

PROGRAM SCHEDULE

July 3 - August 28, 2017

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	Open Gym**	Open Gym**				
7:00-7:30						Open Swim**
7:30-8:00			Camp			
8:00-8:30			Bootcamp			
8:30-9:00			FUN-ctional Fitness			AquaFit
9:00-9:30			Cycling			
9:30-10:00					Child Minding	
10:00-10:30						
10:30-11:00						
11:00-11:30			Camp			
11:30-12:00						
12:00-12:30	Camp	Camp				Camp / Open Swim
12:30-1:00						Lane Swim**
1:00-1:30			Camp			
1:30-2:00					Camp	
2:00-2:30						
2:30-3:00						Family Swim
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00			Drop Zone (6-12)			
6:00-6:30	Open Gym**	Open Gym**	Bootcamp	Creative Kids (6-12)	Child Minding	
6:30-7:00						
7:00-7:30	Active Kids (6-12)		Zumba			
7:30-8:00						FloatFit Bootcamp
8:00-8:30	Open Gym**					
8:30-9:00						
9:00-9:30		Open Gym**				Open Swim**
9:30-10:00						Lane Swim**
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						FloatFit Bootcamp (6:15-7:05)
6:30-7:00	Open Gym**	Open Gym**				
7:00-7:30						
7:30-8:00				Camp		Open Swim**
8:00-8:30						
8:30-9:00			Camp			
9:00-9:30						
9:30-10:00						AquaFit
10:00-10:30						
10:30-11:00			Bootcamp	HeartCare***	Child Minding	Camp & Swim Lessons
11:00-11:30						Lane Swim**
11:30-12:00						
12:00-12:30	Camp	Camp				
12:30-1:00						
1:00-1:30			Camp			Camp / Open Swim
1:30-2:00				Camp	Camp	
2:00-2:30						
2:30-3:00						Family Swim
3:00-3:30						
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00			Group Centergy	Drop Zone (6-12)	Child Minding	Inner Tube Water Polo League*
6:00-6:30		Open Gym**	Group Active	Creative Kids (6-12)		
6:30-7:00						
7:00-7:30		Active Kids (6-12)				
7:30-8:00			TRX			
8:00-8:30	Open Gym**					Open Swim**
8:30-9:00						Lane Swim**
9:00-9:30		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	Open Gym**	Open Gym**				
7:00-7:30						Open Swim**
7:30-8:00			Camp			
8:00-8:30		Camp	Bootcamp			
8:30-9:00			Group Active			AquaFit
9:00-9:30		SwimFit**** (8:30-10:15)	Yoga		Child Minding	Camp & Swim Lessons
9:30-10:00			SMART	Camp		Lane Swim**
10:00-10:30			Stroke Rehab			
10:30-11:00						
11:00-11:30			Camp			
11:30-12:00						
12:00-12:30	Camp					Camp / Open Swim
12:30-1:00						
1:00-1:30			Camp		Camp	
1:30-2:00						Family Swim
2:00-2:30			SMART Parkinson's			
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					Drop Zone (6-12)	Swim Lessons*
6:00-6:30			Zumba	Creative Kids (6-12)	Child Minding	HIIT the Water
6:30-7:00						
7:00-7:30			Group Centergy	Silly Science (9-12)		FloatFit Bootcamp
7:30-8:00						
8:00-8:30	Dodgeball League*					
8:30-9:00						Open Swim**
9:00-9:30						Lane Swim**
9:30-10:00						
10:00-10:30	Open Gym**					
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	Open Gym**	Open Gym**	Bootcamp			
7:00-7:30						Open Swim**
7:30-8:00			Camp			
8:00-8:30		Camp	Camp			
8:30-9:00						
9:00-9:30			FUN-ctional Fitness			AquaFit
9:30-10:00			COPD Breathe Right		Child Minding	Camp & Swim Lessons
10:00-10:30		Badminton		Camp		Lane Swim**
10:30-11:00						
11:00-11:30						Camp & Swim Lessons
11:30-12:00						
12:00-12:30	Camp					Camp / Open Swim
12:30-1:00			Camp			Camp Swim
1:00-1:30					Camp	
1:30-2:00						
2:00-2:30			Camp	OsteoFit****		
2:30-3:00						
3:00-3:30						Open Swim
3:30-4:00						
4:00-4:30						
4:30-5:00						
5:00-5:30						
5:30-6:00			Cycling			
6:00-6:30		Drop Zone (6-12)	Active Kids (6-12)		Child Minding	Swim Lessons*
6:30-7:00			TRX			
7:00-7:30			Yoga	Creative Kids (6-12)		
7:30-8:00						
8:00-8:30	Open Gym**					Open Swim**
8:30-9:00		Open Gym**				Lane Swim**
9:00-9:30						
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	Open Gym**	Open Gym**				
7:00-7:30						Open Swim**
7:30-8:00		Camp	Camp			
8:00-8:30						
8:30-9:00			Group Active			AquaFit
9:00-9:30		SwimFit**** (8:30-10:15)				
9:30-10:00					Child Minding	Camp & Swim Lessons
10:00-10:30						
10:30-11:00						
11:00-11:30			Camp			
11:30-12:00						
12:00-12:30	Camp					Camp Swim
12:30-1:00						Lane Swim
1:00-1:30						
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						Y Torpedoes*
6:00-6:30						Jr. Lifeguard Club Lv1*
6:30-7:00						Jr. Lifeguard Club Lv2*
7:00-7:30						
7:30-8:00						
8:00-8:30	Teen Night	Teen Night	Teen Night			
8:30-9:00						
9:00-9:30						
9:30-10:00						Teen Swim
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						Open Swim**
8:00-8:30	Open Gym**					Lane Swim**
8:30-9:00		Open Gym**				
9:00-9:30						AquaFit
9:30-10:00	Active Kids (6-12)					
10:00-10:30			Cycling			
10:30-11:00					Child Minding	Swim Lessons*
11:00-11:30	Karate*					
11:30-12:00	Karate Belts*		Yoga	Creative Kids (6-12)		
12:00-12:30						
12:30-1:00	Floor Hockey League*					
1:00-1:30						
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						
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	Open Gym**	Open Gym**				
8:00-8:30						
8:30-9:00						
9:00-9:30						Open Swim**
9:30-10:00						Lane Swim**
10:00-10:30			Group Centergy	Creative Kids (6-12)		
10:30-11:00	Open Gym**		Bootcamp		Child Minding	
11:00-11:30						
11:30-12:00	Active Kids (6-12)		Group Active			FloatFit Bootcamp
12:00-12:30						
12:30-1:00						
1:00-1:30						
1:30-2:00						
2:00-2:30						
2:30-3:00						
3:00-3:30						
3:30-4:00	Open Gym**	Open Gym**				Family Swim
4:00-4:30						Lane Swim**
4:30-5:00						
5:00-5:30						
5:30-6:00						
6:00-6:30						
6:30-7:00						

- 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+)
- Swim Lessons

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.

* Registration required
 **Please Note: Open Gym, Open Swim and Lane Swim may be subject to change in the occurrence of