

Good Friday Holiday

Friday April 6, 2012

Mississauga YMCA

Holiday hours and schedule in effect

8 a.m. to 4 p.m.

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	BOW CENTRE	MAIN POOL	TRAINING POOL	TIME
8:00									8:00
8:30									8:30
9:00									9:00
9:30		Instructors Choice 9:30-10:15					Rec Swim 8:00-10:30		9:30
10:00	Family Gym 9:30-11:30							Rec Swim 9:30-11:30	10:00
10:30							Aquafit (Shallow/Deep) 10:30-11:15		10:30
11:00									11:00
11:30									11:30
12:00									12:00
12:30									12:30
1:00	Badminton 11:30-3:30	Youth Basketball (10-15 yrs) 12:00-3:30		Table Tennis 12:00-3:30			Rec Swim 11:15-3:30	Family Swim 11:30-2:30	1:00
1:30									1:30
2:00									2:00
2:30									2:30
3:00								Rec Swim 2:30-3:30	3:00
3:30									3:30
4:00									4:00

Have a great holiday



YMCA

We build strong kids,
strong families, strong communities.