

# Adult Fitness Programs - Programmes de forme physique pour adultes

		Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi			
\$	Badminton / Badminton			8:15p-10:00p		8:15p-10:00p			S p o r t	S p o r t s	
	Basketball / Ballon panier	7:15a-8:45a 4:30p-5:45p	8:15p-10:00p	7:15a-8:45a	7:30p-10:00p	7:15a-8:45a		7:15a-8:45a 7:00p-8:00p			
	Karate (ages 7+) / Karate (âges 7+)	6:00p-7:00p Novice Belts 7:00p-8:00p Advanced Belts / Ceintures avancées				6:45p-7:45p Novice Belts 7:45p-8:45p Advanced Belts / Ceintures avancées		6:45p-8:00p Novice Belts 8:00p-9:00p Kumite Sparring			
F	Pickleball / Pickleball  \$3.00	2:45p-4:15p	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a	3:30p-5:00p			
Y	Bootcamp / Bootcamp		7:15p-8:00p	1:30p-2:15p 2:50p-3:35p	1:30p-2:15p 2:50p-3:35p		1:30p-2:15p 2:50p-3:35p		C o n d i t i o n n e m e n t	G r o u p	
	Core Express / Core Express					5:05p-5:30p					
	Cyclefit / Véloforme	10:15a-11:00a	12:15p-1:00p 7:00p-7:30p	6:00a-7:00a 9:00a-10:00a 12:15p-12:45p 5:30p-6:30p	6:10p-6:40p	9:00a-10:00a 12:15p-12:45p	12:15p-1:00p	7:45a-8:45a 10:15a-11:15a			
	Emotional Fitness - Fitness for the Inside / Conditionnement émotif - Conditionnement pour l'esprit					6:45p-7:45p		Jan 11 - Mar 8			
	Group Active / Group Active	9:00a-10:00a		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p	4:45p-5:45p				
	Group Blast / Group Blast		9:00a-10:00a	4:30p-5:30p							
	Group Centergy / Group Centergy	10:50a-11:50a	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 7:15p-8:15p	9:00a-10:00a	10:15a-11:15a			
	Group Core / Group Core (Towel Required / Serviette requise)	10:10a-10:40a		11:30a-12:00p 6:40p-7:10p	6:50p-7:20p						
	Group Fight / Group Fight			5:30p-6:30p							
	Group Power / 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			
	HIIT Training / Entraînement HIIT	Jan 8 - Mar 5	12:15p-1:00p								
	Line Dancing / Danse en linge (Every 2nd week; Jan 9, 23, Feb 6, 20, & Mar 6) →			6:45pm-7:45p	9:00a-10:00a						
	Super Flex & Tone / Flexi-tonification avancée		12:15p-1:00p		6:00a-7:00a		9:00a-10:00a				
	Tabata Training / Entraînement Tabata		5:00p-5:30p		12:15p-12:50p advanced	4:30p-5:00p	6:00a-6:45a				
	Y-Step / Step aérobique Y			12:15p-1:00p II		9:00a-10:00a III					
Yoga / Yoga	9:00a-10:00a Beginner 6:30p-7:30p Intermediate	January Only ←	12:15p-1:15p Yin Yoga 5:30p-6:30p Yoga Flow		12:15p-1:15p Express	January Only →	9:00a-10:00a Beginner				
Zumba / Zumba					9:10a-10:10a 6:15p-7:00p	12:15p-1:00p	12:30p-1:15p				
√	Chair Yoga / Yoga sur chaise		10:50a-11:20a		10:50a-11:20a		10:50a-11:20a		L o w i m p a c t	F a i l b e i m p a c t	
	Cyclefit Basics / Véloforme				9:00a-9:30a		9:00a-9:30a				
	Focus on Healing / Focus on Healing				1:30p-2:30p						
	Meditation with Crystals NEW (Every second week; Jan 16, 30, Feb 13, 27)			6:45pm-7:45p							
	PrimeTime Aerobics / PrimeTime aérobie		10:15a-10:45a				10:15a-10:45a Tabata				
	PrimeTime Strength / Force pour les aînés				10:15a-10:45a						
	Tai Chi (Participant-led / guidée par participant)			1:30p-2:30p		1:30p-2:30p					
	Urban Poling / Perchage urbain NEW		3:30p-4:30p	3:30p-4:30p		3:30p-4:30p					
Zumba / Zumba			9:15a-10:00a								
\$	First Aid & CPR / Premiers soins et RCR	1. Jan 9 & 11 from 5pm-9pm, & Jan 13 from 9am-4pm 2. Feb 6 & 8 from 5pm-9pm, & Feb 10 from 9am-4pm 3. Mar 13 & 15 from 5pm-9pm, & Mar 17 from 9am-4pm								O t h e r	A u t h e r
	PrimeTime Social / PrimeTime sociale	Starts at 11:00a. January 15th and February 19th									
	Smart Weight Loss / Perte de poids intelligente	Coming Soon / arrive bientôt									
F	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-6:55p			A q u a t i q u e s	A q u a t i q u e s	
	Adult Therapy Swim / Natation thérapeutique adulte	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 2:00p-10:00p	5:45a-10:30a 12:00p-1:00p 2:00pm-4:00p 6:00p-10:00p	5:45a-11:30a 2:00p-5:00p 5:30p-10:00p	5:45a-10:00a 2:00p-6:30p	7:15a-9:00a 11:00a-2:30p 5:30p-8:00p			
	Ai Chi / 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 7:00p-8:00p	9:00a-10:00a				
	Aqua Strength & Stretch / Entraînement en force & étirements dans l'eau			12:00p-12:30p		12:00p-12:30p					
	Aqua Yoga / Aqua Yoga						10:15a-10:45a				
	Healthy Steps Water Therapy (Jan 10 - Mar 7) / En santé grâce à l'hydrothérapie (10 jan - 7 mars)				10:30a-11:15a						
	Lane Swimming / Natation en couloirs	7:15a-8:45a 4:45p-8:00p	5:45a-4:15p 7:00p-10:00p	5:45a-3:15p 4:45p-10:00p	5:45a-3:30p 7:00p-10:00p	5:45a-3:15p 4:45p-10:00p	5:45a-6:15p	7:15a-8:45a 5:45p-8:00p			
	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 gov									



