

Central YMCA

20 Grosvenor Street, Toronto, ON, M4Y 2V5 Phone: (416) 975-9622 Fax: (416) 975-1999
 Monday through Friday 5:30am to 11:00pm - Weekends 7:00am to 8:00pm



Winter/Spring 2012 Program Schedule

Effective from January 2, 2012

Instructional programs for children begin January 9, 2012

www.ymcagta.org/central

MONDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	LANE SWIM	REC SWIM	TRAINING POOL	TIME
5:30											5:30
6:00											6:00
6:30											6:30
7:00	Circuit Blast 6:30-7:30				Stretch & Strength 6:45-7:15					Aqua Stretch 6:45-7:30	7:00
7:30							Personal Training 6:00-10:30	Cyclefit 7:00-7:45		AquaFit 7:30-8:15	7:30
8:00										Adult Swim 8:15-9:15	8:00
8:30										Child Care Swim	8:30
9:00											9:00
9:30											9:30
10:00		Family Gym (0-5 yrs) 9:30-11:00		Child Care Gym 9:30-10:30	Yoga (Hatha) 9:30-10:30					AquaFit 10:15-11:00	10:00
10:30					Prime Tyme 10:30-11:15		Healthy Back 10:30-11:45			AquaFit (Deep) (68") 11:15-12:00	10:30
11:00										AquaFit 12:05-12:50	11:00
11:30										AquaFit (Arthritis) (50") 1:00-2:00	11:30
12:00	Muscle Works 12:00-12:30									AquaFit (Gentle) (50") 2:00-2:45	12:00
12:30	Runfit 12:30-1:15			Adult Basketball (16+ yrs) 12:00-3:00	Low/High Impact 1:00-2:00	Personal Training 12:00-2:00	Cyclefit 12:15-1:00			Child Care Swim 2:45-4:00	12:30
1:00					Yoga (Vinyasa) 1:00-2:00					Family Swim 4:00-4:45	1:00
1:30					Yoga (Hatha) 2:30-3:30					Youth Water Polo (Inst) (10-15 yrs) 4:30-5:30	1:30
2:00										AquaFit 5:00-5:45	2:00
2:30										Water Run 5:45-6:30	2:30
3:00	YMCA Academy 2:30-3:45									AquaFit (Deep) (68") 6:50-7:35	3:00
3:30										Adult Lessons (Intro) 7:45-8:30	3:30
4:00				FDC 3:45-4:45		Personal Training 4:00-5:30				Adult Lessons (Int/Adv) 8:30-9:15	4:00
4:30											4:30
5:00	MW (Bars & Plates) 5:00-5:50										5:00
5:30					Stretch & Strength 5:30-6:30	Child/Youth Karate 5:30-7:45	Cyclefit 5:30-6:15				5:30
6:00											6:00
6:30											6:30
7:00					Yoga (Kundalini) 6:30-8:00		Cyclefit 6:30-7:15				7:00
7:30	Step 6:45-7:45										7:30
8:00				Adult Volleyball (16+ yrs) 7:00-10:45	Circuit Blast 8:00-8:45	Adult Dance 8:00-9:00					8:00
8:30	Adult Floor Hockey (16+ yrs) 8:00-10:45										8:30
9:00											9:00
9:30											9:30
10:00											10:00
10:30											10:30
11:00											11:00

Registered Programs
 Open Access
 Open Time
 Group Fitness Classes
 Community Programs
 Set Up Time
 Sign Up Required
 Fee For Service

TUESDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	LANE SWIM	REC SWIM	TRAINING POOL	TIME
5:30											5:30
6:00											6:00
6:30											6:30
7:00										Aquafit (Deep) (68") 7:00-7:45	7:00
7:30					Adult Dance 7:00-7:45					Aquafit 7:50-8:35	7:30
8:00										Adult Swim (50") 8:45-9:30	8:00
8:30											8:30
9:00											9:00
9:30										Aquafit (Arthritis) (50") 9:30-10:30	9:30
10:00										Child Care Swim	10:00
10:30											10:30
11:00											11:00
11:30											11:30
12:00											12:00
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11:00											11:00

