



Monday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM	Open Swim 5:30am-8:30am					
7:30 AM				Open Gym 5:30am-11:00am		
8:00 AM						
8:30 AM	Aquafit 8:30am-9:15am					Group Active 8:15am-9:15am
9:00 AM						
9:30 AM	Aquafit 9:30am-10:15am	Childminding 8:45am-11:30am				Group Power
10:00 AM						
10:30 AM	Open Swim/ Swim to Survive					
11:00 AM						*Ageless Grace 11:00am-11:45am
11:30 AM						
12:00 PM	Adult Swim / Gentle Joints			Open Gym 2:00pm-1:00pm		
12:30 PM						
1:00 PM	Open Swim/ Swim to Survive					
1:30 PM						
2:00 PM	Open Swim 12:30pm-2:30pm			Pickleball 1:00pm-3:00pm		
2:30 PM						
3:00 PM	Pool Closed					
3:30 PM				Open Gym 3:00pm-5:00pm		
4:00 PM						
4:30 PM						
5:00 PM	Child and Youth Swim Lessons*	Childminding 4:45pm-8:30pm	Active and Creative Kids 4:45pm-8:30pm	Floor Hockey (3-5yrs) 5:00pm-5:45pm 2nd floor	*Youth H.J.I.T (10+) 5:00pm-5:45pm 2nd floor	Group Blast
5:30 PM				Floor Hockey (6-8yrs) 5:35pm-6:20pm	*H.J.I.T. 5:45pm-6:15pm 2nd floor	
6:00 PM				Floor Hockey (3-5yrs) 6:25pm-6:55pm	*H.J.I.T. 6:15pm-6:45pm 2nd floor	Group Power
6:30 PM				Floor Hockey (6-8yrs) 7:00pm-7:45pm	*Youth H.J.I.T (10+) 6:45pm-7:30pm 2nd floor	
7:00 PM					Yoga 7:30pm-8:45pm	
7:30 PM	Adult Lessons	Aquafit 7:30pm-8:15pm				
8:00 PM	Lane Swim	Open Swim				
8:30 PM						
9:00 PM						

Tuesday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM						
6:00 AM						
6:30 AM	Open Swim					
7:00 AM				Open Gym 5:30am-9:00am		
7:30 AM	Aquafit 7:00am-7:45am					
8:00 AM						
8:30 AM	Open Swim				Active Agers 8:30am-9:15am	
9:00 AM						
9:30 AM	Aquafit 9:30am-10:15am	Childminding 8:45am-11:30am		Yoga 9:30am-10:45am		Group Active
10:00 AM						
10:30 AM	Swim to Survive/ Open Swim					
11:00 AM				Ladies Day Out	Chair Yoga 11:00am-11:45am	
11:30 AM						
12:00 PM	Adult Swim					
12:30 PM	Swim to Survive/ Open Swim					
1:00 PM						
1:30 PM	Open Swim 12:30pm-2:30pm			Open Gym 12:30pm-4:30pm		
2:00 PM						
2:30 PM	Pool Closed					
3:00 PM						
3:30 PM	Strength, Tone & Balance 3:30pm-4:15pm					
4:00 PM						
4:30 PM						
5:00 PM	Lane Swim					
5:30 PM				London Lightning Freshman		Group Active
6:00 PM						
6:30 PM	Open Swim 4:30pm-8:45pm	Childminding 4:45pm-8:30pm	Active and Creative Kids 4:45pm-8:30pm	London Lightning Junior	*Run Club (second floor)	Group Core TRX 6:30pm-7:15pm
7:00 PM						
7:30 PM						
8:00 PM	Lane Swim					
8:30 PM						
9:00 PM						

