

# Scarborough YMCA

230 Town Centre Ct., Scarborough, ON, M1P 4Y7 Phone: (416) 296-9622 Fax: (416) 296-8981  
Monday through Friday 6:00am 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/scarborough](http://www.ymcagta.org/scarborough)



# TUESDAY

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	YOUTH ZONE	CHILD MINDING CENTRE	MAIN POOL	TRAINING POOL	TIME
								1 2 3 4 5 6		
6:00										6:00
6:30										6:30
7:00				Yoga 6:30-7:30	Cyclefit (Theatre) 7:00-7:45					7:00
7:30	N Adult Badminton 7:30-11:00									7:30
8:00									Adult Swim 7:00-8:00	8:00
8:30									AquaFit 8:00-8:45	8:30
9:00									Adult Swim 8:45-9:10	9:00
9:30			Low/High Impact 9:30-10:15							9:30
10:00			Muscle Works 10:15-11:15	Yoga 10:15-11:15					Child Care Swim 9:15-11:15	10:00
10:30										10:30
11:00										11:00
11:30										11:30
12:00										12:00
12:30			N Arriba 12:15-1:00		Cyclefit 12:15-1:00					12:30
1:00										1:00
1:30	Adult Badminton 1:00-3:45	Adult Basketball 1:00-4:45	Tai Chi (Beginner) 1:00-2:00							1:30
2:00										2:00
2:30										
3:00										3:00
3:30										3:30
4:00										4:00
4:30	Child Sports & Games (6-9 yrs) 4:00-5:00									4:30
5:00										5:00
5:30	N Youth Sports & Games (10-15 yrs) 5:00-6:00	Child/Youth/Adult Karate 5:00-6:30	Muscle Works 5:00-5:55	M W (Kettlebell) 5:00-5:45						5:30
6:00					Cyclefit 5:30-6:30					6:00
6:30										6:30
7:00	Family Table Tennis 6:10-8:00	Family Gym 6:45-8:00	Boxfit 6:00-6:55	Pilates 6:00-6:55		(All Ages) 4:30-8:30				7:00
7:30			N Arriba 7:00-7:55	Yoga 7:00-7:55						7:30
8:00										8:00
8:30			N Adult Dance 8:00-9:15	M W (Kettlebell) 8:00-8:45	Cyclefit (Theatre) 8:00-8:45					8:30
9:00										9:00
9:30										9:30
10:00										10:00
10:30	Adult Floor Hockey (16+ yrs) 8:15-10:30									10:30

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

Preschool Crafts & Music (3-5 yrs): 5:00 p.m. - 6:15 p.m. in the back of Child Minding

# WEDNESDAY

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	YOUTH ZONE	CHILD MINDING CENTRE	MAIN POOL						TRAINING POOL	TIME			
								1	2	3	4	5	6					
6:00																		
6:30																		
7:00				Yoga 6:30-7:30		Cyclefit (Theatre) 7:00-7:45												
7:30																		AquaFit 7:00-7:45
8:00																		Adult Swim 8:00-9:00
8:30																		Adult Swim 8:00-9:00
9:00																		AquaFit 9:00-9:45
9:30																		AquaFit 9:00-9:45
10:00	Adult Badminton 9:00-12:00	Child Care Gym 9:00-11:30																Family Swim 10:00-11:00
10:30			M W (Bars & Plates) 10:30-11:30															Family Swim 10:00-11:00
11:00																		AquaFit (Break Through) Arthritis 11:15-12:00
11:30																		AquaFit (Break Through) Arthritis 11:15-12:00
12:00																		Adult Swim 12:00-2:15
12:30			Step 12:15-1:00															Adult Swim 12:00-2:15
1:00																		Adult Swim 12:00-2:15
1:30	Circuit Blast 1:00-2:00																	AquaFit (Arthritis) 2:15-3:00
2:00																		AquaFit (Arthritis) 2:15-3:00
2:30		Adult Basketball 1:30-4:00																Family Swim 3:05-4:00
3:00																		Family Swim 3:05-4:00
3:30																		Family Swim 3:05-4:00
4:00																		Family Swim 3:05-4:00
4:30	Children's Basketball House League (6-9 yrs) 4:15-6:15	Child/Youth/Adult Karate 5:00-6:20																Preschool/Child/Youth Swim Lessons 4:15-9:00
5:00																		Preschool/Child/Youth Swim Lessons 4:15-9:00
5:30				M W (Kettlebell) 5:00-5:55														Preschool/Child/Youth Swim Lessons 4:15-9:00
5:30																		Preschool/Child/Youth Swim Lessons 4:15-9:00
6:00			Step 5:30-6:30															Preschool/Child/Youth Swim Lessons 4:15-9:00
6:30				Yoga 6:00-6:55														AquaFit 6:05-6:50
6:30			Stretch & Strength 6:30-7:00															AquaFit 6:05-6:50
7:00	Muscle Works 6:30-7:25																	AquaFit (Deep) 7:35-8:20
7:00			Low/High Impact 7:00-7:55															AquaFit (Deep) 7:35-8:20
7:30																		Adult Swim Lessons (Intro) 8:30-9:15
8:00		Adult Volleyball (Inst) 7:30-8:30																Adult Swim Lessons (Intro) 8:30-9:15
8:00																		Adult Swim Lessons (Intro) 8:30-9:15
8:30	Adult Basketball 7:30-10:30	Adult Volleyball (Adv) 8:30-10:30	Family Tai Chi 8:00-10:00															Adult Swim 9:15-10:00
8:30																		Adult Swim 9:15-10:00
9:00																		Adult Swim 9:15-10:00
9:30																		Adult Swim 9:15-10:00
10:00																		Adult Swim 9:15-10:00
10:30																		Adult Swim 9:15-10:00