Registered Programs
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S Sign Up Required
 \$\$ Fee For Service

Youth Leadership Corps (12-17 yrs): 4:30 - 6:00 p.m.
 No Rec Swim from 4:00pm-7:00pm

WEDNESDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	LANE SWIM	REC SWIM	TRAINING POOL	TIME
5:30											5:30
6:00											6:00
6:30											6:30
7:00										Aqua Stretch 6:45-7:30	7:00
7:30										Aquafit 7:30-8:15	7:30
8:00										Adult Swim 8:15-9:15	8:00
8:30											8:30
9:00											9:00
9:30											9:30
10:00											10:00
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9:30											9:30
10:00											10:00
10:30											10:30
11:00											11:00

Registered Programs
Open Access
Open Time
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S Sign Up Required
 \$\$ Fee For Service

THURSDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	LANE SWIM	REC SWIM	TRAINING POOL	TIME
5:30											5:30
6:00											6:00
6:30											6:30
7:00					MW (Abs+) 6:45-7:15	Personal Training 6:00-9:30	Cyclefit (Light) 6:30-7:15			AquaFit 7:00-7:45	7:00
7:30					Yoga (Hatha) 7:15-8:00					AquaFit (Deep) (68") 7:50-8:35	7:30
8:00				Badminton 7:00-9:00						Adult Swim (50") 8:45-9:30	8:00
8:30										AquaFit (Arthritis) (50") 9:30-10:30	8:30
9:00										Child Care Swim	9:00
9:30										Family Swim (26") 11:00-11:45	9:30
10:00			Family Gym (0-5 yrs) 9:30-11:00	Child Care Gym 9:30-10:30		Tai Chi 9:30-11:00				AquaFit (Deep) (68") 12:05-12:50	10:00
10:30					Stretch & Strength 10:30-11:30				Swimfit 10:30-12:00	AquaFit (Arthritis) (50") 1:00-2:00	10:30
11:00										Adult Swim (50") 2:00-2:45	11:00
11:30										Family Swim (26") 2:45-3:30	11:30
12:00										Parent & Tot 3:30-4:00	12:00
12:30	MW (Bars & Plates) 12:00-1:00				Boxfit 12:00-12:30					Preschool Lessons 4:00-5:30	12:30
1:00					Stretch & Strength					AquaFit (Deep) (68") 5:45-6:30	1:00
1:30					Pilates 1:00-2:00					AquaFit (Arthritis) (50") 6:45-7:30	1:30
2:00										Adult Swim (50") 7:00-7:45	2:00
2:30										Family Swim (26") 7:45-8:30	2:30
3:00	YMCA Academy 2:30-3:45		Child Care Gym 2:00-3:30			Personal Training 1:45-5:00				Swimfit (2 lanes) 7:00-8:30	3:00
3:30											3:30
4:00											4:00
4:30											4:30
4:45											4:45
5:00			Child Soccer (6-9 yrs)(Inst) 4:30-5:30	FDC 3:45-4:45	Yoga (Ashtanga) 3:55-4:55						5:00
5:30					Low/High Impact 5:00-5:45						5:30
6:00	Adult Basketball (3 on 3) (16+ yrs) 5:15-6:45				Muscle Works 5:45-6:30	Pilates 5:30-6:30	Cyclefit 5:30-6:30				6:00
6:30											6:30
7:00			Family Table Tennis 6:30-8:00		Arriba 6:30-7:30	Adult Fitness Workshop 6:30-8:00	Cyclefit 6:45-7:30				7:00
7:30					Yoga (Hatha) 7:30-8:30						7:30
8:00	Adult Badminton 7:00-10:45		Adult Table Tennis 8:00-10:45	Taekwondo 6:30-9:00		Adult Tai Chi 8:00-9:30					8:00
8:30											8:30
9:00											9:00
9:30											9:30
10:00											10:00
10:30											10:30
11:00											11:00

