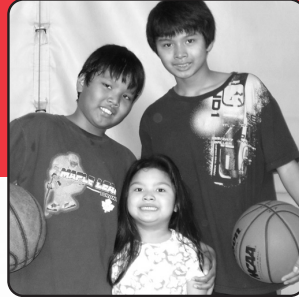


Brampton YMCA

20 Union Street, Brampton, ON, L6V 1R2 Phone: (905) 451-9622 Fax: (905) 454-8944
Monday through Friday 5:45am to 11:00pm - Weekends 8:00am to 8:00pm &
Holidays 8:00am to 4:00pm



Winter/Spring 2012 Program Schedule

Effective from April 28th, 2012

www.ymcagta.org/brampton

MONDAY

TIME	PROGRAM AREA							POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	25 M	20 M	PODS
6:00						Cyclefit 6:00-7:00		Lane Swim		
6:30										
7:00										
7:30										
8:00										
8:30										
9:00										
9:30		M W (Bars & Plates) 9:15-10:15	Preschool 9:10-9:45							
10:00	Preschool Sports & Games 9:45-10:15									AquaFit (Shallow/Deep) 9:15-10:15
10:30	Craft & Games 10:15-10:45									
11:00	Preschool Sports & Games 10:45-11:45					Yoga 10:30-11:30				Child Care Swim Lessons 10:15-11:30
11:30										
12:00										
12:30							Break Through (IC Floor) 12:00-1:00			
1:00										
1:30										
2:00										
2:30										
3:00										
3:30			Family 9:00-9:30							
4:00	Youth Basketball (Rec) 3:00-5:30									
4:30										
5:00										
5:30										
6:00	Child Sports & Games (Badminton/Volleyball) 5:45-6:45		Preschool 5:45-6:45			Cyclefit 5:30-6:30				Youth Sport & Fitness 5:15-6:00
6:30										Youth LTS 5:15-6:00
7:00	Family Badminton/Volleyball 6:45-7:30	M W (Kattalelli) 6:30-7:15								Swim Lessons 6:00-7:30
7:30		Core & Strength 7:15-7:45								
8:00	Youth Badminton/Volleyball 7:30-8:30	Preschool Sports & Games 7:45-8:30	Child 7:45-8:30							
8:30						Yoga 7:45-8:30				
9:00										
9:30	Adult Volleyball 8:30-10:30	Rock Climb (Youth/Adult) 8:45-10:15								
10:00										
10:30										

Reg. Prog.
Open Access
Open Time
Group Fit. Class
Community Prog.
Set Up Time
Sign Up Req.
Fee For Service
New

CHILD MINDING (6 wks-5 yrs): 9:00 a.m.-11:45 a.m./ 5:30 p.m.-8:30 p.m.

TUESDAY

TIME	PROGRAM AREA							POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	25 M	20 M	PODS
6:00										
6:30		Muscle Works 6:00-7:00								
7:00										
7:30										
8:00								Lane Swim		
8:30										
9:00										
9:30		Step 9:15-10:15	Preschool 9:10-9:45			Cardio (Gentle) 9:15-10:00			AquaFit (Shallow/Deep) 9:15-10:00	
10:00	Preschool Sports & Games 9:45-10:15									
10:30	Craft & Games 10:15-10:45					Core Strength & Stretch 10:30-11:00				Child Care Swim Lessons 10:00-11:30
11:00	Preschool Sports & Games 10:45-11:15									
11:30										
12:00										
12:30										
1:00										
1:30										
2:00							Ontario Early Years Program 1:00-3:30			
2:30										
3:00										
3:30			Family 9:00-9:30							Swim Lessons 2:30-3:30
4:00										
4:30	Youth Basketball (Rec) 3:00-5:30			Youth 3:00-5:00						
5:00										
5:30										
6:00	Preschool Sports & Games (Boney castle) 5:45-6:30		Child 5:45-6:30							Swim Lessons 5:00-7:30
6:30	Child Sports & Games (Boney castle) 6:30-7:15	Arriba (F) 6:00-7:00	Preschool 6:30-7:15	Family & Youth 5:00-8:30	Aikido (Youth/Adult) 5:45-7:15	Cyclefit 6:30-7:30		Youth Sport & Fitness 6:30-7:30		SWIM LESSONS ONLY
7:00										
7:30	Judo (Child) (Intro) (6-9 yrs) 7:30-8:30	Rock Climb 7:30- 9:00	Rock Climb Cert. 7:30- 9:00		Pilates 7:30-8:30		Youth Leadership Corps (11-14 yrs) 7:45-8:45		AquaFit (Shallow) (F) 7:35-8:20	Rec Swim 7:35-9:00
8:00										
8:30	Judo (Youth/Adult) (Adv) (10+ yrs) 8:30-10:00									
9:00				Youth & Adult 8:30-10:30						
9:30										
10:00										Adult Lane Swim 9:00-10:30
10:30										