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

**Girls Sports Rec. Program (13-18 yrs):** 6:30 p.m. - 8:00 p.m. in the back of Child Minding



# FRIDAY

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	YOUTH ZONE	CHILD MINDING CENTRE	MAIN POOL						TRAINING POOL	TIME
								1	2	3	4	5	6		
6:00															6:00
6:30															6:30
7:00				Yoga 6:30-7:30	Cyclefit 6:30-7:15										7:00
7:30	N Adult Badminton 7:30-11:00														7:30
8:00															8:00
8:30															8:30
9:00															9:00
9:30		Child Care Gym 9:00-11:30													9:30
10:00															10:00
10:30				Break Through 10:00-10:45		Cyclefit 9:30-10:30									10:30
11:00					N Pilates 10:30-11:30										11:00
11:30															11:30
12:00															12:00
12:30			M W (Bars & Plates) 12:00-1:00		Cyclefit (Theatre) 12:15-1:00										12:30
1:00															1:00
1:30															1:30
2:00	Family Table Tennis 1:30-2:45	Adult Basketball 1:00-5:15													2:00
2:30															2:30
3:00															3:00
3:30	Youth Basketball 3:00-5:15														3:30
4:00															4:00
4:30															4:30
5:00															5:00
5:30															5:30
6:00	Preschool Soccer (Inst) 5:30-6:30		N Arriba 5:00-5:55	Preschool/Child Dance (Ballet) 5:30-6:15	Cyclefit (Theatre) 5:15-6:00	(All Ages) 4:30-8:30									6:00
6:30			Circuit Blast 6:00-7:00	Preschool Dance (Modern) 6:15-7:00											6:30
7:00	Child Soccer (Inst) 6:30-7:30														7:00
7:30	Youth Soccer (Inst) 7:30-8:30														7:30
8:00															8:00
8:30															8:30
9:00															9:00
9:30	Adult Badminton 8:30-10:30														9:30
10:00															10:00
10:30															10:30

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

# SATURDAY

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	YOUTH ZONE	CHILD MINDING CENTRE	MAIN POOL						TRAINING POOL	TIME	
								1	2	3	4	5	6			
7:00															Adult Swim 7:30-7:45	7:00
7:30		Youth/Adult Basketball 7:00-9:00													Rec Swim	7:30
8:00	Family Tai Chi (Handforms) (Intro) 8:00-9:00														Aquafit 7:45-8:30	8:00
8:30				M W (Kettlebell) /Pilates 8:00-9:00												8:30
9:00	Family Tai Chi (Handforms) (Int) 9:00-9:55		Low/High Impact 9:00-9:55	Yoga 9:00-10:30	Cyclefit (Theatre) 9:00-9:45											9:00
9:30																9:30
10:00																10:00
10:30	Step 10:00-10:55		M W (Bars & Plates) 10:00-11:00													10:30
11:00																11:00
11:30	Child Soccer (House League) (6-9 yrs)	Family Gym 11:10-12:45	N Arriba 11:00-12:00	Yoga 11:00-12:00	Cyclefit 11:00-12:00											11:30
12:00																12:00
12:30	Youth Soccer (House League) (10-15yrs)		Youth Leader Corps (11-14 yrs) 12:00-1:00	M W (Kettlebell) 12:15-1:15												12:30
1:00																1:00
1:30	Child/Youth/Adult Karate 1:00-2:30		Adult Dance 1:15-3:00													1:30
2:00																2:00
2:30																2:30
3:00																3:00
3:30	Youth Basketball (House League) (10-16 yrs) 2:35-6:00															3:30
4:00																4:00
4:30																4:30
5:00																5:00
5:30																5:30
6:00																6:00
6:30	Family Badminton 6:00-7:30	Adult Volleyball 6:00-7:30														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

N \*Family Crafts: 10:00 - 11:00 a.m. in back of Child Minding

Teen Nights (13-18yrs): 7:00 - 10:00 pm - No membership required

Jr/Sr. YLC (15-18 yrs): 11:00 a.m. - 1:00 p.m. in Meeting Room #1

## 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 at least 12 years of age
- 3) Must have current Police Reference Check (within the last 6 months) for participants 16 years of age or older
- 4) All participants must attend an interview with the volunteer co-ordinator

# SUNDAY

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	YOUTH ZONE	CHILD MINDING CENTRE	MAIN POOL						TRAINING POOL	TIME		
								1	2	3	4	5	6				
7:00																	
7:30																	
8:00	Adult Basketball 7:30-11:15																
8:30																	
9:00		Youth Sports & Games (10-15 yrs) 9:00-10:25	Muscle Works 8:30-9:25		M W (Kettlebell) 9:00-9:45												
9:30																	
10:00																	
10:30																	
11:00		Family Gym 10:30-11:25															
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Registered Programs
Open Access
Open Time
Group Fitness Classes
Community Programs
Set Up Time
N 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.

**N** **New** - These programs are at new dates and times.