


# Adult Fitness Programs - Programmes de conditionnement physique pour adultes

		Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi		
R e c r e a t i o n	Badminton			8:15p-10:00p		8:15p-10:00p				
	Basketball	ALL AGES 12+ →		7:15a-8:45a		7:15a-8:45a		7:15a-8:45a		
		AGES 12-18 ONLY →	8:15p-9:00p		8:00p-9:00p					
		AGES 19+ ONLY →	2:45p-4:00p	9:00p-10:00p		9:00p-10:00p			4:30p-6:00p	
	\$ Karate (ages 7+) / Karate (7+ ans)		6:00p-7:00p Novice Belts 7:00p-8:00p Advanced Belts		6:45p-7:45p Novice Belts 7:45p-8:45p Advanced Belts		6:45p-8:00p Novice Belts 8:00p-9:00p Advanced Belts			
F Pickleball	\$3.00	7:30a-9:00a	Sunday Learn-to-Play Pickleball Courses 7:30am-9:00am: 4-week Beginner: Mar 24 - Apr 14; 2-week Intermediate: May 5 & 12; 2-week Intermediate: Jun 2 & 9							
		4:15p-5:45p	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a	3:15p-4:15p		
	PrimeTime Cards / Cartes pour aînés	Crib games: March 11th and May 27th from 1p-3p								
C o n d i t i o n n e m e n t  G r o u p F i t n e s s g r o u p e	Bootcamp		7:20p-8:05p	*1:30p-2:15p *2:50p-3:35p	*1:30p-2:15p *2:50p-3:35p 7:00p-7:45p		*1:30p-2:15p *2:50p-3:35p			
	*1:30p and 2:50p classes end May 3rd									
	Core Express / Exercices rapides pour le tronc					5:00p-5:25p				
	Cyclefit / Véloforme	9:45a-10:30a	12:15p-1:00p 7:00p-7:30p	6:00a-7:00a 9:00a-10:00a 12:15p-12:45p 5:30p-6:30p	9:00a-9:30a Low Intensity	9:00a-10:00a 12:15p-12:45p 5:45p-6:15p	9:00a-9:30a Low Intensity 12:15p-1:00p	7:45a-8:45a 10:15a-11:15a		
		Advanced Classes on Fridays at 12:15p: April 5th, May 3rd and June 7th								
	Group Active	9:30a-10:30a		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p	4:45p-5:45p			
	Group Blast		9:00a-10:00a	4:30p-5:30p						
	Group Centergy	10:45a-11:45a	9:00a-10:00a 7:00p-8:00p	10:30a-11:30a	12:15p-1:15p 5:30p-6:30p	6:00a-7:00a 10:30a-11:30a	9:00a-10:00a	10:15a-11:15a		
	Group Fight			5:30p-6:30p						
	Group Power		6:00a-7:00a 5:45p-6:45p		9:00a-10:00a 5:45p-6:45p		12:15p-1:15p	9:00a-10:00a		
	Line Dancing / Danse en ligne			6:45p-8:00p	9:00a-10:00a					
	Pound / Coup de poing		5:15p-5:45p		11:30a-12:00p				9:30a-10:00a	
	Step and Flex			12:15p-1:00p						
	Super Flex & Tone / Flexi-tonification avancée		12:15p-1:00p		6:00a-7:00a		9:00a-10:00a			
	Tabata Training / Entraînement Tabata		4:30p-5:00p		12:15p-12:45p	4:30p-5:00p	6:00a-6:45a			
	Y-Step / Step aérobique Y		5:00p-5:30p Level II			9:00a-10:00a Level III				
	Yoga	6:30p-7:30p	1:30p-2:30p Yin Yoga	12:15p-1:15p Yin Yoga 5:30p-6:30p Yoga Flow		12:15p-1:15p	5:30p-6:30p Yin Yang Yoga			
	Zumba		6:00p-6:45p			9:15a-10:15a 6:45p-7:45p	12:15p-1:00p			
	L o w i m p a c t	Chair Yoga / Yoga sur chaise		10:50a-11:20a		10:50a-11:20a		10:50a-11:20a		
		Chair Fitness Aerobics / Aérobie sur chaise	NEW!					11:30a-12:00p		