Reg. Prog.
Open Access
Open Time
Group Fit. Class
Community Prog.
Set Up Time
S Sign Up Req.
 \$\$ Fee For Service
 N New

\$\$ CHILD MINDING (6 wks-5 yrs): 9:00 a.m.-11:45 a.m./ 5:30 p.m.-8:30 p.m.

ROCK CLIMBING = Child/Youth/Adult

WEDNESDAY

TIME							POOL				
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	PROGRAM AREA	25 M	20 M	PODS
6:00											
6:30						Cyclefit 6:00-7:00					
7:00									Lane Swim		
7:30											
8:00											
8:30											
9:00											
9:30		M W (Circuit Blast) 9:15-10:15	Preschool 9:10-9:45							Aquafit (Shallow/Deep) 9:15-10:00	
10:00	Preschool Sports & Games 9:45-10:15										
10:30	Craft & Games 10:15-10:45										
11:00	Preschool Sports & Games 10:45-11:45										Child Care Swim Lessons 10:00-11:30
11:30						Yoga 10:30-11:30	Cyclefit 10:30-11:30				
12:00											
12:30											
1:00											
1:30											
2:00											
2:30											
3:00											
3:30			Family 9:00-9:30								Swim Lessons 2:30-4:00
4:00	Youth Basketball (Rec) 3:00-6:15										
4:30											
5:00											
5:30											
6:00	Child Basketball (6-9 yrs) (Inst) 5:45-6:30		Preschool 5:45-6:30								
6:30											
6:30	Family Basketball (Rec) 6:30-7:45	Youth Sport & Fitness (Girls) (10-15 yrs) 6:30-7:30	Child 6:30-7:00	Family & Youth 5:00-8:30		Yoga 6:30-7:30	Cyclefit 5:30-6:30				
7:00											
7:30											
7:30	Youth Basketball (10-15 yrs) (Inst) 7:45-8:30	M W (Kettlebell/Boxfit) 7:45-8:30	Child 7:30-8:30								
8:00											
8:30											
9:00											
9:30	Adult Basketball (4 on 4) 8:45-10:30										
9:30											
10:00											
10:30											

Reg. Prog.
Open Access
Open Time
Group Fit. Class
Community Prog.
Set Up Time
Sign Up Req.
\$\$ Fee For Service
 N New

\$ \$ CHILD MINDING (6 wks-5 yrs): 9:00 a.m.-11:45 a.m./ 5:30 p.m.-8:30 p.m.

THURSDAY

TIME	PROGRAM AREA							POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	25 M	20 M	PODS
6:00										
6:30		Muscle Works 6:00-7:00								
7:00										
7:30								Lane Swim		
8:00										
8:30										
9:00										
9:30		Step/Cyclefit 9:15-10:15	Preschool 9:10-9:45							
10:00	Preschool Sports & Games 9:45-10:15									
10:30	Craft & Games 10:15-10:45	M W (Kettlebell) 10:30-11:15								
11:00	Preschool Sports & Games 10:45-11:45									
11:30										
12:00										
12:30										
1:00										
1:30										
2:00										
2:30										
3:00										
3:30										
4:00	Youth Basketball (Rec) 3:00-5:45									
4:30										
5:00										
5:30										
6:00	Preschool Sports & Games (Bouncy Castle) 5:45-6:30									
6:30	Child Sports & Games (Bouncy Castle) 6:30-7:15									
7:00										
7:30	Judo (Youth) (Intro) 7:30-8:30									
8:00										
8:30	Judo (Youth/Adult) (Adv) (10+ yrs) 8:30-10:00									
9:00										
9:30										
10:00										
10:30										

Reg. Prog.
Open Access
Open Time
Group Fit. Class
Community Prog.
Set Up Time
S Sign Up Req.
 \$\$ Fee For Service
 N New

\$\$ CHILD MINDING (6 wks-5 yrs): 9:00 a.m.-11:45 a.m./ 5:30 p.m.-8:30 p.m.

