

# Guelph Y

## Program Schedule | September, 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

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

Time	Main Gym	Woodland Glen Room	Outdoor Classes	Online Classes	Playcare	**Pool	Courts
<b>Morning (6:00 AM – 12:00 PM)</b>	*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
<b>Afternoon (12:00 PM – 3:00 PM)</b>	Pickleball (2:30 – 3:30)	*Gold Fusion (1:30 – 2:15)		Health Management (1:30) via Zoom			
<b>Evening (3:00 PM – 8:00 PM)</b>	*Zumba (5:40 – 6:20)		*Interval Training (6:30 – 7:30)				

\*Please register via Game Time

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



# TUESDAY

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

Time	Main Gym	Woodland Glen Room	Outdoor Classes	Playcare	**Pool	Courts
<b>Morning (6:00 AM – 12:00 PM)</b>	*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
<b>Afternoon (12:00 PM – 3:00 PM)</b>	*R30 – 30 Minute Cycle (12:20 – 12:50)  Pickleball (2:30 – 3:30)	*Yoga Gold (1:30 – 2:30)				
<b>Evening (3:00 PM – 8:00 PM)</b>	*Group Active (5:40 – 6:40)		*Interval Training (9:15 – 10:15)			

\*Please register via Game Time

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



# WEDNESDAY

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

Time	Main Gym	Woodland Glen Room	Outdoor Classes	Online Classes	Playcare	**Pool	Courts
<b>Morning (6:00 AM – 12:00 PM)</b>	*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
<b>Afternoon (12:00 PM – 3:00 PM)</b>	Pickleball (2:30 – 3:30)	*Everyday Exercise for Seniors (1:30 – 2:30)		Everyday Exercise for Seniors (1:30 – 2:30)			
<b>Evening (3:00 PM – 8:00 PM)</b>	*Group Power (5:40 – 6:40)		*Yoga (6:30 – 7:30)				

\*Please register via Game Time

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



# 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	**Pool	Courts
<b>Morning</b> (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
<b>Afternoon</b> (12:00 PM – 3:00 PM)	Pickleball (2:30 – 3:30)	*Yoga Gold (1:30 – 2:30)			
<b>Evening</b> (3:00 PM – 8:00 PM)		*Centergy (6:30 – 7:30)			

\*Please register via Game Time

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



# 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	**Pool	Courts
<b>Morning</b> (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
<b>Afternoon</b> (12:00 PM – 3:00 PM)	*Group Active (12:20 – 1:20)  Pickleball (2:30 – 3:30)	*Gold Fusion (1:30 – 2:15)	Health Management (1:30) via Zoom			
<b>Evening</b> (3:00 PM – 8:00 PM)	TEEN Program (5:20 – 8)					

\*Please register via Game Time

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



## SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Main Gym	Woodland Glen Room	Online Classes	Playcare	Pool	Courts
Morning (7:00 AM – 12:00 PM)	*Group Power (9:20 – 10:20)	*Yoga (10:40 – 11:40)	Essentrics (9:00) via Zoom	*Playcare (9:10 – 10:35)  *Playcare (10:45 – 12:10)	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	Pool**	Courts
Morning (7:00 AM – 12:00 PM)	*Group Active (9:20 – 10:20)	*Group Centergy (10:40 – 11:40)	*Playcare (9:10 – 10:35)  *Playcare (10:45 – 12:00)	*Aquafit (8:10 – 8:50)	*Bookable for 40-minute Single or Family Use sessions from 7:10 AM – 11:50 PM  Two squash courts available

\*Please register via Game Time

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



# POOL

## Important Notes:

- Due to limited capacity to ensure physical distancing, please register for all swims via Game Time.
- 40-minute timeslots are available for each swim.
- Our evening program schedule will change as we invite families back into the pool in October.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	Lane (7:15 – 8:40) Adult Rec & Leisure (7:15 – 8:40) Lane (9:40 – 11:05) Adult Rec & Leisure (9:40 – 11:05)					Lane (10:00 – 1:40) Adult Rec & Leisure (10:00 – 1:40)	Lane (8:55 – 11:50) Adult Rec & Leisure (8:55 – 11:50)
<b>Afternoon</b>	Lane (12:05 – 2:15) Adult Rec & Leisure (12:05 – 12:40) Vulnerable Adult Rec & Leisure (12:50 – 2:15)						
<b>Evening</b>	Lane (4:30 – 7:25) Adult Rec & Leisure (4:30 – 7:25)						

