Stoney Creek Community Centre, YMCA & Library

PROGRAM SCHEDULE

July 2 - August 24, 2018

Stoney Creek Community Centre YMCA & Library
920 Sunningdale Road East
London, ON N5X 0H5
519.667.4400
ymcawo.ca/stoney-creek

Monday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
5:30 AM	Lane Swim		Turf Time (Wellness Floor)		Open Gym		DAY CAMP	DAY CAMP	
6:00 AM									
6:30 AM									
7:00 AM									
8:00 AM			Group Active						
9:00 AM	Aquafit (9:15-10:00am)	Parent & Tot (9:00-9:45am)	Group Power (9:15am)		Active & Creative Kids (6-12yrs) 9:00-11:15am	Child Minding			
9:30 AM									
10:00 AM		Gentle Joints (10:00-10:45am)	Group Blast (10:15am)	Yoga (10:15am)	Preschool Gym & Swim				
10:30 AM	Lessons*	Family Swim (11:00-11:45am)		TRX** ● (11:15am)					
11:00 AM					Open Gym				
11:30 AM		Shallow Aquafit (12:00-12:45pm)		Aquatic Leadership **	Day Camp				
12:00 PM									
12:30 PM									
1:00 PM	DAY CAMP SWIM								
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM							Young Explorers (6-8yrs) ●		
4:30 PM							Young Explorers (9-12yrs) ●		
5:00 PM									
5:30 PM					All Sorts of Fun*	Active & Creative Kids			
6:00 PM	Lane Swim	Swim Lessons* & Aquatic Leadership	Group Blast	Cycle (6:00-6:45pm)		Yoga for Kids ●		Line Dancing** ●	
6:30 PM									
7:00 PM		Family Swim	Group Power	Group Centergy			Aquatic Leadership**	Line Dancing (Level 2)** ●	
7:30 PM			Group Groove	Kettlebell** Indoor/Outdoor	Basketball 13+	Volleyball 13+		Seminars *	
8:00 PM		Shallow Aquafit (8:45-9:30pm)		Gentle Yoga					
9:00 PM									
9:30 PM									
10:00 PM									

Tuesday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
5:30 AM	Lane Swim			Cycle & Strength	Open Gym				
6:00 AM									
6:30 AM									
7:00 AM				Tai Chi Level II* (7:30-8:15am)					
8:00 AM									
8:30 AM									
9:00 AM	Aquafit (9:15-10:00am)	Parent & Tot (9:00-9:45am)	Boot Camp (9:15am)	Gentle Yoga (9:15am)	Active & Creative Kids (6-12yrs)	Preschool Active & Creative Play	Child Minding		
9:30 AM									
10:00 AM	Lessons*	Water Walking (10:00-10:45am)	Group Active (10:15am)						
10:30 AM		Family Swim (11:00-11:45am)		Lite & Lively* ● (11:00-11:45am)	Open Gym	Day Camp			
11:00 AM									
11:30 AM					Pickleball				
12:00 PM	Deep Aquafit (12:00-12:45pm)			Aquatic Leadership **					
12:30 PM									
1:00 PM	DAY CAMP SWIM								
1:30 PM						Day Camp			
2:00 PM					Open Gym				
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM						Active & Creative Kids			
5:00 PM									
5:30 PM									
6:00 PM	Lane Swim	Swim Lessons* & Aquatic Leadership	Group Power	Yoga			Silly Science* ●		
6:30 PM									
7:00 PM		Family Swim	Group Blast					Aquatic Leadership **	
7:30 PM									
8:00 PM			Group Fight	Cycle	Basketball 13+				
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

Wednesday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
5:30 AM	Lane Swim				Open Gym				
6:00 AM			Group Power		Co-Ed Basketball 18+* ●				
7:00 AM									
7:30 AM									
8:00 AM			Group Active						
8:30 AM									
9:00 AM	Aquafit (9:15-10:00am)	Parent & Tot (9:00-9:45am)	Group Blast (9:15am)		Active & Creative Kids (6-12yrs) 9:00-11:15am	Preschool Gym & Swim	Child Minding		
9:30 AM									
10:00 AM		Gentle Joints (10:00-10:45am)	Group Groove (10:15am)	Group Centergy (10:15am)					
10:30 AM	Lessons*	Family Swim (11:00-11:45am)							
11:00 AM					Open Gym				
11:30 AM		Shallow Aquafit (12:00-12:45pm)		Aquatic Leadership **					
12:00 PM									
12:30 PM			Line Dancing** (Level 1) ●						
1:00 PM	DAY CAMP SWIM								
1:30 PM			Line Dancing** (Level 2) ●						
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM					Physical Literacy Soccer*	Active & Creative Kids	Preschool Play	Silly Science* ●	
5:30 PM	Lane Swim	Swim Lessons* & Aquatic Leadership	Boot Camp	Cycle (6:00-6:45pm)					
6:00 PM									
6:30 PM		Family Swim	Group Power	Group Centergy				Aquatic Leadership **	
7:00 PM			Group Blast	TRX** ●	Soccer 13+				
7:30 PM		Shallow Aquafit (8:45-9:30pm)		Yoga					Belly Dancing** ●
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

