



YMCA-YWCA of Guelph

Fall Schedule

September 2 – December 22, 2019

Monday

	Gym	Studio	CS	WGR	PT	XYZ 1/2	OR	FC 1/2
6:00 am								
6:30 am				Yoga 6:30-7:30				
7:00 am								
7:30 am								
8:00 am								
8:30 am								
9:00 am	Group Power® 9:15-10:15		Group Cycle 9:15-10:15	Gold Fusion 9:15-10:00		Wake Up, Shake Up 9:00-11:00		
9:30 am								
10:00 am				Group Centery® 10:30-11:30				NEW! Turf Time 10:30-11:00
10:30 am	Wiggles & Giggles 10:45-12:00	HM Neuro Fit 11:15-12:15						
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		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						Youth Fun 4:15-4:45		
4:30 pm	Youth Active 4:45-5:25	Dance (3-5 yrs) 4:20-4:50				Preschool Playzone 4:45-5:30		
5:00 pm		5:00-5:30						
5:30 pm	Interval Training 5:30-6:25	6:40-6:20			Preschool Vibe 5:30-6:30	Art/Craft Club 5:00-6:00		
6:00 pm						Babysitting/Home Alone 6:30-7:30		
6:30 pm	Soccer 6:35-7:30	NEW! Group Blast® 6:30-7:30		Pilates 6:30-7:30				
7:00 pm								
7:30 pm	Basketball 7:30-8:30	Group Power® 7:30-8:30	Group Ride® 7:30-8:30	Yoga 7:30-8:30		Youth Fun 5:30-8:30		
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								

Tuesday

	Gym	Studio	CS	WGR	PT	XYZ 1/2	OR	FC 1	PT
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	Gold Strength 9:15-10:15	Interval Training 9:15-10:15		Tai Chi 9:00-9:55		Wake Up, Shake Up 9:00-11:00			
9:30 am									
10:00 am				Qi Gong 10:00-10:25					
10:30 am	Wiggles & Giggles 10:45-12:00			Yoga Gold 10:30-11:30					
11:00 am									
11:30 am									
12:00 pm	Group Power® 12:15-1:15	Baby N Me Fit 12:00-1:00		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						Youth Fun 4:15-4:45			
4:30 pm	Youth Active 4:45-5:25		NEW! Group Cycle 4:30-5:30			Preschool Playzone 4:45-5:30			
5:00 pm									
5:30 pm	Preschool Active 5:30-6:30	Total Body Challenge 5:30-6:15							NEW! STEM (5-7yrs) 5:30-6:15
6:00 pm	Group Active® 6:30-7:30	Y Guys 6:30-7:30		Power Yoga Flow 6:15-7:15		Safe Sisters 6:00-7:00			NEW! STEM (8-12yrs) 6:30-7:30
6:30 pm									
7:00 pm	Volleyball 7:35-8:30			NEW! Group Centery® 7:30-8:30		Youth Fun 5:30-8:30			Turf Time 7:30-8:15
7:30 pm									
8:00 pm	Basketball 8:30-9:30								
8:30 pm									
9:00 pm									
9:30 pm									
10:00 pm	Volleyball 9:30-10:55								
10:30 pm									

Wednesday

	Gym	Studio	CS	WGR	PT	XYZ 1/2	OR	FC 1
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			Yoga 9:00-10:00		Wake Up, Shake Up 9:00-11:00		
9:30 am				Group Cycle 9:15-10:15				NEW! Turf Time 10:30-11:00
10:00 am	Wiggles & Giggles 10:45-12:00	Line Dancing 10:15-10:30 (Beginner) 10:30-11:30		Pilates 10:30-11:30				
11:00 am								
11:30 am								
12:00 pm	Total Body Challenge 12:15-1:00			Yoga 12:15-1:15				Chat & Snack 12:00-
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						Youth Fun 4:15-4:45		
4:30 pm	Youth Active 4:45-5:25					Preschool Playzone 4:45-5:30		
5:00 pm	Group Power® 5:30-6:30	Karate (5-7 yrs) 5:00-5:40						
5:30 pm		Karate (8-13 yrs) 5:45-6:25			Preschool Vibe 5:30-6:30			
6:00 pm		Karate (Red Belt) 6:30-7:15				Youth Fun 5:30-8:30		
6:30 pm				Pilates 6:30-7:30				
7:00 pm			Group Ride® 7:00-8:00	Yoga 7:30-8:30				
7:30 pm	Dodgeball 7:30-8:30	Zumba® 7:30-8:15						
8:00 pm								
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								

