



YMCA-YWCA of Guelph Summer Schedule

July 1 – September 1, 2019

Monday 5:00 am – 11:00 pm

	Gym	Studio	CS	WGR	PT	XYZ 1	XYZ 2	FC 2
6:00 am								
6:30 am								
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	Group Power® 9:15 – 10:15	Youth Active 9:00 – 10:50	Group Cycling 9:15 – 10:15	Gold Fusion 9:15 – 10:00		Wake Up, Shake Up 9:15 – 11:00		
10:00 am								
10:30 am	Wiggles & Giggles 10:45 – 12:00	HM Neuro Fit 11:15 – 12:15		Cardio Mix 10:15 – 11:00			Youth Fun 10:50 – 12:00	
11:00 am								
11:30 am								
12:00 pm	Group Active® 12:15 – 1:15			Yoga 12:15 – 1:15				HM Fitness For Function Alumni 12:15 – 1:15
1:00 pm								
1:30 pm								
2:00 pm	Pickleball 1:30 – 3:30	HM Fitness For Function 1:30 – 2:30						
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Camp 4:00 – 6:00	Youth Active 4:45 – 5:25						
5:00 pm								
5:30 pm		Interval Training 5:30 – 6:30						
6:00 pm								
6:30 pm	Soccer 6:30 – 7:25							
7:00 pm								
7:30 pm	Basketball 7:30 – 8:30	Group Power® 7:30 – 8:30		Group Ride® 7:00 – 8:00				
8:00 pm				Yoga 7:30 – 8:30				
8:30 pm	Basketball 8:30 – 9:30							
9:00 pm								
9:30 pm	Basketball 9:30 – 10:55							
10:00 pm								
10:30 pm								

Tuesday 5:00 am – 11:00 pm

	Gym	Studio	CS	WGR	PT	XYZ 1	XYZ 2	FC 1
6:00 am	Interval Training 6:00 – 7:00							
6:30 am								
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am								
9:30 am	Gold Strength 9:15 – 10:15	Youth Active 9:00 – 11:00	Interval Training 9:15 – 10:15		Interval Training 9:15 – 10:15	Wake Up, Shake Up 9:15 – 11:00		
10:00 am								
10:30 am	Wiggles & Giggles 10:45 – 12:00			Yoga Gold 10:30 – 11:30			Youth Fun 11:00 – 12:00	
11:00 am								
11:30 am								
12:00 pm	Group Power® 12:15 – 1:15			Yoga For Low Mobility 12:15 – 1:15				
1:00 pm								
1:30 pm	Pickleball 1:30 – 3:30							
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Camp 4:00 – 6:00	Youth Active 4:45 – 5:25						
5:00 pm								
5:30 pm		Preschool Active 5:30 – 6:30						
6:00 pm								
6:30 pm	Group Active® 6:30 – 7:30			Power Yoga Flow 6:15 – 7:15				
7:00 pm								
7:30 pm	Volleyball 7:35 – 8:30							Turf Time 7:30 – 8:15
8:00 pm								
8:30 pm	Basketball 8:30 – 9:30							
9:00 pm								
9:30 pm								
10:00 pm	Volleyball 9:30 – 10:55							
10:30 pm								

Wednesday 5:00 am – 11:00 pm

	Gym	Studio	CS	WGR	PT	XYZ 1	XYZ 2
6:00 am	Group Core® 6:15 – 6:45						
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am	Group Active® 9:15 – 10:15	Youth Active 9:00 – 10:00	Group Cycling 9:15 – 10:15	Yoga 9:00 – 10:00		Wake Up, Shake Up 9:15 – 11:00	
10:00 am							
10:30 am	Wiggles & Giggles 10:45 – 12:00	Line Dancing 10:15 – 10:30 (Beginner) 10:30 – 11:30		Pilates 10:30 – 11:30			Youth Fun 10:00 – 12:00
11:00 am							
11:30 am							
12:00 pm	Total Body Challenge 12:15 – 1:00			Chat & Snack 12:00 – 1:00			
12:30 pm							
1:00 pm		HM Fitness For Function 1:15 – 2:15					
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm	Camp 4:00 – 6:00	Youth Active 4:45 – 5:25					
5:00 pm							
5:30 pm		Group Power® 5:30 – 6:30			Preschool Vibe 5:30 – 6:30		
6:00 pm							
6:30 pm	Zumba® 6:45 – 7:30			Group Ride® 7:00 – 8:00	Group Centery® 6:30 – 7:30		Youth Fun 5:30 – 8:30
7:00 pm							
7:30 pm	Dodgeball 7:30 – 8:30			Yoga 7:30 – 8:30			
8:00 pm							
8:30 pm	Basketball 8:30 – 9:30						
9:00 pm							
9:30 pm							
10:00 pm	Basketball 9:30 – 10:55						
10:30 pm							

