

# PROGRAM SCHEDULE

September 17-December 10, 2018



## Monday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM	Open Swim					
7:30 AM						
8:00 AM						
8:30 AM	AquaFit 8:30-9:15am					Group Active 8:15-9:15am
9:00 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am		Open Gym		Group Power
9:30 AM	Open Swim					
10:00 AM	Adult Swim / Gentle Joints					*Agless Grace 11:00-11:45am
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Swim					
1:30 PM				Pickleball		
2:00 PM						
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM				Open Gym		
4:00 PM						
4:30 PM						
5:00 PM	Child and Youth Swim Lessons*			*London Lightning 8-10 yrs	*H.I.I.T. (second floor)	Group Blast
5:30 PM		Childminding 4:45-8:30pm	Active and Creative Kids 4:45-8:30pm	*London Lightning 11-13 yrs	*Youth H.I.I.T. (second floor)	Group Power
6:00 PM						
6:30 PM	Adult Lessons					
7:00 PM	AquaFit 7:15-8:00pm					
7:30 PM	Lane Swim			Open Gym		
8:00 PM	Open Swim					
8:30 PM						
9:00 PM						

## Thursday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
5:30 AM						
6:00 AM	Open Swim			Open Gym		
6:30 AM						
7:00 AM	AquaFit 7:00-7:45am					
7:30 AM	Open Swim					
8:00 AM						
8:30 AM		Childminding 8:45am-11:30am				
9:00 AM	Lane Swim			Yoga 9:30am-10:45am		Group Power
9:30 AM	AquaFit 9:30-10:15am					Group Core
10:00 AM	Open Swim					
10:30 AM	Adult Swim					
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Swim			Open Gym		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Lane Swim			Active and Creative Kids	*Group Grow 5:30-6:15pm	Group Power
5:30 PM	Open Swim	Childminding 8:45am-11:30am	Active and Creative Kids 4:45-8:30pm	Open Gym	*Run Club	Group Active
6:00 PM	*Youth Lessons					
6:30 PM	*JLC 10-12yrs 6:45-7:45pm					
7:00 PM						
7:30 PM	*JLC 13+ 7:45-8:45pm					Yoga
8:00 PM						
8:30 PM				FCSSC Rental		
9:00 PM						

## Tuesday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
5:30 AM						
6:00 AM						
6:30 AM	Open Swim					
7:00 AM				Open Gym		
7:30 AM	AquaFit 7:00-7:45am					
8:00 AM						
8:30 AM	Open Swim					Active Agers 8:30-9:15am
9:00 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am		Yoga 9:30-10:45am		Group Active
9:30 AM	Open Swim					
10:00 AM	Adult Swim				Chair Yoga 11:00-11:45am	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Swim			Open Gym		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM						
4:00 PM						
4:30 PM	Lane Swim			Basketball 3-5yrs 4:45-5:15pm		
5:00 PM				Basketball 6-8 yrs 5:20-6:20pm	*H.I.I.T. (second floor)	Group Active
5:30 PM	Open Swim	Childminding 4:45-8:30pm	Active and Creative Kids 4:45-8:30pm	Basketball 3-5yrs 6:25-6:55pm	*Run Club	Group Core
6:00 PM				Basketball 6-8yrs 7:00-8:00pm		TRX 7:00-7:45pm
6:30 PM	Swim Team					
7:00 PM	Lane Swim					
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						

## Friday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
5:30 AM						
6:00 AM						
6:30 AM	Open Swim					
7:00 AM						
7:30 AM						
8:00 AM	AquaFit 8:30-9:15am					Group Power 8:15-9:15am
8:30 AM	AquaFit 9:30-10:15am	Childminding 8:45am-11:30am				Group Active
9:00 AM	Open Swim					
9:30 AM	Adult Swim / Gentle Joints				Moderate H.I.I.T.	
10:00 AM					Chair Yoga 10:45-11:30am	
10:30 AM						
11:00 AM				Open Gym		
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Swim					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Lane Swim					
5:30 PM	Open Swim	Childminding 8:45am-11:30am	**Fri-Y 4-12yrs (Ask for dates)	*Karate 6-8yrs		
6:00 PM				*Karate 9-12yrs		
6:30 PM				Fri-Y		Box Fit H.I.I.T.
7:00 PM	AquaFit 7:15-8:00pm					
7:30 PM	Open Swim			Open Gym		
8:00 PM						
8:30 PM						
9:00 PM						

