

# Markham YMCA

101 YMCA Blvd., Markham ON, L6G 0A1 Phone: (905) 513-9622 Fax: (905) 513-3962  
 Monday through Friday 5:00am 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/markham](http://www.ymcagta.org/markham)

### MONDAY

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
								1 2 3 4		
5:30										5:30
6:00										6:00
6:30	Ⓢ Cyclefit 6:00-7:00									6:30
7:00										7:00
7:30			Ⓢ Yoga 7:00-8:00	Basketball 6:00-9:00	Badminton 6:00-9:00			Lane Swim 5:30-8:45		7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30			Ⓢ Pilates (Theatre) 9:15-10:15							9:30
10:00	Ⓢ Cyclefit 9:30-10:30						\$\$ Child Minding Game Play 9:00-1:00			10:00
10:30										10:30
11:00		Ⓢ Pilates 10:30-11:30								11:00
11:30										11:30
12:00										12:00
12:30	Ⓢ Cyclefit 12:05-12:50		Ⓢ Yoga (Gentle) 12:00-1:00							12:30
1:00										1:00
1:30		Senior's Access Program 12:00-4:00		M W (Bosu) 1:00-2:00				Lane Swim	Rec Swim	1:30
2:00										2:00
2:30					Basketball 12:00-4:30					2:30
3:00										3:00
3:30										3:30
4:00										4:00
4:30										4:30
5:00	Ⓢ Cyclefit (Theatre) 4:30-5:30									5:00
5:30					Preschool Soccer (3-5 yrs) 4:30-5:30	Homework Club 4:00-7:00				5:30
6:00		Kettlebell 5:30-6:30	Mysore Yoga Practice 5:00-6:45		Child Soccer (6-9 yrs) 5:30-7:00		\$\$ Child Minding Game Play 5:00-8:00			6:00
6:30	Ⓢ Cyclefit 6:00-7:00				Youth Soccer (10-15 yrs) 7:00-8:30				Child/Youth Lessons 4:00-8:00	Preschool Lessons 4:00-8:00
7:00				Boxfit 6:15-7:15						7:00
7:30			Ⓢ Yoga 7:00-8:00	Arriba 7:15-8:15		Youth Hours 4:00-8:00				7:30
8:00			Ⓢ Yoga 8:00-9:00							8:00
8:30								Adult Lessons 8:00-9:00	Lane Swim 8:00-9:00	8:30
9:00		Adult Table Tennis 8:00-11:00								9:00
9:30					Adult Soccer (16+ yrs) 8:30-11:00					9:30
10:00								Adult Lane Swim (16+ yrs) 9:00-11:00		10:00
10:30										10:30
11:00										11:00

Please Note that the TaeKwonDo program has been moved to Bill Cruthers Secondary School for the Monday, Wednesday and Friday sessions. This change has been made in order to open the program up to more participants. Please refer to the TaeKwonDo amended schedule to view the new times.

■ Registered Programs □ Open Access □ Open Time ■ Group Fitness Classes ■ Community Programs □ Set Up Time N New \$\$ Fee For Service Ⓢ Sign Up Required

**TUESDAY**

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
5:30								1 2 3 4		5:30
6:00										6:00
6:30	Registered Programs	Muscle Works								6:30
7:00			Yoga Meditation		Badminton			Community Program	Lane Swim	7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30										9:30
10:00	Registered Programs			M W (Bars & Plates)			Fee For Service	AquaFit		10:00
10:30			Yoga	Line Dancing			Child Minding	Lane Swim	Rec Swim	10:30
11:00							Storytime & Crafts			11:00
11:30							9:00-1:00			11:30
12:00		Senior's Access Program						AquaFit		12:00
12:30	Registered Programs							12:00-12:45		12:30
1:00									Community Program	1:00
1:30									2:00-5:00	1:30
2:00										2:00
2:30										2:30
3:00										3:00
3:30										3:30
4:00										4:00
4:30										4:30
5:00						Youth Hours				5:00
5:30		Karate	Yoga (Child)	Step	Preschool Floor Hockey		Fee For Service			5:30
6:00		Karate	Yoga	5:30-6:30	Youth Floor Hockey	YLC	Child Minding			6:00
6:30		6:00-7:00	6:00-7:00		6:00-7:00	6:00-7:00	Storytime & Crafts			6:30
7:00		Karate	Yoga	Muscle Works			5:00-8:00			7:00
7:30		7:00-8:00	7:00-8:00	6:30-7:30	Youth Leadership Corps					7:30
8:00		Karate	Yoga	Arriba						8:00
8:30	Registered Programs	8:00-9:00	8:00-9:00	7:30-8:30				AquaFit		8:30
9:00										9:00
9:30								Lane Swim		9:30
10:00		Adult Table Tennis		Adult Floor Hockey						10:00
10:30		9:00-11:00		16+ yrs						10:30
11:00				8:30-11:00						11:00

