

# West End YMCA

931 College Street, Toronto, ON, M6H 1A1. Phone: (416) 536-9622 Fax: (416) 536-3938  
 Monday through Friday 5:45am to 10:30pm - Weekends 7am to 8pm - Holidays 8am to 4pm



## Winter/Spring 2012 Program Schedule

Effective from January 2, 2012  
 Instructional programs for children begin January 9, 2012  
[www.ymcagta.org/westend](http://www.ymcagta.org/westend)

### MONDAY

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL		MULTI USE ROOM	TIME	
								Lane 1	Lane 2			
5:45			Available for Stretching					Lane Swim 5:45-7:00	Rec Swim 5:45-7:00	Available for Stretching	5:45	
6:30											6:30	
7:00	Punching Bag Available		Yoga (Vinyasa) 7:00-8:00			Available for Individual Use	Available for Individual Use	Lane Swim 7:00-8:30		Child Care Program 7:30-8:45	7:00	
7:30			Available for Stretching								7:30	
8:00											8:00	
8:30			Available for Stretching								8:30	
9:00	Child Care Gym 9:00-10:00		Yoga (Vinyasa) 9:00-10:15	Child Minding (3+ yrs) 9:00-12:00		Gravity (All Levels) 9:30-10:15	Cyclefit 9:30-10:30	Aquafit 8:30-9:15	Lane Swim 9:15-10:00	Rec Swim 9:15-10:00		9:00
9:30												9:30
10:00	M W (Bars & Plates) 10:00-11:00		Arriba 10:30-11:00									10:00
10:30												10:30
11:00							Available for Individual Use					11:00
11:30			Yoga (Kundalini) 11:30-12:30					Preschool Parent & Tot				11:30
12:00			Available for Stretching					Adult Swim Lessons 11:30-12:30				12:00
12:30	Punching Bag Available	Adult Basketball 11:00-3:00	Yoga (Restorative) 1:00-2:00	Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (Parent Supervised) 12:00-4:00		Available for Individual Use						12:30
1:00												
1:30			Available for Stretching									1:30
2:00												2:00
2:30												2:30
3:00												3:00
3:30	Youth Basketball 3:00-4:00		Child Care Program 2:30-4:30				Available for Individual Use		Preschool 2:50-4:00	Rec Swim 2:50-4:00		3:30
4:00												4:00
4:30			Available for Stretching									4:30
5:00				Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (YMCA Staff Supervised) 4:00-8:00								4:30
5:30												5:00
6:00			M W (Kettlebell)(Int) 5:30-6:15			Gravity (All Levels) 5:30-6:15	Cyclefit 5:00-6:00					6:00
6:30			M W (Stability Ball) 6:15-7:15									6:30
7:00			Pilates (Intro) 6:30-7:30		(14-18 yrs) 6:30-7:30	Gravity (All Levels) 6:30-7:15	Cyclefit 6:15-7:15	Aquafit 6:35-7:35				7:00
7:30												7:30
8:00			Yoga (Kundalini) 7:45-8:45									8:00
8:30						Available for Individual Use						8:30
9:00												9:00
9:30	Adult Volleyball 8:20-10:30		Available for Stretching									9:30
10:00												10:00
10:30												10:30