## Wednesday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
5:30 AM						
6:00 AM						
6:30 AM	Open Swim					
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM	AquaFit 8:30-9:15am			Open Gym		Group Active 8:15-9:15am
9:00 AM	AquaFit 9:30-10:15am	Childminding 8:45-11:30am				Group Cycle
9:30 AM	Open Swim					Group Core
10:00 AM	Adult Swim / Gentle Joints				H.I.I.T. (second floor)	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Swim			Pickleball		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM				Open Gym		
4:00 PM						
4:30 PM	Child and Youth Swim Lessons*			Youth Boot Camp 9-12yrs 5:00-5:45pm	Dance 3-5yrs 4:45-5:15pm	Group Cycle
5:00 PM		Childminding 4:45-8:30pm	Active and Creative Kids 4:45-8:30pm	Youth Boot Camp 9-12yrs 5:50-6:35pm	Jazz 6-8yrs 5:20-5:50pm	Group Core
5:30 PM					Jazz 6-8yrs	Group Blast
6:00 PM	Adult Lessons					
6:30 PM	AquaFit 7:15-8:00pm					
7:00 PM	Lane Swim			Rental		
7:30 PM	Open Swim					Jazz 9-12yrs 7:55-8:25pm
8:00 PM						
8:30 PM						
9:00 PM						

## Saturday

Time	Pool	Playroom	Multipurpose	Gym	Studio 1	Studio 2
7:00 AM						
7:30 AM	Lane Swim					
8:00 AM	Open Swim					
8:30 AM				Karate 4-5yrs 8:45-9:30am		
9:00 AM	AquaFit			Karate 6-8yrs 9:35-10:20am		Group Blast
9:30 AM	Splashes & Bubbles	Childminding 8:45am-12:15pm	Active and Creative Kids 8:45am-12:15pm	Karate 9-12 yrs 10:25-11:10am		Group Power
10:00 AM				Karate 4-5yrs 11:15am-12:00pm		
10:30 AM	Child and Youth Swim Lessons			Karate 6-8yrs 12:05-12:50pm		
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Swim Team				*Karate 9-12yrs 12:55-1:40pm	
1:30 PM						
2:00 PM				Rental		
2:30 PM	Lane Swim					
3:00 PM	Open Swim					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						

## Sunday

Time	Pool	Basement	Multipurpose	Gym	Studio 1	Studio 2
9:00 AM	AquaFit 9:15-10:00am					Family Yoga 9:15-10:15am
9:30 AM						Group Active 10:15-11:15am
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	Lane Swim			Open Gym		
1:00 PM	Open Swim					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						

	Parent & Tot (6 months - 3 years)		Youth (10 - 13 years)
	Preschool (3 - 5 years)		Adult (14+ unless indicated)
	Child (6-9 years)		All Ages (*Must be 9 years old to swim without a parent)
	Child/Youth (6 - 13 years)		

### Hours of Operation

Monday - Friday: 5:30am - 9:00pm  
 Saturday: 7:00am - 5:00pm  
 Sunday: 9:00am - 5:00pm  
 Statutory Holidays: 8:00am - 4:00pm

\*Registration Required  
 \*\*Specialty Program-Registration & Additional Fee Required

All program areas close 15 minutes before building closure.

# MEMBERSHIP INFORMATION

## 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 adult fitness and aquatics classes
- Access to programs at all YMCA of Western Ontario branches
- Free drop-in classes
- Discounted specialty program rates (i.e. Day Camps)
- Y Thrive fitness programs, free coaching and orientations
- 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
- One registered swim lesson, per session
- Recreational swim and gym time
- Member's 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.

