

# PROGRAM SCHEDULE

September 5 - December 17, 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	Open Gym**	Open Studio	Open Studio			Open Swim**						
6:30-7:00												
7:00-7:30												
7:30-8:00												
8:00-8:30	Boot Camp											
8:30-9:00												
9:00-9:30	Parent and Tot Open Gym	Open Studio	FUN-ctional Fitness	Child Minding	Shallow AquaFit							
9:30-10:00												
10:00-10:30	Open Gym**	Open Studio	Piloxing		Parent and Tot Swim	Lane Swim**						
10:30-11:00												
11:00-11:30												
11:30-12:00												
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	Open Gym**	Open Studio				Open Swim**						
3:30-4:00												
4:00-4:30												
4:30-5:00												
5:00-5:30												
5:30-6:00							Active Start Basketball (3-5)*	Group Centergy	Drop Zone (6-12)	Creative Kids (6-12)	Child Minding	Swim Lessons*
6:00-6:30												
6:30-7:00							FUNDamental Basketball (6-8)*	Kickboxing	Silly Science (6-12)	Child Minding		
7:00-7:30												
7:30-8:00							Learn to Train Basketball (9-12)*	Zumba	Creations for A Cause (6-12)			FloatFit Boot Camp
8:00-8:30												
8:30-9:00	Adult Basketball League (13+)*	Open Studio				Open Swim**						
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
10:30-11:00												

**TUESDAY**

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool						
6:00-6:30	Open Gym**	Open Studio	Open Studio			Open Swim**						
6:30-7:00												
7:00-7:30												
7:30-8:00												
8:00-8:30												
8:30-9:00												
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
11:00-11:30	Open Gym**	Open Studio	Boot Camp	HeartCare***	Child Minding	Lane Swim**						
11:30-12:00												
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												
4:00-4:30	Open Gym**	Open Studio				Open Swim**						
4:30-5:00												
5:00-5:30												
5:30-6:00							Drop Zone (6-12)	Playground Games (6-12)	Cycling	Ballet (3-5)*	Jazz (3-5)*	H.J.J.T. The Water
6:00-6:30												
6:30-7:00							Soccer (6-12)	Group Active	Jazz/Ballet (6-8)*	Child Minding	FloatFit Boot Camp	
7:00-7:30												
7:30-8:00							Dodgeball (6-12)	Intro TRX	Hip Hop (9-12)*			Open Swim**
8:00-8:30												
8:30-9:00							Open Gym**	Open Studio	TRX Stretch	NLS/ Bronze Cross****		Lane Swim**
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
10:30-11:00												

**WEDNESDAY**

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool						
6:00-6:30	Open Gym**	Open Studio	Open Studio			Open Swim**						
6:30-7:00												
7:00-7:30												
7:30-8:00												
8:00-8:30												
8:30-9:00												
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
11:00-11:30	Open Gym**	Open Gym**	Open Studio	SMART Stroke Rehab	Child Minding	Lane Swim**						
11:30-12:00												
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												
4:00-4:30	Open Gym**	Open Studio	SMART Parkinsons			Open Swim**						
4:30-5:00												
5:00-5:30												
5:30-6:00							Preschool Gym & Swim* (5:30-6:15)	Active Kids (6-12)	Triathlon Club			Preschool Gym & Swim* (5:30-6:15)
6:00-6:30												
6:30-7:00							Adult Volleyball	Iron Kids* (9-12)	Group Centergy	Construction Kids (6-12)	Child Minding	Iron Kids*
7:00-7:30												
7:30-8:00							Adult Volleyball League*	Open Studio				Open Swim**
8:00-8:30												
8:30-9:00												
9:00-9:30												
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	Open Gym**	Open Studio	Open Studio			Open Swim**						
6:30-7:00												
7:00-7:30												
7:30-8:00												
8:00-8:30												
8:30-9:00												
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
11:00-11:30	Open Gym**	Open Studio	COPD Breathe Right	Parent and Tot Creative (10:00-10:45)	Child Minding	Open Swim**						
11:30-12:00												
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												
4:00-4:30	Open Gym**	Open Studio	OsteoFit****			Open Swim**						
4:30-5:00												
5:00-5:30												
5:30-6:00							Drop Zone (6-12)	All Sorts of Sports (6-12)	YMobility Awesome Abs	Preschool Science (3-5)	Child Minding	Swim Lessons*
6:00-6:30												
6:30-7:00							Preschool Active Play (3-5)	TRX	Creative Kids (6-12)	Child Minding		
7:00-7:30												
7:30-8:00							Active Kids (6-12)	Strong By Zumba	Preschool Creative (3-5)			Open Swim**
8:00-8:30												
8:30-9:00							Open Gym**	Open Studio	Adult Karate* (13+)			Lane Swim**
9:00-9:30												
9:30-10:00												
10:00-10:30												
10:30-11:00												
10:30-11:00												

