Peter Gilgan Family YMCA Fall Program Schedule Effective January 10, 2022

FACILITY HOURS

Monday - Friday: 6am-9pm Saturday-Sunday: 8am-4pm

POOL HOURS

Monday - Friday: 7:30am-9pm Saturday-Sunday: 8am-4pm

PLEASE NOTE:

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	C	MDD 1/2	1400 2 /4	MDD C	Vinter-1	Leisure			Main Poo		
	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Pool	20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM 8:30 AM				CycleFit	Parkinson		Lane & Leisure Swim				
9:00 AM											
9:30 AM		Preschool Play			Healthy Hearts		AquaFit				
10:00 AM	HIIT	9:15-10:30am									
10:30 AM							_	Lane	& Leisure S	Swim	
11:00 AM	a des										
11:30 AM	GentleFit						Lane & Leisure Swim				
12:00 PM				CucloFit				Lane	& Leisure	Cresion	
12:30 PM				CycleFit				Lane	& Leisure :	SWIM	
1:00 PM								Land	& Leisure !	Swim	
1:30 PM	Pickleball							Laile	α Leisule .	JWIIII	
2:00 PM	i ickiebali						Lane & Leisure S		re Swim		
2:30 PM								Lunc	a Ecisure .	,,,,,,,,	
3:00 PM								Lane	& Leisure	Swim	
3:30 PM 4:00 PM											
4:00 PM 4:30 PM						Swim Lessons		S	wim Lessoi	ns	
5:00 PM	Basketball										
5:30 PM						Swim Lessons		S	wim Lessoi	ns	
6:00 PM		Donards and Dis	CO	Cools Fit		Curius I accom			union Lancer		
6:30 PM	Pootcamn	Preschool Play	GameOn 6:15-7:30pm	CycleFit		Swim Lessons		3	wim Lessoi	ns	
7:00 PM	Bootcamp	6:15-7:30pm	0.15-7:50pm			Family Swim		c	wim Lessoi	nc	
7:30 PM						Talling Swill		3	WILL FESSOI	113	
8:00 PM	Volleyball 16+							Lane	& Leisure !	Swim	
8:30 PM					V 61 0 6 7 7			Lanc	Leisule .		
9:00 PM				FACILIT	Y CLOSED						

		MDD 4/2	MDD 2/4	1100 5	Nº 4 1	Leisure			Main Poo		
	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Pool	20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM	Core						Lane & Leisure Swim				
8:30 AM	Corc										
9:00 AM		Preschool Play				Family Swim	AquaFit				
9:30 AM 10:00 AM	Zumba®	9:15-10:30am		Cycle Fit		,					
10:00 AM 10:30 AM				•		Swim Lessons	Lane & Leisure Swim				
11:00 AM											
11:30 AM			Yoga			Family Swim	Lane & Leisure Swim				
12:00 PM							-				
12:30 PM				TRX				Lane	& Leisure	Swim	
1:00 PM								1	& Leisure	Constant	
1:30 PM								Lane	& Leisure	SWIM	
2:00 PM	Pickleball							Lano	& Leisure	Curim	
2:30 PM								Laile	& Leisure	JWIIII	
3:00 PM								Lane	& Leisure	Swim	
3:30 PM								Luiic	a Ecisure	JWIIII	
4:00 PM						Family Swim		You	ıth Lane Sv	wim	
4:30 PM	Youth					,					
5:00 PM 5:30 PM	Basketball					Family Swim		Lane	& Leisure	Swim	
6:00 PM											
6:30 PM		Preschool Play	Arts & Crafts			Family Swim		Lane	& Leisure	Swim	
7:00 PM	HIIT	6:15-7:30pm	6:15-7:30pm								
7:30 PM				CycleFit		Family Swim			AquaFit		
8:00 PM	Basketball 16+										
8:30 PM								Lane	& Leisure	Swim	
9:00 PM				FACILIT	Y CLOSED						

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	Corre	MDD 1/2	MDD 2/4	MPR 5	Vistual	Leisure			Main Poo	ol	
	Gym	MPR 1/2	MPR 3/4	MPK 5	Virtual	Pool	20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM				CycleFit	Parkinsons		Lane & Leisure Swim				
8:30 AM				7							
9:00 AM		Preschool Play			Healthy Hearts	Family Swim	AquaFit				
9:30 AM 10:00 AM	Bars & Plates	9:15-10:30am			•	·					
10:30 AM						Swim Lessons	Lane & Leisure Swim				
11:00 AM											
11:30 AM	GentleFit					Family Swim					
12:00 PM				a 1 m.							
12:30 PM				CycleFit				Lane	& Leisure	Swim	
1:00 PM									A Fi4		
1:30 PM								AquaFit			
2:00 PM	Pickleball						Lane & Leisur		& Laisura	Swim	
2:30 PM								Lane & Leisule Swill			
3:00 PM								Lane	& Leisure	Swim	
3:30 PM											
4:00 PM 4:30 PM						Swim Lessons		S	wim Lesso	ns	
5:00 PM	Basketball										
5:30 PM						Swim Lessons		S	wim Lesso	ns	
6:00 PM		2 1 12									
6:30 PM	7 1 0	Preschool Play	Arts & Crafts			Swim Lessons		S	wim Lesso	ns	
7:00 PM	Zumba®	Zumba® 6:15-7:30pm	6:15-7:30pm	V		Family Codes					
7:30 PM				Yoga		Family Swim		5	wim Lesso	ns	
8:00 PM	Badminton							Lane	& Leisure	Curim	
8:30 PM								Lane	& Leisure	SWIII	
9:00 PM				FACILIT	Y CLOSED						