Thursday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
5:30 AM	Lane Swim			Cycle & Strength	Open Gym				
6:00 AM									
6:30 AM									
7:00 AM				Tai Chi* ● (Level 1)					
7:30 AM									
8:00 AM									
8:30 AM	Aquafit (9:15-10:00am)	Parent & Tot (9:00-9:45am)	Group Fight (9:15am)	Cycle (9:15am)	Active & Creative Kids (6-12yrs)	Preschool Active & Creative Play	Child Minding		
9:00 AM									
9:30 AM	Lessons*	Water Walking (10:00-10:45am)	Group Active (10:15am)						
10:00 AM		Family Swim (11:00-11:45am)		Lite & Lively* ● (11:00-11:45am)	Open Gym	Day Camp	Wee Baby Bounce* ●		
10:30 AM	Deep Aquafit (12:00-12:45pm)				Pickleball				
11:00 AM									
11:30 AM				Aquatic Leadership **	Open Gym	Day Camp	Day Camp		
12:00 PM									
12:30 PM									
1:00 PM	DAY CAMP 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									
5:30 PM									
6:00 PM	Lane Swim	Swim Lessons* & Aquatic Leadership	Group Blast	Group Centergy	All Sorts of Fun*	Active & Creative Kids	DIY Kids (6-8yrs) ●		
6:30 PM							DIY Kids (9-12yrs) ●		
7:00 PM		Family Swim	Group Active					Aquatic Leadership**	
7:30 PM									
8:00 PM					Volleyball 13+	Volleyball 18+			
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

Friday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
5:30 AM	Lane Swim				Open Gym				
6:00 AM									
6:30 AM									
7:00 AM			Group Active						
7:30 AM									
8:00 AM	Aquafit (9:15-10:00am)	Parent & Tot (9:00-9:45am)	Group Power (9:15am)		Active & Creative Kids (6-12yrs) 9:00-11:15am	Preschool Gym & Swim	Child Minding		
8:30 AM									
9:00 AM		Gentle Joints (10:00-10:45am)	Boot Camp (10:15am)	Group Centergy (10:15am)					
9:30 AM	Lessons*	Family Swim (11:00-11:45am)							
10:00 AM		Shallow Aquafit (12:00-12:45pm)		Aquatic Leadership **	Open Gym	Day Camp			
10:30 AM									
11:00 AM	DAY CAMP SWIM								
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM	Lane Swim	Swim Lessons* & Aquatic Leadership	Group Power						
6:30 PM									
7:00 PM			Group Groove						
7:30 PM		Family Swim							
8:00 PM					FREE Teen Night Basketball (13-24 yrs) *teen night card required for access	FREE Teen Night (13-24 yrs)			
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

Saturday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
7:00 AM									
7:30 AM									
8:00 AM		Shallow Aquafit (8:15-9:00am)			Open Gym				
8:30 AM				Cycle					
9:00 AM			Group Blast	Yoga					
9:30 AM			Group Power						
10:00 AM					Physical Literacy Soccer*	Active & Creative Kids (6-12yrs) 9:00-11:15am	Multi Sports for Kids ●	Preschool Active & Creative Play	Silly Science Workshops*
10:30 AM		Parent & Tot (11:00-11:45am)	Group Groove	Group Centergy			Young Gardeners ●		
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Lane Swim	Family Swim			Open Gym		Aquatic Leadership**		
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM					Badminton 13+			Fri-Y** (4-12yrs)	
6:00 PM									
6:30 PM		Fri-Y**			Badminton 18+				
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									

Sunday

	Pool	Family Pool	BMO	Studio	Gym	LLA	LLB	SGCA	SGCB
7:00 AM									
7:30 AM									
8:00 AM		Shallow Aquafit (8:15-9:00am)			Open Gym				
8:30 AM									
9:00 AM			Group Active	Gentle Yoga	Preschool Active & Creative Play	Active & Creative Kids (6-12yrs) 9:00-11:15am			
9:30 AM			Boot Camp	Group Centergy					
10:00 AM		Parent & Tot (11:00-11:45am)	Group Power						
10:30 AM					Open Gym	Reserved for Children & Youth Programs*	Aquatic Leadership**	Birthday Parties**	
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Lane Swim	Family Swim				Birthday Parties**			
3:30 PM									
4:00 PM									
4:30 PM		Aquafit (4:30-5:15pm)			Badminton 13+				
5:00 PM									
5:30 PM					Badminton 18+	Table Tennis 13+			
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									

Hours of Operation

Monday - Friday:	5:30 am - 10:30 pm
Saturday:	7:00 am - 9:00 pm
Sunday:	7:00 am - 7:00 pm
Statutory Holidays:	8:00 am - 4:00 pm

All program areas close 30 minutes before building closure.

- Parent & Tot (6 months-3 years)
- 3-5 years
- 6-12 years
- 13 +
- Family
- ● Spectrum Program

Key Notes:

*Registration Required

**Specialty Program - Registration & Additional Fee Required

Program withdrawals or refunds must be done within the first 2 weeks of programs. Refunds will be a prorated amount.

Back to back programs and classes may require a short transition time. Thank you for your patience as we set up/tear down

One wet and two dry program registrations are included in your membership!