Wednesday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM						
6:00 AM						
6:30 AM	Open Swim 5:30am-8:30am					
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM	Aquafit 8:30am-9:15am			Open Gym 5:30am-1:00pm		Group Active 8:15am-9:15am
9:00 AM						
9:30 AM	Aquafit 9:30am-10:15am	Childminding 8:45am-11:30am				Group Cycle Group Core
10:00 AM						
10:30 AM	Swim to Survive/ Open Swim				H.J.I.T. (second floor)	
11:00 AM						
11:30 AM	Adult Swim / Gentle Joints					
12:00 PM						
12:30 PM	Swim to Survive/ Open Swim					
1:00 PM						
1:30 PM	Open Swim 12:30pm-2:30pm					
2:00 PM						
2:30 PM	Pool Closed					
3:00 PM						
3:30 PM						
4:00 PM				Open Gym 3:00-7:00pm		
4:30 PM						Intro to Dance 3-5yrs 4:45pm-5:15pm
5:00 PM	Child and Youth Swim Lessons*	Childminding 4:45pm-8:30pm	Active and Creative Kids 4:45pm-8:30pm			Dance 6-8yrs 5:20pm-5:50pm Intro to Dance 3-5yrs 5:50pm-6:20pm
5:30 PM						H.J.I.T. Bootcamp (second floor)
6:00 PM						
6:30 PM						Dance 6-8yrs
7:00 PM						*Youth H.J.I.T (10+) 6:45pm-7:30pm (second floor)
7:30 PM	Adult Lessons	Aquafit 7:30pm-8:15pm				Intro to Dance 3-5yrs 7:05pm-7:35pm
8:00 PM	Lane Swim	Open Swim			Rental	Dance 9-12yrs 7:40pm-8:10pm
8:30 PM						
9:00 PM						

Thursday

Time	Pool	Playroom	Multipurpose	Gym	Studio B	Studio A
5:30 AM						
6:00 AM	Open Swim			Open Gym 5:30am-9:00am		
6:30 AM						
7:00 AM	Aquafit 7:00am-7:45am					
7:30 AM				Pickleball 8:15am-9:15am		
8:00 AM	Open Swim				Active Agers Balance (second floor) 8:30am-9:15am	
8:30 AM						
9:00 AM						
9:30 AM	Aquafit 9:30am-10:15am	Childminding 8:45am-11:30am		Yoga 9:30am-10:45am		Group Power
10:00 AM						
10:30 AM	Swim to Survive/ Open Swim					Group Core
11:00 AM						
11:30 AM						
12:00 PM	Adult Swim					
12:30 PM	Swim to Survive/ Open Swim					
1:00 PM						
1:30 PM	Open Swim 12:30pm-2:30pm			Open Gym 11:30am-5:30pm		
2:00 PM						
2:30 PM	Pool Closed					
3:00 PM						
3:30 PM	Strength, Tone & Balance 3:30pm-4:15pm					
4:00 PM						
4:30 PM						
5:00 PM	Open Swim					
5:30 PM						
6:00 PM	*Youth Lessons	Childminding 4:4pm-8:30pm	Active and Creative Kids 4:45-8:30pm	Active and Creative kids	Open Gym 5:30pm-7:45pm	*Group Grow (second floor) 5:45pm-6:45pm
6:30 PM						*Run Club (second floor)
7:00 PM	*JLC 10-12yrs 6:45pm-7:45pm					Group Active
7:30 PM						
8:00 PM	*JLC 13+ 7:45pm-8:45pm					Yoga
8:30 PM						
9:00 PM						FCSSC Rental

Friday

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

Saturday

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

Sunday

Time	Pool	Basement	Multipurpose	Gym	Studio B	Studio A
9:00 AM						
9:30 AM	Aquafit 9:15am-10:00am					Family Yoga 9:15am-10:15am
10:00 AM						Group Active 10:15am-11:15am
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	Open Swim 10:00am-3:45pm			Open Gym 9:00am-4:45pm		
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						

- 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 Southwestern 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/volunteer

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 Southwestern Ontario are all about having fun, exploring food and cooking! Children will learn the basics of food preparation, cooking techniques and 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:

- January 13, 2019 11:00am-12:30pm
 - April 28, 2019 11:00am-12:30pm
- *Program is for 9-12yrs

Fri-Y (4-12yrs)

- January 25, 2019 5:00pm-8:00pm
- February 22, 2019 5:00pm-8:00pm
- March 29, 2019 5:00pm-8:00pm
- April 26, 2019 5:00pm-8:00pm

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

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 February 18, 2019 Family Day

No registered programs running the week of March Break
 March 11 - 17



www.facebook.com/BobHaywardYMCA



**Bob Hayward
 YMCA**