\*Please Note that the Karate program is being expended to 3 days a week. Participants are registered to attend all 3 days. If you wish to register for the Karate program, please do so at the Membership & Sales desk.

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

**WEDNESDAY**

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
5:30								1 2 3 4		5:30
6:00										6:00
6:30	Registered Programs									6:30
7:00			Yoga (Theatre)	Basketball	Badminton			Lane Swim		7:00
7:30			7:00-8:00	6:00-9:00	6:00-9:00					7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30										9:30
10:00	Registered Programs		Yoga	Step			Fee For Service	AquaFit		10:00
10:30		Yoga	9:15-10:15	9:30-10:30			Child Minding			10:30
11:00							Game Play	Community Program		11:00
11:30		Senior's Access Program					9:00-1:00			11:30
12:00										12:00
12:30	Registered Programs		Gentle Yoga					Lane Swim	Rec Swim	12:30
1:00			12:00-1:00						Community Program	1:00
1:30		Arriba							1:00-2:00	1:30
2:00										2:00
2:30		Senior's Access Program						Lane Swim		2:30
3:00		2:00-4:00								3:00
3:30										3:30
4:00		Preschool Dance								4:00
4:30		4:00-4:45								4:30
5:00		Child Dance								5:00
5:30		4:45-5:30								5:30
6:00		M W (Kettlebell)	Yoga		Preschool Basketball	Youth Hours	Fee For Service	Child/Youth Lessons	Child AquaFit	6:00
6:30	Registered Programs	5:30-6:30	6:00-7:00		3-5 yrs	4:00-8:00	Game Play	4:00-7:00	6-9 yrs	6:30
7:00		Boxfit	7:00-8:00		5:45-6:45		5:00-8:00		6:00-7:00	7:00
7:30		6:30-7:30	8:00-9:00		10-15 yrs					7:30
8:00										8:00
8:30										8:30
9:00		Adult Table Tennis								9:00
9:30		7:30-11:00								9:30
10:00										10:00
10:30										10:30
11:00										11:00

Please Note that the TaeKwonDo Program has been moved to Bill Cruthers Secondary School for the Monday, Wednesday and Friday sessions. This change has been made in order to open the program up to more participants. Please refer to the TaeKwonDo ammended schedule to view the new times.

