning Centre)								
6:00 pm			Cycle (13+) 4:35 – 5:20								
6:30 pm											
7:00 pm											
7:30 pm											
8:00 pm											
8:30 pm											
9:00 pm											
9:30 pm											
10:00 pm											
10:30 pm											

\*The Martin Levene Room

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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.

# 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										
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		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										Lane Swim (13+) 10:00 – 11:00
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			Family Time 11:00 – 12:00		Leisure Swim (13+) 10:00 – 2:00
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						
12:30 pm									Lane Swim (13+) 12:00 – 2:00	
1:00 pm										
1:30 pm										
2:00 pm							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
2:30 pm	Badminton (13+) 2:30 – 4:00									
3:00 pm										
3:30 pm										
4:00 pm								▲ Family Time 3:30 – 4:30		
4:30 pm	Soccer (7-9) 4:15 – 5:00	Soccer (10-12) 4:15 – 5:00	Move30® (13+) 4:45 – 5:15	HIIT (13+) 4:35 – 5:20		Jr. Kid's Zone (4-6) 4:15 – 6:30	Stay & Play (0-6) 4:30 – 7:45		R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:00 – 5:00	
5:00 pm	Basketball (7-9) 5:00 – 5:45	Basketball (10-12) 5:00 – 5:45								
5:30 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					R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 6:45	
6:00 pm										
6:30 pm	R Junior Youth Leadership Development (10-12) 6:30 – 7:15 (Oct. 10 – May 14)		Yoga (13+) 6:40 – 7:40	Group Power® (13+) 6:40 – 7:40	R Senior Youth Leadership Development (13+) 6:30 – 7:15 (Oct. 10 – May 14)	Youth Fit (7-12) 6:30 – 7:15				Open Swim 7:00 – 8:00
7:00 pm	R Senior Youth Leadership Development (13+) 7:15 – 8:00 (Oct. 10 – May 14)				Group Core® (13+) 7:50 – 8:20	R Diabetes Fit (15+) 7:15 – 8:15 (Apr. 6 – Jun. 29)	Gaga Ball (7-12) 7:15 – 8:00			
7:30 pm										
8:00 pm									AquaFit (13+) 8:05 – 8:50	Leisure Swim (13+) 8:05 – 10:30
8:30 pm	Basketball (18+) 8:15 – 10:45									
9:00 pm										
9:30 pm										
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	R \$ Small Group Personal Training (13+) 6:15 – 7:00 (Jan. 17 – Mar. 6)					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									
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						Rise & Shine (2.5-4) 9:30 – 11:30			Lane Swim (13+) 10:00 – 1:00	R Swim Lessons (Lil' Dippers) (3-5) 10:00 – 10:30
10:30 am	Playnadium (0-6) 10:30 – 12:00			Yoga (13+) 10:45 – 11:45			Stay & Play (0-6) 9:00 – 1:00			R Splashers/Bubblers (3 months-3) 10:30 – 11:00
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										
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								Open Swim (3 Lanes) 2:00 – 4:20 (PD Day Open Swim Jan. 24, Apr. 3, May 29 & Jun. 26)	Open Swim 2:00 – 4:20
3:00 pm							Family Time (0-6) 1:30 – 4:00			
3:30 pm										
4:00 pm								Family Time 3:30 – 4:30		
4:30 pm	R YMCA Basketball (7-9) 4:15 – 5:15				Basketball (4-6) 4:15 – 5:00				R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 4:30 – 5:00	
5:00 pm										R Swim Lessons (Stars) (6-12) 5:00 – 5:45
5:30 pm	Active Games (7-9) 5:15 – 6:15	Y Sports (10-12) 5:15 – 6:15			Jr. Kid's Zone (4-6) 5:00 – 6:30					
6:00 pm					Group Active® (13+) 5:35 – 6:35			Stay & Play (0-6) 4:30 – 7:45		R Splashers/Bubblers (3 months-3) 6:15 – 6:45
6:30 pm	Y Sports (7-9) 6:15 – 7:15	Active Games (10-12) 6:15 – 7:15	R \$ Aquatic Leadership 5:00 – 9:00			Family Aikido (5+) 6:45 – 7:15	Active Games (4-6) 6:30 – 7:15		R Swim Lessons (Lil' Dippers & Learn To Swim) (3-12) 5:45 – 7:15	
7:00 pm										
7:30 pm	R YMCA Basketball (10-12) 7:15 – 8:15					Aikido (7-12) 7:15 – 8:00			R Swim Lessons (Stars) (6-12) 7:15 – 8:00	
8:00 pm										Open Swim 8:05 – 9:00
8:30 pm										
9:00 pm	Basketball (13-17) 8:30 – 10:45									
9:30 pm										
10:00 pm										R \$ Aquatic Leadership 9:00 – 10:30
10:30 pm										

\*The Martin Levene Room

\$ Additional Fee Required.

