

# PROGRAM SCHEDULE

July 2 – August 24, 2018

Regular Programming: June 26 - August 27, 2018

Registered Programming: July 2 - August 27, 2018

Centre Branch YMCA  
382 Waterloo Street  
London, ON N6B 2N8  
519.667.3300  
ymcawo.ca/centre-branch



**Monday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM		Shallow Aquafit 7:00-7:45am		Yoga			Cycle	
7:30 AM								
8:00 AM		Water Walking						
8:30 AM	Lane Swim (6)	Open Swim						Supervised Treehouse (3-12yrs)
9:00 AM		Splashes/Bubblers	Group Active					
9:30 AM			Bootcamp	Yoga	Day Camp			
10:00 AM		Family Swim						
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Shallow Aquafit 12:15-1:00pm	Group Power					
12:30 PM								
1:00 PM	Lane Swim (3)	Deep Aquafit 1:15-2:00pm						Day Camp
1:30 PM								
2:00 PM	Lane Swim (4)	Day Camp Swim						
2:30 PM		Open Swim			Day Camp			
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Lane Swim (2)	Swim Lessons* (4)	Swim Lessons*	Group Power				Supervised Treehouse (3-12yrs)
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Family Swim 7:15-8:00pm		Yoga				
7:30 PM								
8:00 PM	Lane Swim (6)	Aqua Bootcamp 8:15-9:00pm			13+ Badminton			13+ Table Tennis
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

Program Areas Close

**Tuesday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
5:30 AM								
6:00 AM								
6:30 AM		Triathlon Swim**						
7:00 AM								
7:30 AM								
8:00 AM		Shallow Aquafit 8:00-8:45am						
8:30 AM	Lane Swim (6)	Open Swim			Day Camp			Supervised Treehouse (3-12yrs)
9:00 AM								
9:30 AM								
10:00 AM		Wellspring Aquafit*	Group Blast		Day Camp			
10:30 AM								
11:00 AM				Wellspring				
11:30 AM								
12:00 PM		Shallow Aquafit 12:15-1:00pm					Cycle 12:10-12:50pm	
12:30 PM								
1:00 PM	Lane Swim (3)							Day Camp
1:30 PM		Therapy Aquafit 1:40-2:20pm						
2:00 PM	Lane Swim (4)	Day Camp Swim			Day Camp			
2:30 PM		Open Swim						
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Lane Swim (2)	Swim Lessons* (4)	Splashes/Bubblers 5:45-6:30pm	Swim Lessons*	Group Active			Supervised Treehouse (3-12yrs)
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Family Swim 7:15-8:00pm						
7:30 PM	Lane Swim (6)							
8:00 PM					Adult Karate* 7:15-10:00pm			13+ Volleyball
8:30 PM								
9:00 PM		Underwater Hockey						
9:30 PM								
10:00 PM								

Program Areas Close

**Wednesday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM		Shallow Aquafit 7:00-7:45am						
7:30 AM		Water Walking						
8:00 AM	Lane Swim (6)	Open Swim						
9:00 AM		Splashes/Bubblers	Group Active	Yoga	Day Camp			Supervised Treehouse (3-12yrs)
9:30 AM								
10:00 AM		Family Swim						
10:30 AM								
11:00 AM								
11:30 AM		Shallow Aquafit 12:15-1:00pm	Group Power	Yoga				
12:00 PM								
12:30 PM								
1:00 PM	Lane Swim (3)	Deep Aquafit 1:15-2:00pm						Day Camp
1:30 PM								
2:00 PM	Lane Swim (4)	Day Camp Swim						
2:30 PM		Open Swim			Day Camp			
3:00 PM								
3:30 PM								
4:00 PM	Lane Swim (2)	Swim Lessons* (4)	Swim Lessons*	Group Core				Supervised Treehouse (3-12yrs)
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Family Swim 7:15-8:00pm						
7:30 PM								
8:00 PM	Lane Swim (6)	Pool Rental			Adult Karate* 7:15-10:00pm			13+ Badminton
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

Program Areas Close

**Thursday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
5:30 AM								
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM		Shallow Aquafit 8:00-8:45am						
8:30 AM	Lane Swim (6)	Open Swim						
9:00 AM								
9:30 AM		Wellspring Aquafit*	Group Power	Wellspring	Day Camp			Supervised Treehouse (3-12yrs)
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Shallow Aquafit 12:15-1:00pm	Group Core				Cycle 12:10-12:50pm	
12:30 PM								
1:00 PM	Lane Swim (3)	Therapy Aquafit 1:40-2:20pm						Day Camp
1:30 PM								
2:00 PM	Lane Swim (4)	Day Camp Swim						
2:30 PM		Open Swim			Day Camp			
3:00 PM								
3:30 PM								
4:00 PM	Lane Swim (2)	Swim Lessons* (4)	Swim Lessons*	Group Blast				Supervised Treehouse (3-12yrs)
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Open Swim 7:15-8:00pm	Family Swim 7:15-8:00pm		Wellspring			
7:30 PM	Lane Swim (6)							
8:00 PM		Deep Aquafit 8:15-9:00pm						13+ Basketball
8:30 PM								
9:00 PM		Underwater Hockey						
9:30 PM								
10:00 PM								