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

# THURSDAY

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
5:30								1 2 3 4		5:30
6:00										6:00
6:30	Cyclefit (Theatre) 6:00-7:00	Muscle Works 6:00-7:00						Lane Swim 5:30-8:45		6:30
7:00			Yoga Meditation 7:00-7:30		Badminton 6:00-9:00					7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								Aquafit 9:00-9:45		9:30
10:00	Cyclefit 9:30-10:30		Yoga 9:15-10:15	M W (Bars & Plates) 9:30-10:30			Child Minding Environmental Activities 9:00-1:00			10:00
10:30			Yoga 10:30-11:30	Line Dancing 10:45-12:00				Lane Swim Rec Swim		10:30
11:00										11:00
11:30										11:30
12:00	Cyclefit 12:05-12:50	Senior's Access Program 9:30-4:00	Pilates 12:00-1:00		Adult Basketball 12:00-4:00			Aquafit 12:00-12:45		12:00
1:00			Pilates Training 1:00-2:00					Community Program 1:00-2:00		1:00
1:30								Rec Swim		1:30
2:00								Lane Swim		2:00
2:30										2:30
3:00										3:00
3:30										3:30
4:00										4:00
4:30					Preschool Sports & Games 4:00-5:00					4:30
5:00					Child Sports & Games 5:00-6:00	Homework Club 4:00-7:00				5:00
5:30					YOUTH Sport Leadership 6:00-7:00					5:30
6:00		Karate* (5-9 yrs) 5:30-6:00		Circuit Blast 5:30-6:30						6:00
6:30	Cyclefit 6:00-7:00	Karate* (10-12 yrs) 6:00-7:00	Yoga 6:00-7:00	Step 6:30-7:30						6:30
7:00										7:00
7:30		Karate* (13+ yrs) (Adv Belt) 7:00-8:00	Yoga 7:00-8:00	Boxfit 7:30-8:30		Table Tennis 7:00-8:00				7:30
8:00										8:00
8:30		Karate* (13+ yrs) (Intro) 8:00-9:00	Yoga 8:00-9:00					Aquafit 8:00-8:45		8:30
9:00										9:00
9:30										9:30
10:00		Table Tennis 9:00-11:00	Marital Arts 9:00-11:00	Adult Floor Hockey (16+ yrs) (Adv) 8:45-11:00				Lane Swim 8:00-11:00		10:00
10:30										10:30
11:00										11:00

\*Please Note that the Karate program is being expended to 3 days a week. Participants are registered to attend all 3 days. If you wish to register for the Karate program, please do so at the Membership & Sales desk.

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

# FRIDAY

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
5:30								1 2 3 4		5:30
6:00										6:00
6:30	Cyclefit 6:00-7:00			Basketball 6:00-9:00	Badminton 6:00-9:00			Lane Swim 5:30-8:45		6:30
7:00			Yoga 6:30-7:30							7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								Aquafit 9:00-9:45		9:30
10:00	Cyclefit 9:30-10:30		Line Dancing Youth Room/Youth Hours 9:15-10:15	M W (Basu) 9:30-10:30			Child Minding 9:00-12:00			10:00
10:30										10:30
11:00			Pilates 10:30-11:30							11:00
11:30		Senior's Access Program 11:00-1:00								11:30
12:00										12:00
12:30	Cyclefit (Theatre) 12:05-12:50				Basketball 10:00-3:30					12:30
1:00										1:00
1:30		Arriba 1:00-2:00								1:30
2:00										2:00
2:30										2:30
3:00										3:00
3:30								Lane Swim Rec Swim		3:30
4:00										4:00
4:30					Preschool Sports & Games 4:00-5:00	Youth Hours 4:00-5:30				4:30
5:00										5:00
5:30					Child Basketball 5:00-6:30					5:30
6:00										6:00
6:30	Cyclefit 6:00-7:00		Yoga 6:00-7:00		Youth Basketball 6:30-8:00					6:30
7:00		M W (Abs) 6:30-7:30					Date Night 6:00-9:00			7:00
7:30								Community Program 7:00-9:00		7:30
7:30		Arriba 7:30-8:30								7:30
8:00										8:00
8:30										8:30
9:00			Date Night 8:15-10:30	Tai Chi 8:15-10:00						9:00
9:30		Table Tennis 8:30-11:00						Adult Lane Swim 9:00-11:00		9:30
10:00										10:00
10:30										10:30
11:00										11:00

Please Note that the TaeKwonDo Program has been moved to Bill Cruthers Secondary School for the Monday, Wednesday and Friday sessions. This change has been made in order to open the program up to more participants. Please refer to the TaeKwonDo ammended schedule to view the new times.

