

PROGRAM SCHEDULE

January 16 - April 24, 2017

Hours of Operation
 Monday to Friday: 6:00am-11:00pm
 Saturday: 7:00am-8:00pm
 Sunday: 7:00am-7:00pm
 Statutory Holidays: 8:00am-4:00pm



MONDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00	Open Gym**	Open Gym**				Open Swim**
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00			FUN-ctional Fitness			
10:00-10:30	Parent and Tot Open Gym	Pickleball	Cycling		Child Minding	AquaFit
10:30-11:00						Lane Swim**
11:00-11:30						
11:30-12:00						Parent and Tot Open Swim
12:00-12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00	Open Gym**	Open Gym**				Open Swim**
2:00-2:30						
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30	Soccer* (3-5)			Silly Science (6-12)		Swim Lessons*
5:30-6:00						
6:00-6:30	Soccer* (6-8)	Pickleball*	Bootcamp	Active and Creative Kids (6-12)	Child Minding	
6:30-7:00						
7:00-7:30	Soccer* (9-12)		Zumba	Karate (5+)		FloatFit BootCamp
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30	Open Gym**	Open Gym**				Open Swim** Lane Swim**
9:30-10:00						
10:00-10:30						
10:30-11:00						

TUESDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30						
6:30-7:00						FloatFit Bootcamp
7:00-7:30						
7:30-8:00		Open Gym**				Open Swim**
8:00-8:30						
8:30-9:00						
9:00-9:30						AquaFit
9:30-10:00						
10:00-10:30		Badminton	Bootcamp	HeartCare***	Child Minding	
10:30-11:00						Lane Swim**
11:00-11:30	Open Gym**					
11:30-12:00						
12:00-12:30						
12:30-1:00						
1:00-1:30						Open Swim**
1:30-2:00						
2:00-2:30	Open Gym**	Open Gym**				
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30	Ball Hockey* (3-5)		Group Centery	Creative Kids (6-12)		Swim Lessons*
5:30-6:00						
6:00-6:30	Ball Hockey* (6-8)	Adult Floor Hockey*	Group Active	Drama (6-12)	Child Minding	
6:30-7:00						
7:00-7:30	Ball Hockey* (9-12)		TRX	Silly Science (6-12)		
7:30-8:00						
8:00-8:30						Open Swim** Lane Swim**
8:30-9:00						
9:00-9:30	Open Gym**	Open Gym**				
9:30-10:00						
10:00-10:30						
10:30-11:00						

WEDNESDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00	Open Gym**	Open Gym**				Open Swim**
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00	Mom, Pop and Tot Gym (9:30-10:15am)		Group Active			AquaFit
10:00-10:30		Pickleball	Yoga		Child Minding	Parent and Tot Open Swim
10:30-11:00						Lane Swim**
11:00-11:30						
11:30-12:00						
12:00-12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00	Open Gym**	Open Gym**				Open Swim**
2:00-2:30						
2:30-3:00			SMART Parkinson's			
3:00-3:30						
3:30-4:00		Youth Volleyball				
4:00-4:30						
4:30-5:00						
5:00-5:30	Preschool Gym and Swim (5:00-5:45)					Preschool Gym & Swim (5:45-6:30)
5:30-6:00						
6:00-6:30	Iron Kids* (6-12)	Adult Volleyball*	Zumba	Construction Kids (6-12)	Child Minding	AquaFit
6:30-7:00						
7:00-7:30	Fitness Fundamentals (6-12)		Group Centery	Nine2Twelve (9-12)		FloatFit Bootcamp
7:30-8:00						
8:00-8:30						
8:30-9:00						Open Swim** Lane Swim**
9:00-9:30	Open Gym**	Open Gym**				
9:30-10:00						
10:00-10:30						
10:30-11:00						

THURSDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00		Open Gym**	Bootcamp			Open Swim**
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30		Badminton	FUN-ctional Fitness		Child Minding	FloatFit Yoga
10:30-11:00			COPD Breathe Right			Lane Swim**
11:00-11:30	Open Gym**					
11:30-12:00						
12:00-12:30						Open Swim**
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
2:30-3:00	Open Gym**	Open Gym**				Open Swim**
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30	All Sorts of Sports (6-12)					
5:30-6:00						
6:00-6:30	Playground Games (6-12)	Jr. Golf* (4-7)	TRX	Ballet* (3-5)	Child Minding	Swim Lessons*
6:30-7:00						
7:00-7:30	Fun Fitness (6-12)		Cycling	Ballet/Lyrical* (9-12)		
7:30-8:00						
8:00-8:30						
8:30-9:00						Open Swim** Lane Swim**
9:00-9:30	Open Gym**	Open Gym**				
9:30-10:00						
10:00-10:30						
10:30-11:00						

FRIDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00		Open Gym**				Open Swim**
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30	Open Gym**	Pickleball	Group Active		Child Minding	AquaFit
10:30-11:00				Parent and Tot Active and Creative (10:15-11:00)		Parent and Tot Open Swim
11:00-11:30						
11:30-12:00						
12:00-12:30						
12:30-1:00						
1:00-1:30		Open Gym**				
1:30-2:00						
2:00-2:30						
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00						
6:00-6:30						
6:30-7:00	Teen Night	Teen Night	Teen Night			
7:00-7:30						
7:30-8:00						Jr. Lifeguard Club*
8:00-8:30						
8:30-9:00						
9:00-9:30						Open Swim**
9:30-10:00						
10:00-10:30						
10:30-11:00						

SATURDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
7:00-7:30						
7:30-8:00						
8:00-8:30	Open Gym**					Open Swim** Lane Swim**
8:30-9:00		Open Gym**				
9:00-9:30						
9:30-10:00	Active Kids (6-12)					AquaFit
10:00-10:30						
10:30-11:00						
11:00-11:30	Karate*		Cycling		Child Minding	Swim Lessons*
11:30-12:00	Karate Belts*		Yoga	Creative Kids (6-12)		
12:00-12:30						
12:30-1:00						
1:00-1:30		Badminton				
1:30-2:00						
2:00-2:30						
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30	Open Gym**					Family Swim
4:30-5:00						
5:00-5:30		Open Gym**				Open Swim** Lane Swim**
5:30-6:00						
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00						

SUNDAY

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
7:00-7:30						
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00			Group Active			Open Swim** Lane Swim**
10:00-10:30						
10:30-11:00						
11:00-11:30						
11:30-12:00						
12:00-12:30						
12:30-1:00			Group Centery		Child Minding	FloatFit Bootcamp
1:00-1:30	Open Gym**	Open Gym**				Open Swim**
1:30-2:00						
2:00-2:30						
2:30-3:00						
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00						Family Swim Lane Swim**
6:00-6:30						
6:30-7:00						Open Swim**

- Preschool (3-5 years)
- Child Minding
- Child (6-12years)
- Teen (13-24years)
- Family / All Ages (*Under 9 years old must be signed in/out by an adult)
- Adult (13+)
- Space Closed to Members

Windsor YMCA at Central Park Athletics reserves the right to change or alter program schedule as required. All changes to schedule will be posted at our front desk as well as on our website at www.ymcawo.ca.