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

**TUESDAY**

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL		MULTI USE ROOM	TIME
								Lane 1	Lane 2		
5:45											5:45
6:30						Available for Individual Use		Lane Swim 5:45-7:00	Rec Swim 5:45-7:00	Available for Stretching	6:30
7:00	Punching Bag Available		Available for Stretching			Available for Individual Use	Cyclefit 6:30-7:30				7:00
7:30							Available for Individual Use	Lane Swim 7:00-8:30		Child Care Program 7:30-8:45	7:30
8:00								Lane Swim 8:30-9:30	Rec Swim 8:30-9:30		8:00
8:30								Rec Swim 9:30-10:00			8:30
9:00	Child Care Gym 9:00-10:00		Yoga (Vinyasa) 9:00-10:15		Child Minding (3+ yrs) 9:00-12:00	Gravty (Adv) 9:30-10:15	Cyclefit 9:30-10:30				9:00
9:30			Yoga (Hatha) 10:30-11:30					Aqualit 10:00-11:00			9:30
10:00	M W (Stability Ball) 10:00-11:00					Available for Individual Use	Cyclefit (Low Intensity) 11:00-11:30	Lane Swim 11:00-12:00	Rec Swim 11:00-12:00	Child Minding (6 wks-3 yrs) 8:45-1:30	10:00
10:30								Lane Swim 12:00-1:00			10:30
11:00											11:00
11:30	Punching Bag Available	Adult Basketball 11:00-3:30		Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (Parent Supervised) 12:00-4:00		Gravty (Core) 1:00-1:45		Lane Swim 1:00-2:00	Rec Swim 1:00-2:00	Available for Stretching	1:30
12:00								Lane Swim 2:00-2:50			2:00
12:30								Preschool 2:50-4:00	Rec Swim 2:50-4:00		2:30
1:00										Child Care Program 3:00-6:00	3:00
1:30											3:30
2:00											4:00
2:30											4:30
3:00											5:00
3:30	Youth Basketball 3:30-4:00		Youth Table Tennis 3:00-4:00		Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (YMCA Staff Supervised) 4:00-8:00	(YMCA Staff Supervised) (9-13 yrs) 4:00-6:30		Preschool/ Child/Youth Swim Lessons 4:00-6:35			5:30
4:00	Child Soccer (Inst)(6-9 yrs) 4:00-4:45		Youth Table Tennis 4:00-5:15								6:00
4:30	Youth Soccer (Inst)(10-13 yrs) 4:45-5:30										6:30
5:00											7:00
5:30	Step 5:30-6:15		Yoga (Hatha) 5:30-6:30			Gravty (All Levels) 5:30-6:15					7:30
6:00											8:00
6:30	Circuit Blast 6:15-7:15		Pilates (Intro) 6:30-7:30			Gravty (All Levels) 6:30-7:15	Cyclefit 6:15-7:15	Aqualit 6:35-7:35			8:30
7:00											9:00
7:30	Muscle Works 7:15-8:15		Available for Stretching			Gravty (All Levels) 7:30-8:15	Cyclefit 7:30-8:30	Adult Inner Tube Water Polo 7:35-8:30		Taekwondo 6:30-10:30	9:00
8:00			Yoga (Vinyasa) 8:00-9:00					Lane Swim 8:30-9:30	Rec Swim 8:30-9:30		9:30
8:30											10:00
9:00	Adult Basketball 8:20-10:30		Youth Table Tennis 9:10-10:30			Available for Individual Use	Available for Individual Use	Lane Swim 9:30-10:30			10:30
9:30											10:30
10:00											10:30
10:30											10:30

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

Running Club: 6:15 - 7:15 p.m. (Lobby) / Youth Conditioning Club: 4:00 - 5:00 p.m. (Upper Conditioning Room)

LIT (12-14 yrs): 6:00 - 7:00 p.m. (Board Room)