Thursday

	Gym	Studio	CS	WGR	PT	XYZ 1/2	OR	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	NEW! Group Blast® 9:15-10:15		Group Centery® 9:00-10:00		Wake Up, Shake Up 9:00-11:00		
9:30 am								
10:00 am	Wiggles & Giggles 10:45-12:00			Yoga Gold 10:30-11:30		Tai Chi 10:30-11:30		
11:00 am								
11:30 am				NEW! Group Core® 11:30-12:00				
12:00 pm	Group Centery® 12:15-1:15		NEW! Group Cycle 12:00-12:45	Yoga For Low Mobility 12:15-1:15				
12:30 pm								
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						Youth Fun 4:15-4:45		
4:30 pm	Youth Active 4:45-5:25	Total Body Challenge 4:45-5:30				Preschool Playzone 4:45-5:30		
5:00 pm	Preschool Active 5:30-6:20							
5:30 pm	Group Fight® 6:30-7:30	NEW! Kids Yoga (6-9 yrs) 6:15-7:00				Youth Fun 5:30-8:30		Jr. Scientist 5:30-6:30
6:00 pm								Sr. Scientist 6:45-7:45
6:30 pm	Floor Hockey 7:35-8:30			Essentrics 6:30-7:30				
7:00 pm				Yoga Stretch 7:30-8:30				
7:30 pm	Basketball 8:30-9:30			Meditation 8:30-9:00				
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

	Gym	Studio	CS	WGR	XYZ 1/2	FC 1	FC 2
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	Total Body Challenge 9:15-10:15		Group Cycle 9:15-10:15	Gold Fusion 9:15-10:00	Wake Up, Shake Up 9:00-11:00		
9:30 am							
10:00 am		Zumba® 10:15-11:00		Yoga Stretch 10:40-11:25			
10:30 am	Wiggles & Giggles 10:45-12:00	HM Neuro Fit 11:15-12:15					
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
12:30 pm							
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					Youth Fun 4:15-4:45		
4:30 pm	Youth Active 4:45-5:25						
5:00 pm							
5:30 pm	Group Power® 5:30-6:30				Youth Fun 5:30-7:30		
6:00 pm							
6:30 pm	Basketball 6:35-7:30						
7:00 pm	Team Extreme 7:30-8:30						
7:30 pm					Teen Drop-In 7:30-8:30		
8:00 pm							
8:30 pm	Basketball 8:30-10:55						
9:00 pm							
9:30 pm							
10:00 pm							
10:30 pm							

Saturday

	Gym	Studio	CS	WGR	XYZ 1	XYZ 2	KIT	OR	FC 1
8:00 am									
8:30 am	Group Power® 8:30-9:30			Yoga 8:30-10:00	Wake Up, Shake Up 9:00-11:00	Youth Fun 8:00-11:00	Jr. Chef 9:15-10:15		
9:00 am	Zumba® 9:35-10:30	Dance (3-5 yrs) 9:30-10:00	Group Ride® 9:30-10:30						Jr. Scientist 10:15-11:15
9:30 am									
10:00 am	Wiggles & Giggles 10:45-12:00	Youth Games 11:00-12:00		Yoga 10:30-12:00					Sr. Scientist 11:30-12:30
10:30 am									
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								NEW! Turf Time 2:00-2:45
2:00 pm									
2:30 pm									
3:00 pm									