Registered Programs Open Access Open Time Group Fitness Classes Community Programs Set Up Time Sign Up Required Fee For Service

No Rec Swim from 4:00pm-7:00pm

FRIDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	LANE SWIM	REC SWIM	TRAINING POOL	TIME
5:30											5:30
6:00											6:00
6:30											6:30
7:00										Aqua Stretch 6:45-7:30	7:00
7:30										AquaFit 7:30-8:15	7:30
8:00										Adult Swim 8:15-9:15	8:00
8:30				Badminton 8:00-9:00		Personal Training 6:00-1:00				Child Care Swim	8:30
9:00											9:00
9:30											9:30
10:00			Family Gym (0-5 yrs) 9:30-11:00	Child Care Gym 9:30-10:30						AquaFit 10:15-11:00	10:00
10:30					Pilates 10:30-11:30				Swimfit 10:30-12:00	Family Swim (26") 11:00-11:45	10:30
11:00										AquaFit 12:05-12:50	11:00
11:30										AquaFit (Arthritis) (50") 1:00-2:00	11:30
12:00										AquaFit (Gentle) (50") 2:00-2:45	12:00
12:30	Muscle Works 12:00-12:30				Low/High Impact					Child Care Swim 2:45-4:00	12:30
1:00	Runfit 12:30-1:15									Family Swim (26") 4:00-4:45	1:00
1:30										AquaFit 5:00-5:45	1:30
2:00										AquaFit 5:45-6:45	2:00
2:30										AquaFit (Deep) (68") 6:50-7:35	2:30
3:00	YMCA Academy 2:30-3:45									Adult Lessons (Intro) 7:45-8:30	3:00
3:30										Adult Lessons (Int/Adv) 8:30-9:15	3:30
4:00											4:00
4:30	Youth Basketball (10-15 yrs) 4:00-5:55										4:30
4:45											4:45
5:00											5:00
5:30											5:30
6:00											6:00
6:30											6:30
7:00											7:00
7:30											7:30
8:00	Adult Basketball (16+ yrs) 7:00-9:00										8:00
8:30											8:30
9:00											9:00
9:30											9:30
10:00											10:00
10:30											10:30
11:00											11:00

Registered Programs Open Access Open Time Group Fitness Classes Community Programs Set Up Time Sign Up Required Fee For Service

SATURDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	MAIN POOL	TRAINING POOL	TIME
7:00								LANE SWIM	REC SWIM	7:00
7:30										7:30
8:00						Personal Training 7:00-10:00			Aquafit 7:45-8:45	8:00
8:30										8:30
9:00				Preschool Basketball (3-5 yrs) 8:45-9:30						9:00
9:30	Preschool Fitness (3-5 yrs) 9:30-10:30		Family Gym (0-5 yrs) 9:30-12:00	Child Basketball (6-9 yrs) (Inst) 9:30-10:30	MW (Stability Ball) 9:30-10:30		Cyclefit 9:30-10:30	Open Lane	Preschool/Child/Youth Lessons 9:00-12:00	9:30
10:00	Child Fitness (6-9 yrs) 10:30-11:30			Youth Basketball (10-15 yrs) (Inst) 10:30-11:30	Boxfit 10:30-11:30	Kettlebell 10:30-11:15				10:00
10:30	Youth Fitness (10-15 yrs) 11:30-12:30				Preschool Dance 11:30-12:15	Child/Youth Karate 11:30-12:30				10:30
11:00					Child Dance 12:15-1:00	Child/Youth Karate 12:30-1:30			Family Swim	11:00
11:30	Child Soccer (6-9 yrs)(Inst) 1:00-2:00	Youth Sports & Games (10-15 yrs) 1:00-2:00		Taekwondo 12:00-4:00	Family Dance 1:00-2:00	Youth Karate (Adv) 1:30-3:00			Aquafit 12:40-1:25	11:30
12:00	Youth Flag Football (10-15 yrs)(Inst) 2:00-3:00	Child Sports & Games (6-9 yrs) 2:00-3:00			Adult Dance 2:00-3:00				Aquafit (Deep) (68") 1:30-2:15	12:00
12:30	Adult Basketball (16+ yrs)(Full Court) 3:00-5:00	Family Badminton 3:00-5:00			Yoga (Hatha) 3:30-4:55				Preschool Lessons 2:30-3:30	12:30
1:00										1:00
1:30										1:30
2:00										2:00
2:30										2:30
3:00										3:00
3:30										3:30
4:00										4:00
4:30										4:30
5:00										5:00
5:30										5:30
6:00	Adult Soccer League (Members Only) (16+ yrs) 5:00-7:45	Youth Basketball League (13-17 yrs) 5:30-7:45								6:00
6:30										6:30
7:00										7:00
7:30										7:30
8:00										8:00