**WEDNESDAY**

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL		MULTI USE ROOM	TIME
								Lane 1	Lane 2		
5:45											5:45
6:30						Available for Individual Use		Lane Swim 5:45-7:00	Rec Swim 5:45-7:00	Available for Stretching	6:30
7:00	Punching Bag Available		Yoga (Vinyasa) 7:00-8:00			Gravty (All Levels) 7:00-7:45	Available for Individual Use				7:00
7:30								Lane Swim 7:00-8:30		Child Care Program 7:30-8:45	7:30
8:00			Available for Stretching					Lane Swim 8:30-9:15	Rec Swim 8:30-9:15		8:00
8:30											8:30
9:00	Child Care Gym 9:00-10:00		Yoga (Vinyasa) 9:00-10:15		Child Minding (3+ yrs) 9:00-12:00	Gravty (All Levels) 9:30-10:15	Cyclefit 9:30-10:30				9:00
9:30								Aqualit (High Tempo) 9:15-10:15			9:30
10:00	Circuit Blast 10:00-11:00		Available for Stretching					Child Care Swim 10:15-11:00		Child Minding (6 wks-3 yrs) 8:45-1:30	10:00
10:30								Preschool Parent & Tot Rec Swim 11:30-12:00			10:30
11:00											11:00
11:30			Yoga (Kundalini) 11:30-12:30		Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (Parent Supervised) 12:00-4:00						11:30
12:00											12:00
12:30	Punching Bag Available	Adult Basketball 11:00-3:00				Available for Individual Use	Cyclefit 12:00-1:00	Aqualit 12:00-12:45		Available for Stretching	1:30
1:00								Lane Swim 12:45-2:00	Rec Swim 12:45-2:00		2:00
1:30								Lane Swim 2:00-3:00			2:30
2:00											3:00
2:30								Adult Swim Lessons 3:00-4:00			3:30
3:00	Youth Basketball 3:00-4:00		Child Care Program 3:00-4:30							Child Care Program 3:00-6:00	4:00
3:30											4:30
4:00	Child Sports & Games (Inst)(6-9 yrs) 4:00-4:45		Available for Stretching		Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (YMCA Staff Supervised) 4:00-8:00	(YMCA Staff Supervised) (9-13 yrs) 4:00-6:30		Preschool/ Child/Youth Swim Lessons 4:00-6:35			5:00
4:30	Youth Sports & Games (Inst)(10-13 yrs) 4:45-5:30		M W (Core) 5:00-5:30								5:30
5:00											6:00
5:30	Youth Basketball 5:30-6:00		Yoga (Hatha) (Int) 5:30-6:30			Gravty (All Levels) 5:30-6:15	Cyclefit 5:00-6:00				6:30
6:00											7:00
6:30	Runfit / M W (Bars & Plates) 6:00-7:15		Yoga/Pilates (Fusion) 6:30-7:30			Gravty (All Levels) 6:30-7:15	Cyclefit 6:15-7:15	JLC 6:35-7:30			7:30
7:00											8:00
7:30	Boxfit 7:15-8:15		Latin Dance 7:30-8:30		YLC (14-18 yrs) 7:30-8:30					Taekwondo 6:15-10:30	8:30
8:00								Lane Swim 7:30-9:30	Rec Swim 7:30-9:30		9:00
8:30											9:30
9:00	Adult Soccer 8:20-10:30		Adult Table Tennis 8:40-10:30			Available for Individual Use	Available for Individual Use	Lane Swim 9:30-10:30			10:00
9:30											10:30
10:00											10:30
10:30											10:30