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

**SATURDAY**

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
7:00								1 2 3 4		7:00
7:30										7:30
8:00								Lane Swim 7:00-8:45		8:00
8:30	☑ Cyclefit 8:00-9:00	Adult Table Tennis 8:00-9:30	☑ Yoga 8:15-9:30	Adult Basketball (25+ yrs) 7:00-9:45						8:30
9:00										9:00
9:30	☑ Cyclefit 9:15-10:15							Aqualit 9:00-9:45	Parent & Tot 9:00-9:45	9:30
10:00										10:00
10:30		Boxfit 10:00-11:00			Preschool Sports & Games 10:00-11:00					10:30
11:00										11:00
11:30	☑ Cyclefit 11:00-12:00	Arriba 11:00-12:00			Child Sports & Games 11:00-12:30		\$\$ Child Minding 9:30-1:30	Preschool/Child/Youth Lessons 10:00-2:00		11:30
12:00		Arriba 12:00-1:00	☑ Yoga (Theatre) 12:00-1:00							12:00
12:30										12:30
1:00		Arriba Training 1:00-2:00		Tae Kwon Do 10:00-5:00						1:00
1:30										1:30
2:00						Youth Hours 10:00-6:00				2:00
2:30										2:30
3:00										3:00
3:30	☑ Cyclefit (Theatre) 3:00-4:00				Badminton 12:30-5:00					3:30
4:00			☑ Yoga 3:30-4:30							4:00
4:30		Table Tennis 2:00-7:30						Lane Swim	Rec Swim	4:30
5:00										5:00
5:30										5:30
6:00										6:00
6:30										6:30
7:00										7:00
7:30										7:30

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

**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](http://www.ymcagta.org).

Requirements of being a Volunteer at the YMCA:

- 1) YMCA membership preferred
- 2) Must be 12 years of age
- 3) Must have current Police Reference Check (within the last 6 months)
- 4) All participants must attend an interview with the volunteer co-ordinator

**SUNDAY**

TIME	CYCLEFIT	FITNESS STUDIO	YOGA STUDIO	GYM 1	GYM 2	YOUTH CENTRE	CHILD MINDING	MAIN POOL	SPLASH POOL	TIME
7:00								1 2 3 4		7:00
7:30										7:30
8:00								Lane Swim 7:00-9:45		8:00
8:30	☑ Cyclefit 8:00-9:00	Adult Table Tennis 8:00-9:30	☑ Yoga (Theatre) 8:00-9:00	☑ Adult Badminton 7:00-9:45						8:30
9:00										9:00
9:30	☑ Cyclefit 9:15-10:15									9:30
10:00										10:00
10:30		Karate* (10-12 yrs) 10:00-11:00		☑ Birthday Parties 10:00-11:00	Family Gym 10:00-11:00	\$\$ Birthday Parties 10:00-12:00	\$\$ Child Minding 9:30-1:30	Preschool/Child/Youth Lessons 10:00-1:00		10:30
11:00										11:00
11:30		Karate* (13+ yrs) (All Belts) 11:00-12:00	☑ Yoga 11:00-12:00	☑ Boxfit 11:00-12:00						11:30
12:00										12:00
12:30										12:30
1:00										1:00
1:30										1:30
2:00										2:00
2:30								Lane Swim 1:00-3:45	Rec Swim 1:00-3:45	2:30
3:00										3:00
3:30	☑ Cyclefit (Theatre) 3:00-4:00	Table Tennis 1:00-5:00		Tae Kwon Do 12:00-7:00	☑ Family Badminton 2:00-5:00	Youth Hours 12:30-6:00				3:30
4:00			☑ Yoga 3:30-4:30							4:00
4:30										4:30
5:00										5:00
5:30										5:30
6:00		Open Dance 5:00-7:30			Child Floor Hockey 5:00-6:00			Preschool/Child/Youth Lessons 4:00-7:30		6:00
6:30					Youth Floor Hockey 6:00-7:00					6:30
7:00										7:00
7:30										7:30

\*Please Note that the Karate program is being expanded to 3 days a week. Participants are registered to attend all 3 days. If you wish to register for the Karate program, please do so at the Membership & Sales desk.

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

**HOW TO USE THIS PROGRAM SCHEDULE**

- Registered Programs** - These programs require registration at the Membership Desk.
- Open Access** - These programs are for members to use on a drop in basis.
- Open Time** - The facility is available for members to use for appropriate activities on a first come, first serve basis.
- Group Fitness Classes** - These classes provide opportunities for beginner to advanced participants on a drop in basis.
- Community Programs** - These programs are available for participants enrolled in the Child Care or community agency programs. See Membership Desk for details.
- Set Up Time** - Set up and take down time.
- ☑ **Sign Up Required** - These programs require sign-up.
- New** - These programs are at new dates and times.