ROCK CLIMBING = Child/Youth/Adult

FRIDAY

TIME	PROGRAM AREA							POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	25 M	20 M	PODS
6:00						Cyclefit 6:00-7:00		Lane Swim		
6:30										
7:00										
7:30										
8:00										
8:30										
9:00		Ⓢ Muscle Works 9:15-10:15	Ⓢ Preschool 9:10-9:45							
9:30	Ⓢ Preschool Sports & Games 9:45-10:15									
10:00	Ⓢ Preschool Sports & Games 10:15-10:45									
10:30	Ⓢ Preschool Sports & Games 10:45-11:15									
11:00					Yoga 10:30-11:30					Child Care Swim Lessons 10:15-11:30
11:30										
12:00										
12:30										
1:00										
1:30										
2:00										
2:30										
3:00		Family 9:00-9:30								
3:30										
4:00	Youth Basketball (Rec) 3:00-6:15									
4:30										
5:00		Youth Soccer (Rec) 5:00-6:15								
5:30										
6:00					Aikido (Child 8+ yrs) 5:30-6:15 (Youth/Adult) 6:15-8:00					
6:30						Cyclefit 6:30-7:30	Child Games/Homework 6:30-7:30			
7:00	Ⓢ Adult Soccer (5 on 5) 6:30-8:25	Ⓢ Preschool 6:30-7:30			Family & Youth 6:15-8:30					
7:30		Ⓢ Child 7:30-8:30								
8:00										
8:30							Preschool Crafts & Games (Child Minding) Ⓢ 7:45-8:30			
9:00	Ⓢ Adult Floor Hockey (5 on 5) 8:30-10:30	Family 8:30-9:30			Youth & Adult 8:30-10:30					
9:30										
10:00										
10:30										

■ Reg. Prog. □ Open Access □ Open Time ■ Group Fit. Class ■ Community Prog. □ Set Up Time Ⓢ Sign Up Req. \$\$ Fee For Service N New
 Ⓢ \$\$ CHILD MINDING (6 wks-5 yrs): 9:00 a.m.-11:45 a.m.

SATURDAY

TIME	SATURDAY								POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	PROGRAM AREA	25 M	20 M	PODS
8:00											
8:30											
9:00									AquaFit (Shallow/Deep) 8:25-9:25		Rec Swim
9:30	Child Rec Sports (Soccer & Floor Hockey) 9:00-10:00	M W (20/20/20) 9:00-10:00	Preschool 9:00-10:15			Yoga 9:00-10:00					
10:00											
10:30	Youth Floor Hockey (Rec) 10:00-11:00	Child Basketball (Inst) 10:00-11:00	Child 10:15-11:45			Dance Preschool 10:15-10:45	Cyclefit 10:15-11:15	Preschool Games 10:15-11:00			
11:00	Preschool Sports & Games 11:00-11:45	Youth Flag Football (Rec) 11:00-11:45									
11:30											
12:00											
12:30	Family Badminton 12:00-1:30	M W (Circuit Blast) 12:00-1:00	Family 9:00-3:30					Youth mY fitness (S) Orientation (10-15 yrs) 12:00-12:30			
1:00								(S) Certification (12-15 yrs) 12:30-1:15			
1:30		Family Baseball 1:15-2:30						Youth Conditioning Club (12-15 yrs) 1:15-2:00 (1c floor)			
2:00	Adult Badminton 1:30-3:15										
2:30											
3:00		Birthday Party 2:30-3:30									
3:30											
4:00	Youth Basketball League (13-15/16-18 yrs) 3:30-5:25										
4:30											
5:00											
5:30											
6:00	Adult Soccer (5 on 5) 5:30-7:30										
6:30											
7:00											
7:30											

■ Reg. Prog.
 □ Open Access
 □ Open Time
 ■ Group Fit. Class
 ■ Community Prog.
 □ Set Up Time
 S Sign Up Req.
 \$\$ Fee For Service
 N New

S **\$\$ CHILD MINDING (6 wks-5 yrs):** 8:45 a.m.-11:30 a.m.