Cyclefit Low Intensity / Véloforme de faible intensité					9:00a-9:30a		9:00a-9:30a			
Focus on Healing / Focus on Healing					1:30p-2:30p					
PrimeTime Aerobics / Aérobie pour aînés			10:15a-10:45a Exercise mix		10:15a-10:45a Strength		10:15a-10:45a Tabata			
Tai Chi (Participant-led / Dirigé par les participants)				1:30p-2:30p		1:30p-2:30p				
Zumba Gold/ Zumba or				9:30a-10:15a						
\$	First Aid & CPR / Premiers soins et RCR	Mar 12th: 5pm-9pm, Mar 14th: 5pm-9pm & Mar 16th: 9am-4pm		Apr 2nd: 5pm-9pm, Apr 4th: 5pm-9pm, & Apr 6th: 9am-4pm		May 7th: 5pm-9pm, May 9th: 5pm-9pm, & May 11th: 9am-4pm		Jun 4th: 5pm-9pm, Jun 6th: 5pm-9pm, & Jun 8th: 9am-4pm		
	Healthy Workshops / Ateliers de santé	March 13 from 6:30pm-7:30pm Natural Ways to Sleep Better at Night				May 22 from 6:30pm-7:30pm Useful Natural Ways to help with Anxiety & Stress				
	\$ HIIT Training / Entraînement HIIT	12:15p-1:00p	March 11 - June 17							
	PrimeTime Social / Activités sociales pour aînés	11:00am on March 18, April 15, May 13 and June 17								
\$	Personal Training / Entraînement personnel	You can share Personal Training sessions with family or friends. Train together or split the sessions! E-mail <a href="mailto:trainers@ymcamoncton.ca">trainers@ymcamoncton.ca</a> for more details.								
A q u a t i c s	Adult Swim Lessons / Cours de natation pour adultes		10:15a-11:00a Beginner/Débutant 11:00a-12:00p Intermediate	10:15a-11:15a Advanced/Avancé		6:00p-6:45p				
	Adult Therapy Swim / Natation thérapeutique adultes	7:15a-11:00a 1:00p-2:30p 4:30p-8:00p	5:45a-10:15a 11:00a-4:00p 6:00p-10:00p	5:45a-11:30a 12:30p-1:00p 2:00p-5:00p 6:00p-10:00p	5:45a-10:30a 12:00p-1:00p 2:00pm-4:00p 6:00p-10:00p	5:45a-10:30a 11:00a-11:30a 12:30p-1:00p 2:00p-5:00p 6:00p-10:00p	5:45a-11:00a 2:00p-6:30p	7:15a-9:00a 11:00a-2:30p 4:30p-8:00p		
	Ai Chi			11:30a-12:00p	11:30a-12:00p	11:30a-12:00p				
	Aqua Fitness / Aquaforme		9:00a-10:00a 7:00p-8:00p	9:00a-10:00a 7:00p-8:00p	9:00a-10:00a 7:00p-8:00p	9:00a-10:00a Hvdro Circuit 7:00p-8:00p	9:00a-10:00a			
	PrimeTime Aquafitness / Aquaforme pour les aînés	\$2.00				9:00a-10:00a				
	Aqua Strength & Stretch / Entraînement en force & étirements dans l'eau			12:00p-12:30p		12:00p-12:30p				
	Aqua Yoga					10:15a-10:45a				
	Healthy Steps Water Therapy / En santé grâce à l'hydrothérapie		March 13 - June 5			10:30a-11:15a				
	Lane Swimming / Natation en couloirs	7:15a-8:45a 4:45p-8:00p	5:45a-8:45a 10:15a-4:15p 7:00p-10:00p	5:45a-8:45a 10:15a-3:00p 5:00p-10:00p	5:45a-8:45a 10:15a-3:00p 7:00p-10:00p	5:45a-8:45a 10:15a-10:00p	5:45a-8:45a 10:15a-6:15p	7:15a-8:45a 5:45p-8:00p		
	F Public & Member Swim / Natation publique & membres	2:30p-4:30p	\$2.00				6:30p-8:30p	2:30p-4:30p		
		Government Photo ID required for non-members 18 and over. Non-membres de 18 et plus doivent présenter une carte d'ID photo du gouvernement.								