Program Areas Close

**Friday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
5:30 AM								
6:00 AM		Triathlon Swim**						
6:30 AM								
7:00 AM		Shallow Aquafit 7:00-7:45am		Yoga				
7:30 AM								
8:00 AM		Water Walking						
8:30 AM	Lane Swim (6)	Open Swim						Supervised Treehouse (3-12yrs)
9:00 AM		Splashes/Bubblers	Group Active					
9:30 AM			Group Fight	Yoga	Day Camp			
10:00 AM		Family Swim						
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		Aqua Bootcamp 12:15-1:00pm	Boot Camp					Day Camp
12:30 PM								
1:00 PM	Lane Swim (3)	Deep Aquafit 1:15-2:00pm		Wellspring				
1:30 PM								
2:00 PM	Lane Swim (4)	Day Camp Swim						
2:30 PM		Open Swim			Day Camp			
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Lane Swim (2)	Family Swim 5:15-7:00pm	Group Power					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		Open Swim (7-8pm)	Deep Water Swim		Teen Night (13-24yrs)			Teen Night (13-24yrs)
7:30 PM								
8:00 PM	Lane Swim (6)		Teen Night Deep Water					
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

Program Areas Close

**Saturday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
7:00 AM								
7:30 AM	Lane Swim (6)							
8:00 AM		Shallow Aquafit	Group Core					
8:30 AM								
9:00 AM		Splashes/Bubblers	Group Groove				Cycle	
9:30 AM								
10:00 AM	Lane Swim (2)	Swim Lessons* (4)	Swim Lessons*	Group Active				Supervised Treehouse (3-13yrs)
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM		Family Swim						
1:30 PM								
2:00 PM	Lane Swim (6)	Open Swim 2:15-3:30pm						
2:30 PM								
3:00 PM		Family Swim						
4:00 PM								
4:30 PM								
5:00 PM	Lane Swim (4)	Open Swim	Deep Water Swim					
5:30 PM								
6:00 PM								
6:30 PM								

Program Areas Close

**Sunday**

Time	Pool	Small Pool	Studio A	Studio B	North Gym	South Gym	Fitness Centre	MP Room D
7:00 AM								
7:30 AM	Lane Swim (6)							
8:00 AM								
8:30 AM								
9:00 AM		Shallow Aquafit		Yoga				
9:30 AM	Lane Swim (2)	Splashes/Bubblers	Bootcamp					Supervised Treehouse (3-13yrs)
10:00 AM								
10:30 AM								
11:00 AM	Lane Swim (2)	Swim Lessons* (4)	Swim Lessons*	Group Blast				
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM		Family Swim						
1:30 PM								
2:00 PM	Lane Swim (3)	Open Swim 2:15-3:00pm						
2:30 PM								
3:00 PM		Deep Aquafit 3:15-4:00pm						
3:30 PM								

# MEMBERSHIP INFORMATION

## YMCA Mission Statement

The YMCA is a multi-service charity that provides opportunities for personal growth in spirit, mind and body for people of all backgrounds, beliefs and abilities.

## Member Etiquette

Since the YMCA strives to create a positive and welcoming environment for all participants, YMCA members are expected to act with consideration for others and take responsibility for treating all community members with caring, honesty and respect.

## YMCA Core Values

- Honesty
- Caring
- Respect
- Responsibility

## Benefits of a YMCA Membership

YMCA membership is about total health in spirit, mind and body. As a member at one of Canada's leading charitable organizations, adults and students can also look forward to these membership benefits:

- Unlimited drop-in adult fitness and aquatics classes
- Access to programs at all YMCA of Western Ontario branches
- Free drop-in classes
- Discounted specialty program rates
- Wellness Coaching Sessions
- Open gym time
- Family and lane swims
- Recreational sports
- Use of day lockers and General Change Rooms
- Canada-wide YMCA usage

## Memberships for Children Include:

- Unlimited drop-in programs
- Three registered programs per session (1 wet, 2 dry)
- Recreational swim and gym time
- Member discount on certification programs
- Reduced rate for special holiday/PA Day programs

## Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

## YMCA Strong Kids

YMCA Strong Kids Campaign provides financial assistance to members in our community ensuring access to all programs and services that the YMCA offers, regardless of their inability to pay. 34% of our members and program participants received financial support through our YMCA Strong Kids Campaign.