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

**THURSDAY**

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL		MULTI USE ROOM	TIME
								Lane 1	Lane 2		
5:45								Lane 1	Lane 2		5:45
6:30								Lane Swim 5:45-7:00	Rec Swim 5:45-7:00	Available for Stretching	6:30
7:00	Punching Bag Available		Available for Stretching								7:00
7:30											7:30
8:00											
8:30								Lane Swim 7:00-8:30		Child Care Program 7:30-8:45	8:30
9:00	Child Care Gym 9:00-10:00		Yoga (Vinyasa) 9:00-10:15					Lane Swim 8:30-9:30	Rec Swim 8:30-9:30		9:00
9:30								Rec Swim 9:30-10:00			9:30
10:00	Muscle Works 10:00-11:00		Yoga (Hatha) 10:30-11:30	Child Minding (3+ yrs) 9:00-12:00		Gravity (All Levels) 9:30-10:15	Cyclefit 9:30-10:30	Aquafit 10:00-11:00		Child Minding (6 wks-3 yrs) 8:45-1:30	10:00
10:30								Rec Swim 11:00-12:00			10:30
11:00			Available for Stretching					Lane Swim 11:00-12:00			11:00
11:30											11:30
12:00	Punching Bag Available	Adult Basketball 11:00-3:00	Pilates (Int) 12:30-1:30	Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (Parent Supervised) 12:00-4:00		Gravity (Core) 1:00-1:45	Cyclefit 12:00-1:00	Lane Swim 12:00-1:00			12:00
1:00								Lane Swim 1:00-2:00	Rec Swim 1:00-2:00	Available for Stretching	1:00
1:30								Lane Swim 2:00-2:50			1:30
2:00											2:00
2:30											2:30
3:00	Youth Basketball 3:00-4:00		Child Care Program 3:00-4:00					Preschool 2:50-4:00	Rec Swim 2:50-4:00		3:00
3:30											3:30
4:00	Child Sports & Games (Inst)(6-9 yrs) 4:00-4:45		Youth Table Tennis (10-15yr) 4:00-5:15	Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (YMCA Staff Supervised) 4:00-8:00	YMCA Staff Supervised (9-13 yrs) 4:00-6:30	Gravity (All Levels) 5:30-6:15		Preschool/ Child/Youth Swim Lessons 4:00-6:35		Child Care Program 3:00-6:00	4:00
4:30	Youth Sports & Games (Inst)(10-13 yrs) 4:45-5:30										4:30
5:00											5:00
5:30	M W (Kettlebell)(Intro) 5:30-6:30		Yoga (Restorative) 5:30-6:30								5:30
6:00	Step 6:30-7:15		Pilates (Intro) 6:30-7:30		(14-18 yrs) 6:30-7:30	Gravity (All Levels) 6:30-7:15	Cyclefit 6:15-7:15	Aquafit (Deep) 6:35-7:35			6:00
6:30	M W (Rock Bottom) 7:15-8:15		Yoga (Vinyasa) 7:30-8:30			Gravity (All Levels) 7:30-8:15					6:30
7:00								Lane Swim 7:35-8:30	Rec Swim 7:35-8:30	Taekwondo 6:30-10:30	7:00
7:30											7:30
8:00											8:00
8:30											8:30
9:00	Adult Volleyball 8:20-10:30		Youth Table Tennis 8:40-10:30					Lane Swim 8:30-10:30			9:00
9:30											9:30
10:00											10:00
10:30											10:30

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

Running Club: 6:15 - 7:15 p.m. (Lobby)

