

Guelph Y

Program Schedule | As of October 1, 2020

Building Hours

Monday – Friday: 6:00 AM – 8:00 PM

Vulnerable Person Hours (Mon – Fri): 1:00 PM – 3:00 PM

Saturday: 7:00 AM – 3:00 PM

Sunday: 7:00 AM – 12:00 PM

Statutory Holiday: Monday, October 12, 2020 – Statutory Holiday Hours: 7:00 AM – 12:00 PM

You are why **we're here for good.**



MONDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Statutory Holiday: Monday, October 12, 2020 – Statutory Holiday Hours: 7:00 AM – 12:00 PM

Time	Main Gym	Cycle Room	Woodland Glen Room	Online Classes	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (6:00 AM – 12:00 PM)	*Group Power (9:20 – 10:20) *Group Cycle (10:50 – 11:50)				*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:10)		*Aquafit (8:50 – 9:30) *Aquafit (11:15 – 11:55)	*Bookable for 40-minute Single or Family Use sessions from 6:10 AM – 6:50 PM Two squash courts available
Afternoon (12:00 PM – 3:00 PM)	Pickleball (2:30 – 3:30)		*Gold Fusion (1:30 – 2:15)	Health Management (1:30) via Zoom				
Evening (3:00 PM – 8:00 PM)	*Youth Active (4:45 – 5:15) *Zumba (5:40 – 6:20) *Youth Soccer (6:45 – 7:45)	***Dance – Class 1 ages 4-6 (4:30 – 5:00) ***Dance – Class 2 ages 4-6 (5:15 – 5:45) ***Dance – Class 3 ages 4-6 6:00 – 6:30)	*HIIT (6:30 – 7:00)		*Playcare (4:15 – 5:35) *Playcare (5:45 – 7:05) *Playcare (7:15 – 7:45)	*Youth Fun ages 6-12 (4:15 – 5:35) *Youth Fun ages 6-12 (5:45 – 7:05) *Youth Fun ages 6-12 (7:15 – 7:45)		

*Please register via Game Time

**For Lane and Leisure swim times please see the last page on this schedule

***Program begins on the week of October 19, registration details coming soon



TUESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Main Gym	Cycle Room	Woodland Glen Room	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (6:00 AM – 12:00 PM)	*Gold Strength (9:20 – 10:20)			*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:10)		*Aquafit (8:50 – 9:30) *Aquafit (11:15 – 11:55)	*Bookable for 40-minute Single or Family Use sessions from 6:10 AM – 6:50 PM Two squash courts available
Afternoon (12:00 PM – 3:00 PM)	*R30 – 30 Minute Cycle (12:25 – 12:55) Pickleball (2:30 – 3:30)		*Yoga Gold (1:30 – 2:30)	*Playcare (12:20 – 1:05)			
Evening (3:00 PM – 8:00 PM)	*Youth Active (4:45 – 5:15) *Group Active (5:40 – 6:40) *Y Guys (6:45 – 7:45) *Youth Active (7:15 – 8:00)	*Safe Sisters (6:30 – 7:30)	*Yoga (6:30 – 7:30) Starts Oct. 13	*Playcare (4:15 – 5:35) *Playcare (5:45 – 7:05) *Playcare (7:15 – 7:45)	*Youth Fun ages 6-12 (4:15 – 5:35) *Youth Fun ages 6-12 (5:45 – 6:05) *Youth Fun ages 6-12 (7:15 – 7:45)		

*Please register via Game Time

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WEDNESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Main Gym	Cycle Room	Woodland Glen Room	Online Classes	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (6:00 AM – 12:00 PM)	*Group Active (9:20 – 10:20) *Group Cycle (10:50 – 11:50)				*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:10)		*Aquafit (8:50 – 9:30) *Aquafit (11:15 – 11:55)	*Bookable for 40-minute Single or Family Use sessions from 6:10 AM – 6:50 PM Two squash courts available
Afternoon (12:00 PM – 3:00 PM)			*Everyday Exercise for Seniors (1:30 – 2:30)	Everyday Exercise for Seniors (1:30 – 2:30) (going live during in-person class)				
Evening (3:00 PM – 8:00 PM)	*Youth Active (4:45 – 5:15) *Group Power (5:40 – 6:40) *Youth Basketball (6:45 – 7:45)	***Art/Crafts ages 7-12 (5:30 – 6:30)	*Pilates (6:30 – 7:30)		*Playcare (4:15 – 5:35) *Playcare (5:45 – 7:05) *Playcare (7:15 – 7:45)	*Youth Fun ages 6-12 (4:15 – 5:35) *Youth Fun ages 6-12 (5:45 – 6:05) ***Junior Science ages 4-6 (5:45 – 6:30) ***Senior Science ages 7-12 (6:45 – 7:45) *Youth Fun ages 6-12 (7:15 – 7:45)		

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***Program begins on the week of October 19, registration details coming soon



THURSDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Main Gym	Woodland Glen Room	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (6:00 AM – 12:00 PM)	*Gold Strength (9:20 – 10:20)		*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:10)		*Aquafit (8:50 – 9:30) *Aquafit (11:15 – 11:55)	<p>*Bookable for 40-minute Single or Family Use sessions from 6:10 AM – 6:50 PM</p> <p>Two squash courts available</p>
Afternoon (12:00 PM – 3:00 PM)	Pickleball (2:30 – 3:30)	*Yoga Gold (1:30 – 2:30)				
Evening (3:00 PM – 8:00 PM)	*Youth Active (4:45 – 5:15) *R30 – 30 Minute Cycle (5:30 – 6:00) *Youth Multi-Sport (6:30 – 7:45)	*Group Centergy (6:30 – 7:30)	*Playcare (4:15 – 5:35) *Playcare (5:45 – 7:05) *Playcare (7:15 – 7:45)	*Youth Fun ages 6-12 (4:15 – 5:35) *Youth Fun ages 6-12 (5:45 – 6:05) *Youth Fun ages 6-12 (7:15 – 7:45)		

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FRIDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Main Gym	Woodland Glen Room	Online Classes	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (6:00 AM – 12:00 PM)	*Total Body Challenge (9:20 – 10:20)	*Pilates (10:20 – 11:20)		*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:10)		*Aquafit (8:50 – 9:30) *Aquafit (11:15 – 11:55)	*Bookable for 40-minute Single or Family Use sessions from 6:10 AM – 6:50 PM Two squash courts available
Afternoon (12:00 PM – 3:00 PM)	*Group Active (12:25 – 1:25) Pickleball (2:30 – 3:30)	*Gold Fusion (1:30 – 2:15)	Health Management (1:30) via Zoom	*Playcare (12:20 – 1:30)			
Evening (3:00 PM – 8:00 PM)	*Youth Active (4:45 – 5:15) *Youth Basketball (5:20 – 6:00) Teen Night (6:05 – 8:00)				*Youth Fun ages 6-12 (4:15 – 5:35) *Youth Fun ages 6-12 (5:45 – 6:05) *Youth Fun ages 6-12 (7:15 – 7:45) Teen Night (5:30 – 8:00)		

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SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Main Gym	Woodland Glen Room	Online Classes	Playcare (Ages 0 – 5)	XYZ	Pool	Courts
Morning (7:00 AM – 12:00 PM)	*Group Power (9:20 – 10:20) *Youth Active (10:45 – 12:00)	*Yoga (10:40 – 11:40)	Essentrics (9:30) via Zoom	*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:00)	*Youth Fun ages 6-12 (9:00 – 10:25) (10:35 – 12:00)	For Lane and Leisure swim times please see the last page on this schedule	*Bookable for 40-minute Single or Family Use sessions from 7:10 AM – 1:50 PM Two squash courts available

SUNDAY

Building Hours: 7:00 AM – 12:00 PM

Time	Main Gym	Woodland Glen Room	Playcare (Ages 0 – 5)	XYZ	**Pool	Courts
Morning (7:00 AM – 12:00 PM)	*Group Active (9:20 – 10:20) *Youth Active (10:45 – 12:00)	*Group Centergy (10:40 – 11:40)	*Playcare (9:10 – 10:35) *Playcare (10:45 – 12:00)	*Youth Fun ages 6-12 (9:00 – 10:25) (10:35 – 12:00)	*Aquafit (8:05 – 8:45)	*Bookable for 40-minute Single or Family Use sessions from 7:10 AM – 11:50 PM Two squash courts available

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POOL

Important Notes:

- Due to limited capacity to ensure physical distancing, reservations through Game Time are required for all pool programs.
- All reservations are 40 minutes in duration.
- Swim lessons begin on October 19th, registration details coming soon.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Lane Swim (7:15 – 7:55, 8:00 – 8:40, 9:40 – 10:20, 10:25 – 11:05) Adult Recreation Swim (7:15 – 7:55, 8:00 – 8:40) Preschool Swim (9:40 – 10:20) Swim Lessons (10:30 – 11:00)					Swim Lessons (10:00 – 1:15)	Lane Swim (8:55 – 9:35) (9:40 – 10:20) Adult Recreation Swim (8:55 – 9:35) Preschool Swim (9:40 – 10:20) Open Swim (10:25 – 11:05) (11:10 – 11:50)
Afternoon	Lane Swim (12:05 – 12:45) Adult Recreation Swim (12:05 – 12:45) Vulnerable Sector Lane Swim (12:50 – 1:30, 1:35 – 2:15) Vulnerable Adult Recreation Swim (12:50 – 1:30, 1:35 – 2:15)					Open Swim (1:20 – 2:00)	
Evening	Swim Lessons (4:30 – 7:30)				Aquatic Leadership Training (4:30 – 7:30)		