						Leisure			Main Poo		
	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Pool	20m	23m	25m	25m	25m
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM	Core							Lane	& Leisure	Swim	
8:30 AM	Core										
9:00 AM		Preschool Play					AquaFit				
9:30 AM	Zumba®	9:15-10:30am							riquarie		
10:00 AM		7.15 10.50dill					Lane & Leisure Swim				
10:30 AM											
11:00 AM			Yoga				Lane & Leisure Swim				
11:30 AM 12:00 PM											
12:00 PM				TRX				Lane	& Leisure	Swim	
12:30 PM											
1:30 PM								Lane	& Leisure	Swim	
2:00 PM	Pickleball										
2:30 PM	rickiebali							Lane	& Leisure	Swim	
3:00 PM											
3:30 PM								Lane	& Leisure	Swim	
4:00 PM											
4:30 PM	5 1 4 11					Family Swim		Lane	& Leisure	Swim	
5:00 PM	Basketball					Family Codes		1	0.1	·	
5:30 PM						Family Swim		Lane	& Leisure	swim	
6:00 PM		Preschool Play	GameOn			Eamily Swim		lana	& Leisure	Curim	
6:30 PM	Bars & Plates					Family Swim		Lane	& Leisure	owiiii	
7:00 PM	Dais & riales	6:15-7:30pm	6:15-7:30pm		CycleFit	Family Swim		lano	& Leisure	Swim	
7:30 PM					Cyclerit	raililly Swilli		Latte	& Leisule	OVVIIII	
8:00 PM	Basketball 16+							Δdu	t Swim Les	sons	
8:30 PM								Adu	C SWIIII LES	30113	
9:00 PM				FACILIT	Y CLOSED						

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	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool
7:30 AM							
8:00 AM				CycleFit	Parkinsons		Lane & Leisure Swim
8:30 AM				Cycleric	Turkinsons		
9:00 AM		Preschool Play			Healthy Hearts		Lane & Leisure Swim
9:30 AM 10:00 AM	HIIT	9:15-10:30am			•		
10:30 AM							Lane & Leisure Swim
11:00 AM	C d Fi					F 11 6 1	
11:30 AM	GentleFit					Family Swim	Lane & Leisure Swim
12:00 PM							Lane & Leisure Swim
12:30 PM							Lanc a Leisare Swiii
1:00 PM							Lane & Leisure Swim
1:30 PM 2:00 PM	Pickleball						
2:30 PM	rickiebali						Lane & Leisure Swim
3:00 PM							
3:30 PM							Lane & Leisure Swim
4:00 PM						Swim Lessons	Swim Lessons
4:30 PM 5:00 PM							
5:30 PM						Swim Lessons	Swim Lessons
6:00 PM							
6:30 PM	Basketball					Swim Lessons	Swim Lessons
7:00 PM						Family Swim	Swim Lessons
7:30 PM						raililly SWIIII	SWIIII LESSUIS
8:00 PM							Lane & Leisure Swim
8:30 PM				FACILIT	V CLOCED -		
9:00 PM				FACILII	Y CLOSED		

	Gym	MPR 1/2	MPR 3/4	MPR 5	Virtual	Leisure Pool	Main Pool
8:00 AM							AquaFit
8:30 AM				CycleFit			Aquarit
9:00 AM	Strong Nation®	Preschool Play	Arts & Crafts	Cyclerit		Swim Lessons	Swim Lessons
9:30 AM	Strong Nation	9:00-10:00am	9:00-10:00am			JWIIII LESSUIS	DWIIII LESSOIIS
10:00 AM		9.00-10.00aiii	9.00-10.00dili			Swim Lessons	Swim Lessons
10:30 AM						JWIIII LESSOIIS	SWIIII LESSONS
11:00 AM						Swim Lessons	Swim Lessons
11:30 AM						SWIIII ECSSOIIS	SWIII ECSSORS
12:00 PM						Family Swim	Swim Lessons
12:30 PM						runny swin	SWIIII ECSSORS
1:00 PM						Family Swim	Lane & Leisure Swim
1:30 PM	Family Badminton					runny swin	Edite & Ecisare SWIII
2:00 PM						Family Swim	Lane & Leisure Swim
2:30 PM						Tulling Swilli	Edite & Ecidate SWIII
3:00 PM	Open Gym						Lane & Leisure Swim
3:30 PM							Lane & Leisure Swiiii
4:00 PM				FACILIT	Y CLOSED		

_	LIDD 4 /0	MDD 2/4	AADD F	

	C	MDD 1/2	MPR 3/4 MPR 5 Virtual Leisure		Leisure		1	Main Poo				
	Gym	MPR 1/2	MPK 3/4	MPK 5	virtual	Pool	20m	23m	25m	25m	25m	
8:00 AM							AquaFit					
8:30 AM				CycleFit					Aquarit			
9:00 AM	Yoga			Cyclerit		Family Swim	Lane & Leisure S		Swim			
9:30 AM	Toga					raininy Swiiii	Lane & Leisure Swiiii					
10:00 AM						Family Swim	Lane & Leisure Swim					
10:30 AM						Tunny Swini	Lane & Leisule Swilli					
11:00 AM						Family Swim	Lane & Leisure Swim					
11:30 AM						,						
12:00 PM						Family Swim		Lane	& Leisure S	Swim		
12:30 PM						•						
1:00 PM						Family Swim		Lane	& Leisure S	Swim		
1:30 PM 2:00 PM												
2:30 PM	Adult Volleyball					Family Swim		Lane	& Leisure S	Swim		
3:00 PM	Addit volleyball											
3:30 PM							Lane & Leisure Swim					
4:00 PM				FACILIT	Y CLOSED							