**FRIDAY**

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL		MULTI USE ROOM	TIME
								Lane 1	Lane 2		
5:45								Lane 1	Lane 2		5:45
6:30								Lane Swim 5:45-7:00	Rec Swim 5:45-7:00	Available for Stretching	6:30
7:00	Punching Bag Available		Available for Stretching								7:00
7:30											7:30
8:00											
8:30								Lane Swim 7:00-8:30		Child Care Program 7:30-8:45	8:30
9:00								Lane Swim	Rec Swim		9:00
9:30			Pilates (Int) 9:00-10:00					Aquafit (High Tempo) 9:00-10:00			9:30
10:00	Circuit Blast / M W 10:00-11:00		Arriba 10:30-11:00	Child Minding (3+ yrs) 9:00-12:00		Gravity (Adv) 9:30-10:15	Cyclefit (Adv) 9:30-10:30	Child Care Swim 10:00-11:00		Child Minding (6 wks-3 yrs) 8:45-1:30	10:00
10:30								Rec Swim 11:30-12:00			10:30
11:00											11:00
11:30			Yoga (Kundalini) 11:30-12:30					Preschool Parent & Tot			11:30
12:00								Rec Swim 11:30-12:00			12:00
12:30	Punching Bag Available	Adult Basketball 11:00-3:00		Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (Parent Supervised) 12:00-4:00				Lane Swim 12:00-1:00			12:30
1:00								Lane Swim 1:00-2:00	Rec Swim 1:00-2:00	Available for Stretching	1:00
1:30											1:30
2:00											2:00
2:30								Child Care Swim 2:00-3:30			2:30
3:00	Youth Basketball 3:00-4:00		Child Care Program 3:00-5:00					Lane Swim	Rec Swim		3:00
3:30											3:30
4:00	Child Sports & Games (Inst)(6-9 yrs) 4:00-4:45			Family Play (3-5 yrs/ 6-9 yrs/ 10-12 yrs) (YMCA Staff Supervised) 4:00-8:00	YMCA Staff Supervised (9-13 yrs) 4:00-6:30	Gravity (All Levels) 5:30-6:15	Cyclefit 5:00-6:00	Preschool/ Child/Youth Swim Lessons 4:00-6:35		Child Care Program 3:00-6:00	4:00
4:30	Youth Sports & Games (Inst)(10-13 yrs) 4:45-5:30		Available for Stretching								4:30
5:00	Youth Basketball 5:30-6:30		Yoga (Hatha) 5:30-6:30								5:00
5:30											5:30
6:00	Adult Female Soccer 6:30-8:00		Pilates (Int) 6:30-7:30		(14-18 yrs) 6:30-7:30	Gravity (All Levels) 6:30-7:15	Cyclefit 6:15-7:15	Rec Swim 6:35-7:30		M W (Core) 6:30-7:00	6:00
6:30											6:30
7:00								Lane Swim 7:30-8:30	Rec Swim 7:30-8:30		7:00
7:30											7:30
8:00											8:00
8:30											8:30
9:00	Adult Soccer 8:00-10:30		Adult Table Tennis 7:40-10:30					Lane Swim 8:30-10:30		Available for Stretching	9:00
9:30											9:30
10:00											10:00
10:30											10:30

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

Youth Conditioning Club: 4:00 - 5:00 p.m. (Upper Conditioning Room)

# SATURDAY

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL	MULTI USE ROOM	TIME
								Lane 1   Lane 2		
7:00										7:00
7:30			Available for Stretching					Lane Swim 7:00-8:00		7:30
8:00			Available for Stretching				Available for Individual Use	Lane Swim 8:00-8:50   Rec Swim 8:00-8:50		8:00
8:30			Available for Stretching							8:30
9:00			Yoga (Vinyasa) 9:00-10:00				Cyclefit 9:00-10:00	Aqualit 8:50-9:50	Preschool Dance (3-5 yrs) 9:00-9:30	9:00
9:30	Family Gym (Supervised) 8:30-11:15		Yoga/Pilates (Fusion) 10:00-11:00				Cyclefit 10:15-11:15		Child Dance (6-9 yrs) 9:30-10:15	9:30
10:00			Available for Stretching	Child Minding (6 wks - 3 yrs) 9:30-11:30			Cyclefit 11:30-12:30	Preschool/Child/Youth Swim Lessons 9:50-1:10	Jazz Hip Hop (9-12 yrs) 10:15-11:00	10:00
10:30			M W (Body Bars) 11:30-12:30			Gravity (All Levels) 10:30-11:15	Cyclefit 11:30-12:30			10:30
11:00			Available for Stretching			Available for Individual Use				11:00
11:30	Boxfit 11:30-12:30		M W (Body Bars) 11:30-12:30	Family Play (3-12 yrs) (YMCA Staff Supervised) 11:30-2:30	(Parent Supervised) 11:30-2:00	Gravity (All Levels) 12:30-1:15	Cyclefit 11:30-12:30			11:30
12:00			M W (Kettlebell) 12:45-1:45					Lane Swim 1:10-2:10   Rec Swim 1:10-2:10		12:00
12:30			Family Badminton 1:45-2:45							12:30
1:00			Adult Capoeira 2:15-3:15		(14-18 yrs) 2:00-3:00			Preschool/Child/Youth Swim Lessons 2:10-4:10		1:00
1:30			Child/Youth Capoeira 3:15-4:15							1:30
2:00			Dance (Latin) 4:30-5:30	Available for Birthday Parties 2:45-4:45						2:00
2:30			Yoga (Restorative) 5:30-6:30	Available for Birthday Parties 5:00-7:00						2:30
3:00			Adult Table Tennis 6:40-8:00							3:00
3:30										3:30
4:00										4:00
4:30	Youth/Young Adult Volleyball 4:00-6:00				Available for Birthday Parties 4:00-6:00			Rec Swim 4:10-6:00		4:30
5:00										5:00
5:30										5:30
6:00								Lane Swim   Rec Swim		6:00
6:30										6:30
7:00								Lane Swim 6:30-8:00		7:00
7:30										7:30
8:00										8:00