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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.

Community Events Program

At the Central YMCA, we are ready to assist you in making your next event a success! We rent a variety of spaces with different styles, capacities, benefits and costs ranging from a 275 seat auditorium to a 16 seat board room. We can meet all your audio-visual, teleconferencing, and presentation needs. To find out more about the Community Events and Room Booking program, contact: (416) 975-9168 Ext. 41404 or Community.Events@ymcagta.org.

SUNDAY

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	STUDIO 2	CYCLEFIT RM	MAIN POOL	TRAINING POOL	TIME
7:00								LANE SWIM	REC SWIM	7:00
7:30										7:30
8:00	Adult Basketball (16+ yrs) 7:30-9:30								Aquafit 7:45-8:45	8:00
8:30										8:30
9:00										9:00
9:30				Family Gym (0-5 yrs) 9:30-10:45	Low/High Impact 9:30-10:30			Open Lane	Preschool/Child/Youth Lessons 9:00-12:00	9:30
10:00	Runfit 9:40-10:40				Pilates 10:30-11:30		Cyclefit 10:30-11:30			10:00
10:30	MW (Bars & Plates) 10:45-11:45	Preschool Soccer (3-5 yrs) 11:00-11:45			Arriba 11:45-12:45	Personal Training 10:00-4:00				10:30
11:00										11:00
11:30	Child Soccer (6-9 yrs)(Inst) 12:00-1:00	Youth Basketball (10-15 yrs)(Inst) 12:00-1:00		Taekwondo 12:00-4:00					Family Swim	11:30
12:00	Youth Soccer (10-15 yrs)(Inst) 1:00-2:00	Child Basketball (6-9 yrs)(Inst) 1:00-2:00							Aquafit 12:40-1:25	12:00
1:00									Aquafit (Arthritis) (50") 1:30-2:30	1:00
1:30	Family Badminton 2:00-4:00	Child Sports & Games (6-9 yrs) 2:00-3:00								1:30
2:00										2:00
2:30										2:30
3:00										3:00
3:30										3:30
4:00										4:00
4:30					Yoga (Kundalini) 3:55-4:55					4:30
5:00				Family Badminton 4:00-6:00						5:00
5:30					Low/High Impact 5:00-6:00					5:30
6:00	Adult Soccer (16+ yrs) 4:00-7:45				MW (Abs+) 6:00-6:30					6:00
6:30				Youth Basketball 6:00-7:45						6:30
7:00										7:00
7:30										7:30
8:00										8:00

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HOW TO USE THIS PROGRAM SCHEDULE

<p>Registered Programs - These programs require registration at the Membership Desk. Members may be required to pay an additional fee for these programs.</p> <p>Open Access - These programs are for members to use on a drop in basis.</p> <p>Open Time - The facility is available for members to use for appropriate activities on a first come, first serve basis.</p> <p>Group Fitness Classes - These classes provide opportunities for beginner to advanced participants on a drop in basis.</p>	<p>Community Programs - These programs are available for participants enrolled in the Child Care or community agency programs. See Membership Desk for details.</p> <p>Set Up Time - Set up and take down time.</p> <p>Sign Up Required - These programs require sign-up. Sign up begins 45 minutes prior to the beginning of class.</p> <p>Fee For Service - Registration and payment required.</p>
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