Thursday 5:00 am – 11:00 pm

	Gym	Studio	CS	WGR	PT	XYZ 1	XYZ 2	FC 1
6:00 am								Turf Time 6:00 – 6:45
6:30 am								
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am	Gold Strength 9:15 – 10:15	Youth Active 9:00 – 11:00		Group Centery® 9:00 – 10:00		Wake Up, Shake Up 9:15 – 11:00		
10:00 am								
10:30 am	Wiggles & Giggles 10:45 – 12:00	Stroller Fit 11:00 – 12:00 (Held Outside)		Yoga Gold 10:30 – 11:30			Youth Fun 11:00 – 12:00	
11:00 am								
11:30 am								
12:00 pm								
12:30 pm	NEW! Group Centery® 12:15 – 1:15			Yoga For Low Mobility 12:15 – 1:15				
1:00 pm								
1:30 pm	Pickleball 1:30 – 3:00							
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Camp 4:00 – 6:00	Youth Active 4:45 – 5:25						
5:00 pm								
5:30 pm		Group Blast® 5:30 – 6:30						
6:00 pm								
6:30 pm	Group Fight® 6:30 – 7:30			Essentrics 6:30 – 7:30 (Starts August 1)				
7:00 pm								
7:30 pm	Floor Hockey 7:35 – 8:30			Yoga Stretch 7:30 – 8:30				
8:00 pm								
8:30 pm	Basketball 8:30 – 9:30							
9:00 pm								
9:30 pm								
10:00 pm	Basketball 9:30 – 10:55							
10:30 pm								

Friday 5:00 am – 11:00 pm

	Gym	Studio	CS	WGR	PT	XYZ 1	XYZ 2	FC 2
6:00 am								
6:30 am								
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am	Total Body Challenge 9:15 – 10:15	Youth Active 9:00 – 11:00	Group Cycling 9:15 – 10:15	Gold Fusion 9:15 – 10:00		Wake Up, Shake Up 9:15 – 11:00		
10:00 am								
10:30 am	Wiggles & Giggles 10:45 – 12:00	HM Neuro Fit 11:15 – 12:15		Yoga Stretch 10:40 – 11:25	Zumba® 10:15 – 11:00		Youth Fun 11:00 – 12:00	
11:00 am								
11:30 am								
12:00 pm	Group Active® 12:15 – 1:15			Pilates 12:15 – 1:15				HM Fitness For Function Alumni 12:15 – 1:15
1:00 pm								
1:30 pm		HM Fitness For Function 1:30 – 2:30						
2:00 pm	Pickleball 1:30 – 3:30							
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm	Camp 4:00 – 6:00	Youth Active 4:45 – 5:25						
5:00 pm								
5:30 pm		Group Power® 5:30 – 6:30						
6:00 pm								
6:30 pm	Basketball 6:35 – 7:30							
7:00 pm								
7:30 pm	Team Extreme 7:30 – 8:30							
8:00 pm								
8:30 pm								
9:00 pm								
9:30 pm	Basketball 8:30 – 10:55							
10:00 pm								
10:30 pm								

Saturday 7:00 am – 8:00 pm

	Gym	Studio	CS	WGR	XYZ 1	XYZ 2
8:00 am						
8:30 am	Group Power® 8:30 – 9:30			Yoga 8:30 – 10:00		Youth Fun 8:00 – 11:00
9:00 am	Zumba® 9:35 – 10:30		Group Cycling 9:30 – 10:30		Wake Up, Shake Up 9:00 – 11:00	
10:00 am						
10:30 am	Wiggles & Giggles 10:45 – 12:00	Youth Games 11:00 – 12:00		Yoga 10:30 – 12:00		
11:00 am						
11:30 am						
12:00 pm	Youth Sports 12:00 – 1:15					
12:30 pm						
1:00 pm						
1:30 pm	Family Pickleball/Badminton 1:30 – 3:30					
2:00 pm						
2:30 pm						
3:00 pm						

Sunday 7:00 am – 8:00 pm

	Gym	Studio	CS	WGR	XYZ 1	XYZ 2
8:30 am	Group Active® 8:30 – 9:30					
9:00 am	Interval Training 9:30 – 10:30				Wake Up, Shake Up 9:00 – 11:00	Youth Fun 8:00 – 11:00
10:00 am		Zumba® 10:15 – 11:00		Essentrics 10:30 – 11:30 (Starts August 4)		
10:30 am	Wiggles & Giggles 10:45 – 12:00	Youth Games 11:00 – 12:00				
11:00 am						
11:30 am						
12:00 pm	Youth Sports 12:00 – 1:15					
12:30 pm						
1:00 pm						
1:30 pm	Family Pickleball 1:35 – 3:00					
2:00 pm						
2:30 pm						
3:00 pm						
3:30 pm	Volleyball 3:00 – 4:30					
4:00 pm						