Sunday

	Gym	Studio	CS	WGR	XYZ 1	XYZ 2	KIT	FC 1
8:30 am								

Aquatics Schedule

September 2 – December 22, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holidays
5:00 am								
5:30 am								
6:00 am			Lane Swim 5:00 – 8:00					
6:30 am								
7:00 am						Lane Swim 7:00 – 7:55		
7:30 am							Lane Swim 7:00 – 8:55	
8:00 am	Lane Swim, Teen/Adult Swim Lessons (Drop-In) 8:00 – 8:30					AquaFit 8:00 – 8:45		
8:30 am	Lane Swim 8:30 – 8:50							
9:00 am	AquaFit 9:00 – 9:45	AquaFit (Deep) 9:00 – 9:45	AquaFit 9:00 – 9:45	AquaFit (Deep) 9:00 – 9:45	AquaFit 9:00 – 9:45	Open Swim 8:50 – 9:40	Preschool Swim 9:00 – 9:55	Lane Swim 9:00 – 10:10
9:30 am	Preschool Swim 9:50 – 10:25							
10:00 am	Registered Swim Lessons 10:30 – 11:00					Registered Swim Lessons 9:45 – 12:00	Registered Swim Lessons 10:00 – 11:00	AquaFit 10:15 – 11:00
10:30 am	AquaFit (Shallow) 11:05 – 11:50						AquaFit (Deep) 11:05 – 11:50	Preschool Swim 11:05 – 12:00
11:00 am								
11:30 am								
12:00 pm	Lane Swim 11:55 – 12:30	Teen/Adult Swim Lessons (Drop-In) 12:00 – 12:30			Baby 'N Me AquaFit 12:00 – 12:45	Lane Swim 12:05 – 12:30 Teen/Adult Swim Lessons (Drop-In) 12:00 – 12:30	Lane Swim 12:05 – 12:50	Lane Swim 12:05 – 1:30
12:30 pm	Lane Swim 12:30 – 1:30					Lane Swim 12:30 – 12:50		
1:00 pm							Registered Swim Lessons 12:30 – 3:30	
1:30 pm						Registered Swim Lessons 12:30 – 4:00		Open Swim 1:35 – 2:45
2:00 pm								
2:30 pm	Open Swim 1:35 – 4:20						Triton Swim 2:30 – 3:30	
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm						Open Swim 4:00 – 6:00	Open Swim 3:35 – 6:00	
5:00 pm								
5:30 pm								
6:00 pm	Registered Swim Lessons 4:30 – 8:00						Open Swim 6:00 – 7:00	
6:30 pm								
7:00 pm							Lane Swim 7:00 – 7:30	
7:30 pm		Encore 7:30 – 8:00	AquaZumba 7:30 – 8:15					
8:00 pm	AquaFit 8:05 – 8:50	Open Swim 8:05 – 8:55	Registered Swim Lessons 8:05 – 8:55	Open Swim 8:15 – 8:55	Open Swim 8:05 – 8:55	JLC 8:00 – 8:55	Open Swim 8:05 – 8:55	
8:30 pm								
9:00 pm	Lane Swim 8:55 – 9:30 Teen/Adult Swim Lessons (Drop-In) 9:00 – 9:30	Lane Swim, Teen/Adult Swim Lessons (Drop-In) 9:00 – 9:30				Lane Swim, Teen/Adult Swim Lessons (Drop-In) 9:00 – 9:30		
9:30 pm	Lane Swim 9:30 – 10:00						Lane Swim 9:30 – 10:00	
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.

On PD Days, Day Campers will be swimming during the open swim between 2:30 pm – 3:30 pm.

Admission standards (provincial guidelines):

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.

Children aged 10 – 15 years old can swim independently but need to complete deep end test to swim in deep end.

Aquatics Legend

1 Lane Available

2 Lanes Available

3 Lanes Available

No Lane Swim

Registered Program