**FRIDAY**

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
6:00-6:30	Open Gym**	Open Studio	Open Studio			Open Swim**
6:30-7:00						
7:00-7:30						
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30						
10:30-11:00						
11:00-11:30	Open Gym**	Open Studio	Group Active	Child Minding		Lane Swim**
11:30-12:00						
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						
4:00-4:30	Open Studio	Open Studio				Open Swim**
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						
8:00-8:30						
8:30-9:00						
9:00-9:30	Teen Night	Open Studio	Lift Club	NLS / Bronze Cross****		Teen Night Swim
9:30-10:00						
10:00-10:30						
10:30-11:00						
10:30-11:00						
10:30-11:00						

**SATURDAY**

Time	Gym A	Gym B	Studio A	Studio B	Child Minding	Pool
7:00-7:30	Open Gym**	Open Studio	Open Studio			Open Swim**
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30						
10:30-11:00						
11:00-11:30						
11:30-12:00						
12:00-12:30	Open Gym**	Open Studio	Cycling	Creative Kids/ Classroom Games (6-12)	Child Minding	Swim Lessons*
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						
4:00-4:30						
4:30-5:00						
5:00-5:30	Open Gym**	Open Studio	Yoga			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	Open Gym**	Open Studio	Open Studio			Open Swim**
7:30-8:00						
8:00-8:30						
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30						
10:30-11:00						
11:00-11:30						
11:30-12:00						
12:00-12:30	Open Gym**	Open Studio	Pickleball League*	Group Centergy	Silly Science (6-12)	Lane Swim**
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						
4:00-4:30						
4:30-5:00						
5:00-5:30	Open Gym**	Open Studio				Family Swim
5:30-6:00						
6:00-6:30						
6:30-7:00						
7:00-7:30						
7:30-8:00						

- Preschool (3-5 years)
- Child Minding (0-5 years)
- Child (6-12 years) \*\*Under 9 years old must be signed in/out by an adult
- Youth (13-24 years)
- Family / All Ages (\*\*Under 9 years old must be signed in/out by an adult)
- Adult (13+)
- Space Closed to Members

\* Registration required - program runs September 18-December 11  
 \*\* Please Note: Open Gym, Open Swim and Lane Swim may be subject to change in the occurrence of a scheduled event or birthday party.  
 \*\*\* HeartCare is based at the Wellness Coaching desk in cardio section  
 \*\*\*\* Has extra fees associated with it for members/non-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](http://www.ymcawo.ca).

**COMING SEPTEMBER 2017**  
 Y SPORTS AT CENTRAL PARK ATHLETICS

**EXCITING NEW PROGRAMS:**

- Adult Coed Soccer League
- Adult Coed Hockey League **YHL**
- Women's Hockey League
- Shift Worker's Rec Pickup
- Adult Coed Flag Football **YFL**
- Learn 2 Skate
- Youth Soccer League

*Registration opens August 30<sup>th</sup> at the membership desk!*

→ Not a YMCA member? No problem. Our leagues are open to everyone!

**FOR MORE INFO:**  
 PHONE: 519.419.1267  
 OR VISIT OUR WEBSITE AT: [ymcawo.ca](http://www.ymcawo.ca)

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 519-419-1267