

# Mississauga YMCA

325 Burnhamthorpe Road W., Mississauga, ON, L5B 3R2 Phone: (905) 897-9622 Fax: (905) 279-3117  
 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/mississauga](http://www.ymcagta.org/mississauga)

### MONDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
6:00										6:00
6:30										6:30
7:00						M W (Stability Ball) \$ 6:30-7:15		Aquafit (Deep) 6:30-7:20		7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								Aquafit (Deep) 9:10-9:55	Aquafit (Muscle Works) 9:10-9:55	9:30
10:00	Preschool Gym 9:15-12:00	Arriba 9:30-10:25		Licensed Nursery School 9:00-12:00				Adult Lessons (Intro) 10:00-11:00	Child Care Swim 10:00-11:00	10:00
10:30		M W (Bars & Plates) \$ 10:30-11:25						Adult Lessons (Int) 11:00-12:00		10:30
11:00			Cyclefit (theatre) \$ 10:45-11:45 N							11:00
11:30										11:30
12:00		Muscle Works 12:10-12:50							Aquafit (Gentle/Shallow) 12:15-1:00	12:00
12:30										12:30
1:00										1:00
1:30						Breakthrough 1:15-2:00				1:30
2:00										2:00
2:30	Child Care Gym 2:00-3:30									2:30
3:00										3:00
3:30										3:30
4:00	Youth Basketball (10-15 yrs) 3:30-5:30	Adult Basketball 3:00-5:45								4:00
4:30										4:30
5:00										5:00
5:30	Child Sports & Games (6-9 yrs) 5:30-6:30		Cyclefit 5:30-6:30	Youth Dance (10-12 yrs) 5:30-6:30		M W (Kettlebell) 5:30-6:15		Swim Lessons 4:15-7:30		5:30
6:00		Arriba 6:00-6:55								6:00
6:30	Youth Sports & Games (10-12 yrs) 6:30-7:30	M W (Bars & Plates) \$ 7:00-7:55		Preschool Dance (3-5 yrs) Child Dance (6-9 yrs) 7:00-8:00	Child/Youth/Adult Taekwondo 4:40-10:00	Yoga 6:30-7:30				6:30
7:00										7:00
7:30							Y-Knot			7:30
8:00	Adult Badminton 7:30-10:30			Youth/Adult Table Tennis 8:15-10:30		M W (Core) 8:00-8:30		Aquafit (Boxfit/Deep) 7:45-8:30	Family Swim 7:45-9:00	8:00
8:30		Masters Basketball (21 yrs +) 8:00-10:30								8:30
9:00								Rec Swim 8:30-10:30	Adult Lessons 9:00-10:00	9:00
9:30										9:30
10:00										10:00
10:30										10:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 9:15 a.m. - 12:00 p.m. & 5:15 - 8:45 p.m. Bow Centre

Winter/Spring Sport Leadership - See front desk for more details!

Family Track: 5:00 - 7:30 p.m.

Registered Programs 
  Open Access 
  Open Time 
  Group Fitness Class 
  Community Programs 
  Set Up Time 
  Sign Up Req. 
  New Date/Time

## TUESDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
6:00										6:00
6:30										6:30
7:00			☎ Cyclefit 6:30-7:15			Stretch 6:30-7:00			AquaFit (Muscle Works) 6:30-7:20	7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								AquaFit (Shallow/Deep) 9:10-9:55		9:30
10:00		Step 9:30-10:25		Tai Chi 9:30-11:30	Licensed Nursery School 9:00-12:00			Adult Lessons (Intro) 10:00-11:00	Child Care Swim 10:00-11:30	10:00
10:30						Yoga 10:30-11:25		Adult Lessons (Int) 11:00-12:00		10:30
11:00						☎ M W (Kettlebell) 11:30-12:15				11:00
11:30				Dance Gold 11:30-12:15		☎ M W (Core) 12:15-12:55				11:30
12:00										12:00
12:30									AquaFit (Muscle) 12:10-12:55	12:30
1:00									AquaFit (Gentle) 1:00-1:55	1:00
1:30										1:30
2:00										2:00
2:30	Child Care Gym 2:00-3:30									2:30
3:00										3:00
3:30		Adult Basketball 3:00-5:15								3:30
4:00	Youth Basketball (10-15 yrs) 3:30-5:30								Parent & Tot 4:00-4:30	4:00
4:30				Table Tennis 4:30-5:25						4:30
5:00			☎ Cyclefit (theatre) 5:00-6:00	Preschool Dance		Small Group Training 5:15-6:00				5:00
5:30	Child/Youth Sports & Games (6-9 yrs / 10-12 yrs) 5:30-7:30	Boxfit 5:30-6:25		Child Dance 6:00-7:00		☎ Pilates 6:00-7:00				5:30
6:00		Muscle Works 6:30-7:25		Preschool Dance	Child/Youth/Adult Taekwondo 4:40-10:00	☎ M W (Core) 7:30-8:00		Swim Lessons 4:30-7:30		6:00
6:30										6:30
7:00	Youth Floor Hockey League (10-15 yrs) 7:30-8:30		☎ Cyclefit 7:15-8:10	Youth Dance (10-12 yrs) 7:30-8:30		☎ Yoga 8:15-9:15		Swim Club 7:45-9:15	AquaFit (Shallow) 7:45-8:30	7:00
7:30									Youth Lessons (Intro) 8:30-9:15	7:30
8:00										8:00
8:30	Adult Floor Hockey League 8:30-10:30			Youth/Adult Table Tennis 8:35-10:30				Rec Swim 9:15-10:30	Adult Lessons 9:15-10:00	8:30
9:00										9:00
9:30										9:30
10:00										10:00
10:30										10:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 5:15 - 8:45 p.m. Bow Centre

Run Club: 7:00 p.m. Conditioning Room

Family Track: 5:00 - 7:30 p.m.

Registered Programs 
  Open Access 
  Open Time 
  Group Fitness Class 
  Community Programs 
  Set Up Time 
  Sign Up Req. 
  New Date/Time

## WEDNESDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
6:00										6:00
6:30						M W (Rock Bottom) 6:30-7:15		AquaFit (Shallow) 6:30-7:20		6:30
7:00										7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								AquaFit (Deep) 9:10-9:55	AquaFit (Muscle Works) 9:10-9:55	9:30
10:00	Preschool Gym 9:15-12:00	Circuit Blast 9:30-10:25	☎ Cyclefit 9:30-10:25		Licensed Nursery School 9:00-12:00			Adult Stroke Improvement 10:00-11:00	Child Care Swim 10:00-11:00	10:00
10:30						☎ Pilates 10:30-11:25				10:30
11:00										11:00
11:30										11:30
12:00									AquaFit (Gentle) 12:00-12:45	12:00
12:30		Arriba 12:10-12:50								12:30
1:00										1:00
1:30						Breakthrough 1:15-2:00				1:30
2:00										2:00
2:30	Child Care Gym 2:00-3:30									2:30
3:00										3:00
3:30		Adult Basketball 3:00-5:15								3:30
4:00	Youth Basketball (10-15 yrs) 3:30-5:30									4:00
4:30										4:30
5:00										5:00
5:30	Family Gym 5:30-6:30	Muscle Works 5:30-6:25		☎ Yoga 5:30-6:30						5:30
6:00			☎ Cyclefit 6:00-7:00		Child/Youth/Adult Taekwondo 4:40-10:00	M W (Stability Ball) 6:30-7:15				6:00
6:30	Girl's Sports (6-9 yrs/ 10-12 yrs) 6:30-7:30	Boxfit 6:30-7:25				☎ M W (Kettlebell) 7:30-8:15				6:30
7:00										7:00
7:30	Youth Soccer (13-15 yrs) 7:30-8:30	M W (Bars & Plates) 7:30-8:25								7:30
8:00								Youth Stroke Improvement 7:30-8:15	Rec Swim 7:45-9:00	8:00
8:30	Adult Volleyball 8:30-10:30			Youth/Adult Table Tennis 7:30-10:30		Tai Chi 8:30-9:30		Advanced Leadership 8:15-9:45	Adult Lessons 9:00-10:00	8:30
9:00		Adult Basketball 8:30-10:30								9:00
9:30										9:30
10:00								Rec Swim 9:45-10:30		10:00
10:30										10:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 9:15 a.m. - 12:00 p.m. & 5:15 - 8:45 p.m. Bow Centre