## Volunteer Opportunities

All YMCA endeavours involve a partnership of staff and volunteers. For volunteer opportunities and an application please visit [www.ymcawo.ca](http://www.ymcawo.ca).

## Security/Lockers

The YMCA Centre Branch now has security lockers for your protection in our Men's/Women's 14+, and Family Change Rooms. Please see Membership Services to have your membership card punched in order to use this security benefit. Staff are available to show you how these lockers work.

## Parking

Our parking lot has 89 spots. As such, we ask members to limit use of the parking lot to 3 hours maximum while using the facility. Any cars parked more than 3 hours may be subject to a warning, and/or a city issued ticket. For your security, please do not leave valuables out in the open in your automobile.

## Body Mechanics - Physiotherapy & Chiropractic Services

Schedule your appointment today! (519) 858-2931

## Wellspring London and Region Cancer Support Centre

Wellspring offers one-to-one peer support, support groups, information sessions, coping skills and programs at no cost and without referral. (519) 438-7379

## YThrive

Complimentary YThrive appointments are included in your membership. Book your appointment today and get setup on Begin, Flex, Boost, Balance, or Grow. Those with any health concerns will have a personalized program created by a certified trainer. Register with a Membership Services Representative. YThrive Grow appointments are available for participants 10-12 yrs.

## Personal Training

Whether you want to take your training to the next level, or just need that extra dose of motivation, we have trainers on hand to help you meet your fitness goals. One-on-one or group training sessions are available. Ask Membership Services for details on our various personal training packages.

## Child Minding (3 months-5 years)

Child Minding is a service included in your YMCA membership. It can be used by those who require care for their child/children while they are in the facility for up to 2 hours. The child must have an active membership, and parents must stay within the building. Children with inactive or no memberships must pay the child day pass fee with Membership Services.

Monday - Thursday 8:45am-1:15pm & 4:45pm-7:15pm  
Friday - Sunday 8:45am-1:15pm

## Drop Zone (3 - 12 years)

Monday - Thursday 8:45am & 4:45pm  
Friday - Sunday 8:45am

Make it to your fitness class on time! Drop off your child(ren) early for their evening program in child minding. They will be taken to their evening program at 5:00pm by a YMCA Child and Youth staff member.

## Summer Supervised Treehouse (3-12 years)

Monday - Friday 9:30am-11:30am  
Monday - Thursday 5:00pm-7:00pm

## Summer Camp (Centre Branch and Wortley Locations)

Our full-day Summer Camp is a great way for your kids to make long lasting friends and memories. Both the Wortley and Centre Branch locations offer camp for ages 4-12. Programming includes day trips, sports, swimming, crafts, and much more! For more information please ask Membership Services.

## Aquatic Leadership

We offer a range of leadership courses for participants aged 9-16 years old. Geared toward swimmers who are looking to start on the path to obtaining the National Lifeguard Service (NLS) award, those looking for an aquatic challenge and improve fitness levels or to simply increase their knowledge and awareness of aquatic related emergencies. For more information, course pre-requisites and fees, please visit our website <http://ymcawo.ca/cb-aquatic-leadership>

## Private Swim Lessons

Is your child stuck on a certain stroke or needs help getting comfortable in the large pool? Are you looking to enhance your strokes or confidence in the pool? Then private lessons are the way to go! This is a great way to improve self-esteem and confidence for any age in the water. Please fill out a private lesson request form on the pool deck or at the front desk.

## Swimming Lesson Progress Cards:

<https://swimgen.net/search/ymcawo>

## Swim Admission Policy

Children 8 years of age and younger MUST be accompanied by a guardian at least 13 years of age. The ratio of guardians to swimmers is 1:2, unless all the swimmers are wearing lifejackets, in which case the ratio is 1:4.

Children 9-12 years of age must have a guardian at least 13 years of age present on the pool deck while they swim. If they pass the facility swim test the guardian may leave the pool deck. The ratio of guardians to swimmers is 1:8.

This policy is subject to the discretion of the lifeguard on duty, who may require older children to be within arms reach and for more guardians based on the swimming ability of the swimmers and their guardians.

## Holiday Schedule

Canada Day Sunday, July 1, 2018  
Civic Holiday Monday, August 6, 2018

## Holiday Program Schedule

Children	Childminding (3months-5yrs)	9:30am-11:30am
	Active and Creative Kids (5-12 yrs)	9:30am-11:30am
Adult Fitness	Instructor's Choice Studio A	10:00am-11:00am
Large Pool	Lane Swim	8:00am-3:30pm
	Open Swim	12:00pm-3:30pm
Small Pool	Deep Aquafit	10:00am-10:45am
	Shallow Aquafit	11:00am-11:45am
	Family Swim	12:00pm-2:00pm
	Open Swim	2:00pm-3:30pm



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[@centrebranchymca](https://instagram.com/centrebranchymca)



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