Volunteer Opportunities

The YMCA encourages volunteerism through engaging people within the community by offering a full spectrum of opportunities. YMCA volunteers come in all shapes, sizes and skill sets. There are a variety of volunteer opportunities in our YMCA Health, Fitness and Recreation centres to suit you. Your time and talent is needed to help our members grow in spirit, mind and body. If you are interested in becoming a YMCA Volunteer, or would like to learn more about volunteering at the YMCA, please inquire at the membership desk or check out www.ymcagta.org.

- Requirements of being a Volunteer at the YMCA:
- 1) YMCA membership preferred
 - 2) Must be minimum 12 years of age
 - 3) Volunteers 16+ must have current Police Reference Check (within the last 6 months)
 - 4) All participants must attend an interview with the volunteer co-ordinator and have 2 personal/professional reference checks done

Age Categories

- Preschool: 3 to 5 years (Toilet Trained)
 - Child: 6 to 9 years
 - Youth: 10 to 15 years
 - Adult: 16+ years
 - Family: See Program Schedule (F)
- Program Areas - parents/guardians participating with those 3+ years.
 - Group Fitness Classes - parents/guardians with those 6+ years.

SUNDAY

TIME	PROGRAM AREA							POOL		
	GYM 1	GYM 2	PLAY STRUCTURE	INTERACTIVE CENTRE	KANEFF	CYCLEFIT STUDIO	COMMUNITY RM	25 M	20 M	PODS
8:00										
8:30										
9:00										
9:30	Child Sports & Games (\$ Soccer & Floor Hockey) 9:00-10:00	Muscle Works 9:00-10:00	Preschool 9:00-10:15							Aquafit (Shallow/Deep) 8:25-9:25
10:00	Youth Floor Hockey (Rec) 10:00-11:00	Child Soccer (Inst) 10:00-11:00								
10:30					Yoga 9:45-11:00	Cyclefit 10:15-11:15	Preschool Games \$ 10:15-11:00			
11:00	Preschool Sports & Games 11:00-11:45	Youth Soccer (Inst) 11:00-11:45	Child 11:00-11:45							Lane Swim
11:30					Aikido (Child 8+ yrs) 11:15-12:00 (Youth/Adult) 12:00-1:15					Rec Swim
12:00										
12:30	Family Badminton 12:00-1:30	Rock Climbing 12:15-2:15	Rock Climbing Cert. 12:15-2:15	Family 9:00-2:30						Swim Lessons 12:30-1:30
1:00										
1:30										
2:00	Adult Badminton 1:30-3:15									
2:30		Birthday Party 2:30-3:30								Youth Swim Lessons (LTS) 2:00-2:45 (Star 1-3) 2:45-3:30
3:00							Birthday Party 2:00-5:00			
3:30										
4:00	Family Cricket 3:30-4:30									
4:30	Family Floor Hockey 4:30-5:30									
5:00										
5:30	Adult Basketball 5:30-7:30									Rec Swim
6:00										
6:30										
7:00										
7:30										

■ Reg. Prog.
 □ Open Access
 □ Open Time
 ■ Group Fit. Class
 ■ Community Prog.
 □ Set Up Time
 \$ Sign Up Req.
 \$\$ Fee For Service
 N New

\$\$ CHILD MINDING (6 wks-5 yrs): 8:45 a.m.-11:30 a.m.

ROCK CLIMBING = Child/Youth/Adult

HOW TO READ THIS PROGRAM SCHEDULE

- **Registered Programs** - Programs accented with a black box require registration at the Membership Desk. Additional fees may apply.
- **Open Access** - Programs accented with a pink box are for members to use on a drop in basis. There are age requirements. No staff supervision during most Family/Youth/Adult times.
- **Open Time** - The facility is available for members to use for appropriate activities on a first come, first serve basis. Access to equipment is limited.
- **Group Fitness Classes** - Classes accented with a red box provide opportunities for beginner to advanced participants on a drop in basis. Youth (12+) are encouraged to participate in **my fitness** before participating in group fitness classes.
- **Community Programs** - These programs are available for participants enrolled in the Child Care or community agency programs. See Membership Desk for details. Additional programs available for members and non-members.
- **Set Up Time** - Set up and take down time.
- \$ **Sign Up Required** - These programs require sign-up.
- \$\$ **Fee For Service** - Registration and payment required.
- N **New** - These programs are at new dates and times.