

# PROGRAM SCHEDULE

July 2 – August 25, 2019

Bostwick Community Centre, YMCA & Library  
 501 Southdale Road West  
 London, ON N6K 3X4  
 519.907.3300  
 ymcawo.ca/bostwick



**Monday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
5:30 AM				Y Turf Time 6:00am-6:45am	Open Gym					
6:00 AM										
6:30 AM										
7:00 AM	Lane Swim	AquaFit								
7:30 AM										
8:00 AM							*Day Camp			
8:30 AM										
9:00 AM	AquaFit	*Swimming Lessons		Group Power			*Parent & Tot Workshops			Crafts and Obstacles 6-12yrs
9:30 AM							*Sensory Babies			
10:00 AM	Gentle Joints			Group Active				Yoga 9:45am-11:00am		
10:30 AM										Crafts and Obstacles 6-12yrs
11:00 AM										
11:30 AM					*Day Camp					
12:00 PM	Lane swim	Family Swim		Y Turf Time 12:15pm-1:00pm						*Basic Cooking 101
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM			Open Family Time							
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM					Drop-In Basketball 9-12yrs					
5:30 PM					Active & Creative Kids 6-12yrs					
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Lane Swim 7:45pm-9:30pm	AquaFit 7:45pm-8:30pm	Family Swim 7:45pm-9:00pm	Y Turf Time 7:30pm-8:15pm	Drop-In Basketball 13+					*Parent & Tot/Child Cooking
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										
11:30 PM										

**Tuesday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
5:30 AM					Open Gym					
6:00 AM										
6:30 AM										
7:00 AM	Lane Swim									
7:30 AM										
8:00 AM										
8:30 AM					Day Camp					
9:00 AM	AquaFit	*Swimming Lessons		Group Cycle						
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM	Lane swim	Family Swim								
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM			Open Family Time							
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5:00 PM										
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6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Lane Swim 7:45pm-9:30pm	Family Swim 7:45pm-9:00pm								
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										
11:30 PM										

**Wednesday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
5:30 AM					Open Gym					
6:00 AM										
6:30 AM										
7:00 AM	Lane Swim	AquaFit								
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	AquaFit	*Swimming Lessons		Group Power	*Day Camp					
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM	Gentle Joints			Group Active						
11:30 AM										
12:00 PM	Lane swim	Family Swim								
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM			Open Family Time							
2:30 PM										
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7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Lane Swim 7:45pm-9:30pm	AquaFit 7:45pm-8:30pm	Family Swim 7:45pm-9:00pm	Y Turf Time 7:30pm-8:15pm	Drop-In Basketball 13+					
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										
11:30 PM										

**Thursday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
5:30 AM				Y Turf Time 6:00am-6:45am	Open Gym					
6:00 AM										
6:30 AM										
7:00 AM	Lane Swim	S5+ Open Swim								
7:30 AM										
8:00 AM										
8:30 AM	55+ AquaFit 8:30am-9:15am			Active Agers 8:15am-9:15am	*Day Camp					
9:00 AM										
9:30 AM	AquaFit	*Swimming Lessons		Group Cycle						
10:00 AM										
10:30 AM										
11:00 AM	Lane swim	Family Swim								
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM			Open Family Time							
2:30 PM										
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7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Lane Swim 7:45pm-9:30pm	Family Swim 7:45pm-9:00pm								
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										
11:30 PM										

**Friday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
5:30 AM					Open Gym					
6:00 AM										
6:30 AM										
7:00 AM	Lane Swim									
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM	AquaFit	*Swimming Lessons		Group Power	*Day Camp					
10:00 AM										
10:30 AM										
11:00 AM	Gentle Joints	Family Swim		Group Active						
11:30 AM										
12:00 PM	Lane swim	Family Swim								
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM			Open Family Time							
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7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Lane Swim 7:45pm-9:30pm	Family Swim 7:45pm-9:00pm								
9:00 PM										
9:30 PM										
10:00 PM										
10:30 PM										
11:00 PM										
11:30 PM										

**Saturday**

Time	Pool	Family Pool	Treehouse	Studio 1	Gym	Studio 2	MP Room 2	MP Room 4	MP Room 5	Kitchen
7:00 AM	Lane Swim				Open Gym					
7:30 AM										

# 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 Western Ontario branches
- Convenient drop-in classes
- Discounted specialty program rates
- FREE Wellness Coaching Sessions
- Open gymnasium time
- Family swim time and lane swims
- Recreational sports
- Use of day lockers and change rooms
- Canada-wide YMCA usage

## Memberships for Children Include:

- Unlimited drop-in programs
- One registered swim lesson per session
- Recreational swims and gym time
- Member's discount on certification programs
- Reduced rate for special holiday/PD Day programs and camps

## Payment Options

Membership fees can be paid through pre-authorized payments (PAP) from a bank account or by credit card. Payment can also be made in full per annum.

## YMCA Core Values

- Honesty
- Caring
- Respect
- Responsibility

## 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 - Thursday 9:00am-1:00pm / 4:00pm-8:30pm  
 Friday 9:00am-1:00pm  
 Saturday & Sunday 8:45am-1:00pm

## 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](http://www.ymcawo.ca).

## 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.

## YMCA Strong Kids

YMCA Strong Kids Program provides financial assistance to members in our community ensuring access to all programs and services that the YMCA offers, regardless of their inability to pay. 34% of our members and program participants receive financial support through our Strong Kids Program.

## City of London Spectrum Programming

We offer a selection of Spectrum programs on behalf of the city of London, including swim lessons. Please inquire about what programs we offer and how to sign up.

## YMCA School Year Day Camps

Our School Year Day Camps provide the same commitment to camper growth and development as our traditional Summer Day Camp programs and are a great way for your camper to grow with us all year round!

## WHY the Y!

Did you know... 1 in 3 participants in YMCA programming is there because of the YMCA Strong Kids Campaign. Ask us how you can get involved and donate today!

## Holiday Building Hours 8:00am-4:00pm

July 1 - Canada Day August 5 - Civic Holiday  
 (Program areas will close at 3:30pm these days)

Child Minding	Child Minding Room	9:00am-1:00pm
Active & Creative Kids	Gym	9:00am-1:00pm
Group Fitness Class	Studio 2	10:00-11:00am
Lane Swim	Pool	8:00am-3:30pm
Family Swim	Family Pool	10:00am-2:00pm
Aquaft	Family Pool	8:30pm-9:15pm

## Special Dates:

**Day Camp Start Date:**  
 Tuesday, July 2



[Facebook.com/BostwickYMCA](https://www.facebook.com/BostwickYMCA)