Registered Programs
Open Access
Open Time
Group Fitness Classes
Community Programs
Set Up Time
S Sign Up Required

**Walking Club:** 1:00 - 3:00 p.m. (Lobby) / **Teen Night:** 7:30 pm - 10:30 pm

## 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 if 16 years of age or older (within the last 6 months)
- 4) All participants must attend an interview with the volunteer co-ordinator

# SUNDAY

TIME	GYM A	GYM B	PROGRAM STUDIO	FAMILY PLAY AREA	YOUTH ZONE	GRAVITY ROOM	CYCLEFIT STUDIO	POOL	MULTI USE ROOM	TIME
								Lane 1   Lane 2		
7:00										7:00
7:30			Available for Stretching					Lane Swim 7:00-8:30		7:30
8:00			Available for Stretching				Available for Individual Use			8:00
8:30			Available for Stretching					Lane Swim 8:30-10:00   Rec Swim 8:30-10:00		8:30
9:00	Basketball 8:00-10:00		Yoga (Meditation) 9:00-10:00				Cyclefit 9:30-10:30			9:00
9:30			Available for Birthday Parties 9:15-11:15				Cyclefit 11:30-12:30	Aqualit 10:00-11:00		9:30
10:00	Runfit 10:00-11:00		Yoga (Ashtanga) 10:15-11:45			Gravity (Core) 10:30-11:15	Available for Individual Use			10:00
10:30			Available for Birthday Parties 11:30-1:30				Cyclefit 11:30-12:30	Preschool/Child/Youth/Adult Swim Lessons 11:00-2:30		10:30
11:00			Tai Chi 12:00-1:30		(Parent Supervised) 11:30-2:00					11:00
11:30			Available for Birthday Parties 2:00-4:00							11:30
12:00	Family Gym (Supervised) 11:30-2:00		Adult Table Tennis 2:00-4:00					Parent & Tot 1:30-2:30		12:00
12:30			Available for Birthday Parties 2:00-4:00							12:30
1:00			Available for Stretching							1:00
1:30	Youth Sports 2:00-3:30		Available for Birthday Parties 4:30-6:30							1:30
2:00			Available for Birthday Parties 4:00-6:00							2:00
2:30			Available for Birthday Parties 4:00-6:00					Rec Swim 2:30-4:00		2:30
3:00			Available for Birthday Parties 4:00-6:00							3:00
3:30			Available for Birthday Parties 4:00-6:00							3:30
4:00	Adult Volleyball League 3:30-5:30		Available for Birthday Parties 4:00-6:00							4:00
4:30			Available for Birthday Parties 4:00-6:00							4:30
5:00			Available for Birthday Parties 4:00-6:00							5:00
5:30			Yoga (Hatha) 5:30-6:30					Lane Swim 4:00-6:00   Rec Swim 4:00-6:00		5:30
6:00			Yoga (Back Builder) 6:30-7:30							6:00
6:30										6:30
7:00	Adult Basketball League 5:30-8:00							Lane Swim 6:00-8:00		7:00
7:30										7:30
8:00										8:00

Registered Programs
Open Access
Open Time
Group Fitness Classes
Community Programs
Set Up Time
S Sign Up Required

**Running Club:** 10:30 - 11:30 a.m. (Lobby)

### 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 served 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.
- S **Sign Up Required** - These programs require sign up.