Play Care Centre available during yellow highlighted times on the Monday – Sunday program schedule (Monday to Thursday 8:30 am – 1:30 pm & 4:15 pm – 8:30 pm, Friday 8:30 am – 1:30 pm & 4:15 pm – 8:00 pm, Saturday to Sunday 8:00 am

Aquatics Schedule

July 1 – September 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holidays
5:00 am								
5:30 am								
6:00 am	Lane Swim 5:00 – 8:50							
6:30 am								
7:00 am	Teen/Adult Swim Lessons (Drop-In) 8:00 – 8:30					Lane Swim 7:00 – 7:55	Lane Swim 7:00 – 8:55	
7:30 am								
8:00 am						AquaFit 8:00 – 8:45		
8:30 am								
9:00 am	AquaFit (Shallow) 9:00 – 9:45	AquaFit (Deep) 9:00 – 9:45	AquaFit (Shallow) 9:00 – 9:45	AquaFit (Deep) 9:00 – 9:45	AquaZumba 9:00 – 9:45	Open Swim 8:50 – 9:40	Lane Swim & Preschool Swim 9:00 – 9:55	Lane Swim 9:00 – 10:10
9:30 am								
10:00 am	Preschool Swim 9:50 – 10:25 Registered Swim Lessons 10:00 – 10:30						Lane Swim & Open Swim 10:00 – 11:00	Holiday AquaFit 10:15 – 11:00
10:30 am	Registered Swim Lessons 10:30 – 11:00					Registered Swim Lessons 9:45 – 12:00		
11:00 am	AquaFit (Shallow) 11:05 – 11:50						AquaFit 11:05 – 11:50	Lane Swim & Preschool Swim 11:05 – 12:00
11:30 am								
12:00 pm	Lane Swim 11:55 – 12:55 Teen/Adult Swim Lessons (Drop-In) 12:00 – 12:30					Lane Swim 12:00 – 12:55 Adult Swim Lessons 12:00 – 12:30	Lane Swim 11:55 – 12:55	Lane Swim 12:05 – 1:25
12:30 pm								
1:00 pm	Lane Swim & Open Swim 1:00 – 2:25							
1:30 pm								Lane Swim & Open Swim 1:30 – 2:45
2:00 pm								
2:30 pm	Camp Swim 2:30 – 3:30						Lane Swim & Open Swim 1:00 – 3:55	
3:00 pm								
3:30 pm	Lane Swim & Open Swim 3:35 – 4:10	Lane Swim & Open Swim 3:35 – 4:25				Lane Swim & Open Swim 1:00 – 6:00		
4:00 pm								
4:30 pm					Lane Swim & Open Swim 4:25 – 8:00	Guelph Y Triton Swim 4:30 – 5:30	Registered Swim Lessons 4:00 – 6:00	
5:00 pm	Registered Swim Lessons 4:30 – 6:30							
5:30 pm								
6:00 pm							Lane Swim & Open Swim 6:00 – 6:55	
6:30 pm	Lane Swim & Open Swim 6:35 – 6:55	Lane Swim & Open Swim 6:35 – 8:00		Lane Swim & Open Swim 6:35 – 8:00	Aquatic Leadership 5:30 – 9:00			
7:00 pm	AquaFit (Shallow) 7:00 – 7:45	Lane Swim & Open Swim 6:35 – 8:00				Lane Swim 7:00 – 7:30		
7:30 pm								
8:00 pm	Lane Swim & Open Swim 7:50 – 8:55	Lane Swim & Open Swim 8:00 – 8:55						
8:30 pm								
9:00 pm	Lane Swim 9:00 – 10:00							
9:30 pm	Teen/Adult Swim Lessons (Drop-In) 9:00 – 9:30							
10:00 pm								
10:30 pm								

Attention Members

Health Management Program (Wednesday): Please note that the Health Management program partakes in aquatic exercises from 12:30 pm – 1:30 pm during Lane Swim.

Admission standards (provincial guidelines) and new changes:

Pool Access: The pool is only accessible through the change rooms (the glass door from the foyer to the pool is locked).

Swimming Lessons: Children aged 0 – 9 years old must be signed in and out of lessons on the pool deck.

Children aged 0 – 5 years old must also be accompanied by a responsible adult who is within view of the pool during lessons.

Open Swim: Children aged 0 – 5 years old, as well as children aged 6 – 9 years old who have not passed a swim test, must be accompanied in the water by a responsible adult who is 16 years of age or older.

Children aged 6 – 9 years old who have successfully passed a swim test must have a responsible adult present on the pool deck to supervise.

Aquatics Legend

- 1 Lane Available
- 2 Lanes Available
- 3 Lanes Available
- No Lane Swim
- Registered Program
- Camp, Camp Swim, PD Days