R Registration Required.

▲ Parental Participation Required.

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# 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	<b>R</b> <b>S</b> Small Group Personal Training (15+) 8:00 – 8:45									Lane Swim (13+) 7:30 – 9:00	Leisure Swim (13+) 7:30 – 10:00
8:30 am				Group Active® (13+) 8:00 – 9:00							
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		Stay & Play (0-6) 9:00 – 12:30		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	Active Games (4-6) 9:45 – 10:30				<b>R</b> <b>S</b> Private Swim Lessons (all ages) 10:00 – 11:00	<b>R</b> Junior Lifeguard (8-12) 10:00 – 11:00	
10:30 am					Jr. Kid's Zone (4-6) 10:30 – 11:45						
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 – 12:30					<b>A</b> Family Time 11:00 – 12:00	<b>R</b> Swim Lessons (Stars) (6-12) 11:00 – 11:45 11:45 – 12:30	
12:00 pm	Soccer (10-12) 12:00 – 12:45		<b>R</b> Junior Tri Group (8-12) 12:00 – 12:30							<b>R</b> Junior Tri Group (8-12) 11:00 – 1:00	
12:30 pm										<b>R</b> Junior Tri Group (8-12) 12:30 – 1:00	
1:00 pm											
1:30 pm	<b>R</b> <b>S</b> Birthday Parties 12:00 – 4:15				<b>R</b> ★ Karate (4-6) 1:15 – 2:00	<b>R</b> <b>S</b> Birthday Parties 10:45 – 5:30				<b>R</b> Swim Team (8-12) 1:00 – 2:00	Private Swim Lessons (all ages) 12:30 – 3:00
2:00 pm				<b>R</b> Newcomer Youth 1:30 – 3:30					Lane Swim (3 lanes) (13+) 2:00 – 3:00	<b>R</b> Swim Team (8-12) 1:00 – 2:00 Leisure Swim (13+) 2:00 – 3:00	
2:30 pm					<b>R</b> ★ Karate (7-12) 2:00 – 3:00						
3:00 pm											
3:30 pm			<b>R</b> <b>S</b> Aquatic Leadership 1:00 – 7:30						<b>A</b> Family Swim 3:00 – 4:00		
4:00 pm					<b>R</b> <b>S</b> Birthday Parties 3:30 – 5:30						
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											
									<b>A</b> Family Time 3:30 – 4:30		
										Open Swim 4:00 – 6:00	
										Lane Swim (13+) 6:05 – 7:30	
										Leisure Swim (13+) 6:05 – 7:30	
										<b>R</b> <b>S</b> Aquatic Leadership 7:30 – 9:00	

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

	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								
10:00 am		Cycle (13+) 9:45 – 10:45	Group Active® (13+) 9:45 – 10:45					
10:30 am								
11:00 am				Group Power® (13+) 11:00 – 12:00	<b>A</b> 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							<b>A</b> Family Table Tennis (7+) 12:00 – 1:00	
1:00 pm	<b>A</b> Family Badminton (7+) 12:15 – 1:45							<b>A</b> 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								

\*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			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			Family Time (0-6) 9:30 – 1:00	Family Time 11:00 – 12:00	Splashers/Bubblers (3 months-3) 11:30 – 12:00		
11:30 am					★ Tae Kwon Do (5-12) 11:15 – 12:00						
12:00 pm											
12:30 pm	Badminton (18+) 12:00 – 1:30		Yoga (13+) 12:00 – 1:00								
1:00 pm										Swim Lessons (Stars) (6-12) 1:00 – 1:45	
1:30 pm	Badminton (13 - 17) 1:30 – 2:30										
2:00 pm											
2:30 pm	Family Badminton (7+) 2:30 – 3:45										
3:00 pm											
3:30 pm											
4:00 pm	Basketball (13-17) 4:00 – 5:20										
4:30 pm											
5:00 pm											
5:30 pm											
6:00 pm	Volleyball (15+) 5:30 – 7:45										
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

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.

**Please note: Studio Class Cancellation** - March 20 – 22, 2020. All group fitness classes and programs in the Studio from March 20 – 22, 2020 will be cancelled for a MOSSA instructor training event. 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)	\$21.00
General (30+)	\$12.20
General (55+)	\$ 8.95
0 – 29 years	\$ 6.80

All fees are subject to applicable taxes.

## Stork Family YMCA

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1

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General Manager: Kim McLean