YMCA of Greater Moncton  
YMCA du Grand Moncton

## 2019 Spring Schedule

March 10 - June 22

5:30am - 10:00pm Monday - Friday  
7:00am - 8:00pm Saturday - Sunday  
9:00am - 5:00pm Holidays

Tel/Tél: (506) 857-0606 Fax: (506) 859-8198 E-Mail/Courriel: info@ymcamoncton.ca

www.ymcamoncton.ca



ymcamoncton



@ymcacommunity

## 2019 Horaire printemps

10 mars - 22 juin

5h30 - 22h00 lundi - vendredi  
7h00 - 20h00 samedi - dimanche  
9h00 - 17h00 congés

## Child and Youth Programs - Programmes pour jeunes et enfants

	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	
\$ Childminding (Ages 6 months - 12 years) Garde d'enfants (âge 6 mois - 12 ans)		8:45a-1:30p	8:45a-1:30p 5:00p-7:30p	8:45a-1:30p	8:45a-1:30p	8:45a-1:30p	8:45a-11:30a	
\$ Arts & Crafts (Ages 5-11) / Art & bricolage (5-11 ans)							10:15a-11:15a	
\$ Basketball (Ages 5-12) / (5-12 ans)	12:00p-1:00p				5:15p-6:30p			
Game Zone (Ages 5-11) / Zone de jeu (5-11 ans)			5:15p-6:30p		5:15p-6:30p		11:00a-11:30a	
\$ Karate (ages 7+) / Karate (7+ ans)	6:00p-7:00p Novice Belts 7:00p-8:00p Advanced Belts			6:45p-7:45p Novice Belts 7:45p-8:45p Advanced Belts		6:45p-8:00p Novice Belts 8:00p-9:00p Advanced Belts		R e c r e a t i o n
P Play Pals (Ages 0-5) / Copains jeu (0-5 ans)		10:20a-11:20a		10:20a-11:20a		10:20a-11:20a	10:20a-11:20a	
\$ Pokémon Club (Ages 8+) / (8+ ans)	NEW!			7:00p-8:00p	March 6 - April 10			
\$ Tennis (Ages 5-12) / Tennis (5-12 ans)							2:00p-3:00p	
PNR Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)						4:00p-9:30p 6:30p-8:30p 8:30p-9:30p		
F Y Kids Move (Ages 5-11) / Activité physique pour les enfants (5-11 ans)			6:30p-8:00p		6:30p-8:00p		11:30p-12:15p	
F Youth Zone (Ages 12-17) / La zone jeunesse (12-17 ans)						6:00p-9:30p 6:00p-9:30p		
\$ Birthday Parties / Fêtes d'anniversaire	Contact the Recreation Director for more information							O t h e r
\$ Red Cross Babysitting Course (Ages 11-15) / Cours de gardiennage Croix-Rouge (11-15 ans)	One-day course Saturday 9:00a - 3:30p. March 30, April 20, May 25 or June 22							
\$ Red Cross Stay Safe (Ages 9-12) / (9-12 ans)	One-day course Saturday 9:00a - 3:00p. March 23, April 13, May 18 or June 1							
Aquasharks / Requins Aqua	Contact Aquatics Department for more information. Contactez la département des sports aquatiques.							
\$ Bronze Medallion & Emergency First Aid / Médaille de bronze & premiers soins	Saturdays from 12:00p-2:00p: April 6 - June 8							
\$ Bronze Cross / Croix de bronze	Saturdays from 12:00p-2:00p: April 6 - June 8							
\$ Bronze Star / Étoile de bronze	Tuesdays from 6:00p-7:00p: March 26 - June 4							
\$ NLS Lifeguarding / Sauvetaage	Sundays from 8:00a-12:00p: March 31 - June 9 (no class April 21)							
\$ NLS Recert (Pool)	Sunday from 8:00a-12:00p: March 24th or June 9th							
\$ NLS Instructor & Standard 1st Aid Instructor	Friday May 3rd 6:00p-10:00p, Saturday May 4th 9:00a-6:00p and Sunday May 5th 9:00a-6:00p							
F Infant Therapy Swim (Ages 0-2) / Nage thérapeutique pour les tout-petits (0-2 ans)	11:00a-1:00p	4:00p-6:00p		4:00p-6:00p		11:30a-1:00p	9:00a-11:00a	
F Public & Member Swim / Natation publique & membres	2:30p-4:30p	← \$2.00				6:30p-8:30p	2:30p-4:30p	
	Government Photo ID required for non-members 18 and over. Non-membres de 18 et plus doivent présenter une carte d'ID photo du gouvernement.							
Parent and Tot Swim / Natation parents et tous-petits	9:00a-10:00a 6:00p-7:00p	9:00a-10:00a	1:00p-2:00p 6:00p-7:00p	9:00a-10:00a	1:00p-2:00p 6:00p-7:00p	1:00p-2:00p 5:00p-6:00p	6:00p-7:00p	
\$ Private Swim Lessons (Ages 4+) / Cours de natation privé (4+ ans)	Contact Aquatics Department for more information. Contactez le Service des sports aquatiques.							
√ Swim Lessons / Cours de natation	11:00a-2:00p	4:30p-7:00p	10:00a-10:30a 5:00p-6:00p	10:00a-10:30a 4:30p-7:00p	10:00a-10:30a 5:00p-6:00p	11:00a-11:30a 2:00p-3:00p	9:00a-2:00p	
Youth Lane Swim (Ages 10-12)	4:45p-8:00p	7:00p-9:00p		7:00p-9:00p			5:45p-8:00p	

Main Gym Gymnase principal	Exercise Studio Studio d'exercice	Cyclefit Studio Studio de véloforme	Other Rooms Autres salles	Main Pool Piscine principale	Therapy Pool Piscine thérapeutique	Play Pool Pataugeuse
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F = Fee for Non-Members / Coût pour les personnes non membres

√ = Sign-up required / Pré-inscription

P = Parent Participation / Participation parentale

\$ = Additional Cost / Coût additionnel

PNR = Parents not required in facility / Parents non exigés



Healthy Kids Day June 15th  
10am - 1pm.  
Free activities for everyone!

Journée Enfants en santé, le 15 juin, de 10 h à 13 h. Activités gratuites pour tous!

All pools closed for annual maintenance from June 15 - June 23. Re-opening June 24.



Toutes les piscines seront fermées du 15 au 23 juin. Réouverture le 24 juin.