Registered Programs 
  Open Access 
  Open Time 
  Group Fitness Class 
  Community Programs 
  Set Up Time 
  Sign Up Req. 
  New Date/Time

# THURSDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
6:00										6:00
6:30										6:30
7:00			☎ Cyclefit 6:30-7:15			Stretch 6:30-7:00				7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								AquaFit (Shallow/Deep) 9:10-9:55		9:30
10:00	Preschool Gym 9:15-12:00	Boxfit 9:30-10:25			Licensed Nursery School 9:00-12:00	M W (Stability Ball) 10:30-11:15		Adult Lessons (Intro) 10:00-11:00	Child Care Swim 10:00-11:30	10:00
10:30								Adult Lessons (Int) 11:00-12:00	Parent & Tot 11:30-12:00	11:00
11:00										11:30
11:30										12:00
12:00										12:30
12:30						Stretch 12:10-12:55			AquaFit (Circuit Blast) 12:10-12:50	12:00
1:00										1:30
1:30									AquaFit (Gentle) 1:00-1:55	2:00
2:00										2:30
2:30	Child Care Gym 2:00-3:30									3:00
3:00										3:30
3:30										4:00
4:00	Youth Soccer (10-15 yrs) 3:30-5:30	Adult Basketball 3:00-5:15								4:30
4:30										5:00
5:00										5:30
5:30	Child Soccer (6-9 yrs) (Inst) 5:30-6:15	Arriba 5:30-6:25				Yoga 5:30-6:25		Swim Lessons 4:30-7:30		6:00
6:00	Preschool Soccer (3-5 yrs)(Inst) 6:15-7:00	Circuit Blast 6:30-7:25		Youth Conditioning Club (13-15 yrs) 6:00-7:30	Child/Youth/Adult Taekwondo 4:40-10:00	M W (Kettlebell) 6:30-7:15				6:30
6:30	Youth Soccer (Inst) (10-12 yrs) 7:00-8:00		☎ Cyclefit 7:15-8:10			Small Group Training 7:15-8:00				7:00
7:00										7:30
7:30										8:00
8:00	Adult Soccer 8:00-10:30	Adult Floor Hockey 7:30-10:30		Dance (Line Dancing) 8:00-10:00				Swim Club 7:45-9:15	AquaFit (Shallow) 7:45-8:30	8:00
8:30									Youth Lessons (Intro) 8:30-9:15	8:30
9:00									Adult Lessons 9:15-10:00	9:00
9:30										9:30
10:00								Rec Swim 9:15-10:30		10:00
10:30										10:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 9:15 a.m. - 12:00 p.m. & 5:15 - 8:45 p.m. Bow Centre  
 Family Track: 5:00 - 7:30 p.m.

Registered Programs 
  Open Access 
  Open Time 
  Group Fitness Class 
  Community Programs 
  Set Up Time 
  Sign Up Req. 
  New Date/Time

# FRIDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
6:00										6:00
6:30										6:30
7:00		☎ M W (Bars & Plates) 6:30-7:15								7:00
7:30										7:30
8:00										8:00
8:30										8:30
9:00										9:00
9:30								AquaFit (Shallow/Deep) 9:10-9:55		9:30
10:00		Muscle Works 9:30-10:25			Licensed Nursery School 9:00-12:00	Yoga (Fusion) 10:30-11:30		Adult Stroke Improvement 10:00-11:00		10:00
10:30										10:30
11:00										11:00
11:30										11:30
12:00			☎ Cyclefit 12:10-12:50							12:00
12:30									AquaFit (Gentle) 12:00-12:45	12:30
1:00										1:00
1:30									AquaFit (Circuit Blast) 1:00-1:45	1:30
2:00										2:00
2:30	Child Care Gym 2:00-3:30									2:30
3:00										3:00
3:30								Rec Swim 3:00-4:30		3:30
4:00	Youth Basketball (10-15 yrs) 3:30-5:30	Adult Basketball 3:00-6:25							Parent & Tot 4:00-4:30	4:00
4:30										4:30
5:00										5:00
5:30			☎ Cyclefit 5:30-6:25	Child Dance Team (6-9 yrs) 5:30-6:30				Swim Lessons 4:30-7:30		5:30
6:00	Child Sports & Games (6-9 yrs) 5:30-7:30									6:00
6:30		☎ M W (Bars & Plates) 6:30-7:30		Youth Dance Team (10-15 yrs) 6:30-8:00	Child/Youth/Adult Taekwondo 4:40-10:00	M W (Core) 7:30-8:00				6:30
7:00										7:00
7:30	Youth Volleyball (13-18 yrs) 7:30-9:00	Youth Basketball (13-18 yrs) 7:35-10:30								7:30
8:00										8:00
8:30	Youth Soccer (13-18 yrs) 9:00-10:30			Teen Night (13-18 yrs) 8:15-10:30				Rec Swim 7:45-10:30	Youth Sports & Games (13-17 yrs) 7:45-8:55	8:30
9:00									Adult Lessons 9:00-10:00	9:00
9:30										9:30
10:00										10:00
10:30										10:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 6:00 - 7:45 p.m. Bow Centre  
 Family Track: 5:00 - 7:30 p.m.  
 Teen Night: 7:00 - 10:30 p.m.

Registered Programs 
  Open Access 
  Open Time 
  Group Fitness Class 
  Community Programs 
  Set Up Time 
  Sign Up Req. 
  New Date/Time

# SATURDAY

TIME	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
7:00										7:00
7:30										7:30
8:00										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
11:30										11:30
12:00										12:00
12:30										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										6:00
6:30										6:30
7:00										7:00
7:30										7:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 9:00 a.m. - 2:00 p.m. Bow Centre  
 Run Club: 8:00 a.m. Conditioning Room  
 Family Track: 10:00 a.m. - 6:00 p.m.

Registered Programs  
  Open Access  
  Open Time  
  Group Fitness Class  
  Community Programs  
  Set Up Time  
  Sign Up Req.  
  New Date/Time

## 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	GYM 1 & 2	GYM 3 & 4	CYCLEFIT STUDIO	STUDIO 1	AUDITORIUM	STUDIO 2	LANES	MAIN POOL	TRAINING POOL	TIME
7:00										7:00
7:30										7:30
8:00										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
11:30										11:30
12:00										12:00
12:30										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										6:00
6:30										6:30
7:00										7:00
7:30										7:30

Preschool/Child Crafts & Games (3-5 yrs/6-9 yrs): 9:00 a.m. - 12:00 p.m. Bow Centre  
 Family Track: 10:00 a.m. - 6:00 p.m.

Registered Programs  
  Open Access  
  Open Time  
  Group Fitness Class  
  Community Programs  
  Set Up Time  
  Sign Up Req.  
  New Date/Time

## HOW TO USE THIS PROGRAM SCHEDULE

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> <b>Registered Programs</b> - These programs require registration at the Membership Desk.                                     | <input checked="" type="checkbox"/> <b>Additional Fee Required</b> - These programs require an additional fee.  |
| <input type="checkbox"/> <b>Open Access</b> - These programs are for members to use on a drop in basis.  | <input checked="" type="checkbox"/> <b>Community Programs</b> - These programs are available for participants enrolled in the Child Care or community agency programs. See Membership Desk for details. |
| <input type="checkbox"/> <b>Open Time</b> - The facility is available for members to use for appropriate activities on a first come, first serve basis.          | <input type="checkbox"/> <b>Set Up Time</b> - Set up and take down time.  |
| <input checked="" type="checkbox"/> <b>Group Fitness Classes</b> - These classes provide opportunities for beginner to advanced participants on a drop in basis. | <input checked="" type="checkbox"/> <b>Sign Up Required</b> - These programs require sign-up.   |
|  | <input checked="" type="checkbox"/> <b>New</b> - These programs are at new dates and times.   |