## 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.  
Monday-Friday 8:45am-11:30am  
Monday-Thursday 4:45pm-8:30 pm  
Saturday 8:45am-12:15pm

## Member Etiquette

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

## 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).

## YMCA Core Values

Honesty  
Caring  
Respect  
Responsibility

## 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.

## Birthday Parties \*\*

Come share your special day with the YMCA! Parties are held on Sundays for all ages and events. Call membership services for more details 519-451-2395.

**Growing Chefs\***Growing Chefs! Ontario cooking programs offered in partnership with the YMCA of Western Ontario are all about having fun, exploring food and cooking! Children will learn the basics of food preparation, cooking techniques, healthy eating – but most of all, they'll learn how to create and enjoy amazing food with professional chefs. Fall sessions will be offered to children ages 9 – 12 and the themes will be seasonal, quick, easy and cost effective meals that your kids will WANT to eat. Growing Chefs! offers the best hands-on entertaining and interactive cooking experiences for children in London.

## Growing Chefs Dates:

Sunday September 16th, 2018  
Sunday December 16th, 2018

Chiropractic, Physical Therapy, Massage Therapy and more ...  
Call us to book your appointment today! 519.451.2395

Check us out on our website and Facebook.



[www.facebook.com/BobHaywardYMCA](http://www.facebook.com/BobHaywardYMCA)



## Our Mission in Action

I was very hesitant about telling my story. I thought this isn't really a story; it is my life. But, as I began to talk with others I realized that this is not just my life, but most people's lives. Anyone who has struggled with weight or fitness issues or feeling like there is not enough time, focus on their children, making sure they are active and healthy, but neglect themselves. I found myself preaching the importance of exercise and healthy eating to my children, wanting the very best for them, but not doing it myself. We as parents are our children's greatest role models and I was not practicing what I preached. So here we go!

Being a mother of three, I needed a place to accommodate not only myself and my husband, but also my children. I struggled with what to do with my kids while I worked out. I needed a place that would hold me accountable. I have joined gyms in the past; you pay for your membership, come and go as you please. No one knows you are there or in my case, if you aren't there. So when you stop going, no one cares.

Then I found the Bob Hayward. This was a place my kids could go and feel like they were at camp and I could let them go knowing that they were in safe, capable, loving hands. What a weight lifted off my shoulders!

At the Bob Hayward everyone knows you're there and truly wants you to succeed in everything you do. They have a team of people from every walk of life that can relate to you on some level. This began with Jennalea and the wonderful staff at the front desk who welcome you with bright smiles, to the management staff who ask you about your life and tell you remarkable stories of others who have come to the Y (just to keep you motivated) to the wonderful and determined instructors who push you to excellence.

They blessed me with a personal trainer "Kerri" who made me feel like I was her main focus even though she has many others that she mentors. She is a rock and she holds me accountable. Like many others at the Y, our stories are the same; they know where you are and what you are going through because they

have been there, and it gets better. They put so much time and personal effort into you that you think to yourself; I am not going to waste their time or mine. They see something in me; maybe I should too!

They have gone above and beyond for me. I take care of extra children in the summer and was not able to make it in due to my schedule. Their reply was, "No, you need to be here!" So they accommodated my schedule so I wouldn't miss a day! No other gym would have cared.

The people that work and volunteer at the Bob Hayward are the reason that I am, and continue to be, successful. I have lost a ton of weight. I have become stronger and faster. I am practicing what I preach! My family has benefited in so many ways.

My story begins with the loving, caring, strong people that make up the Bob Hayward Y. I am proud to be a part of it!

~ Korri Van De Peer

## Holiday Schedule

Open Gym	8:00am - 3:45pm
Aquafit Class	10:00am - 10:45am
Lane Swim	8:30am - 3:45 pm
Open Swim	8:30am - 10:00am
Open Swim	10:45am - 3:45pm

## Holiday Hours 8 am - 4 pm

Monday, October 8 (Thanksgiving)



**Bob Hayward  
YMCA**