## 2018 Winter Schedule

January 7th - March 10



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

## 2018 Horaire d'hiver

7 janvier - 10 mars

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

YMCA of Greater Moncton  
 YMCA du Grand Moncton

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 www.ymcamoncton.com  ymcamoncton  @ymcacommunity

	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-11:30a	8:45a-1:30p 4:45p-8:00p	8:45a-1:30p 4:45p-8:00p	8:45a-1:30p	8:45a-1:30p	8:45a-1:30p	8:45a-11:30a	
Arts & Crafts (Ages 5-11) / Art & bricolage (âge 5-11)							10:30a-11:15a	
\$ Basketball (Ages 5-7 & 8-12)	12:00p-1:00p	Jan 11 - Mar 22 (11 weeks)			5:15p-6:30p			
\$ Karate (ages 7+) / Karate (âges 7+)	6:00p-7:00p Novice Belts			6:45p-7:45p Novice Belts		6:45p-8:00p Novice Belts		R e c r e a t i o n
	7:00p-8:00p Advanced Belts / Ceintures avancées			7:45p-8:45p Advanced Belts / Ceintures avancées		8:00p-9:00p Kumite Sparring		
Lego & Games (Ages 5-11) / Lego et jeux (âge 5-11)			5:15p-7:15p		5:15p-6:30p		11:15a-12:00p	
P Play Pals (Ages 0-5) / Copains jeu (âges 0-5)		10:20a-11:20a		10:20a-11:20a		10:20a-11:20a	10:30a-11:45a	
Soccer (Ages 5-11) / Soccer (âge 5-11)							12:45p-1:30p	
Y Kids Move (Ages 5-11) / Activité physique pour les enfants (âge 5-11)			7:15p-8:00p		6:30p-8:00p		12:00p-12:45p	
PNR F Tween Zone (Ages 8-11) / Zone des pré-ados (âge 8-11)						4:00p-9:30p	4:00p-7:00p	O t h e r
						8:30p-9:30p	4:30p-5:30p	
F Youth Zone (Ages 12-17) / La zone jeunesse (âge 12-17)						4:00p-9:30p	5:30p-7:00p	
\$ Birthday Parties / Fêtes d'anniversaire	Contact the Recreation Director for more information. Contactez la Directrice des services récréatifs.							
\$ Red Cross Babysitting Course (Ages 11-15) / Cours de gardiennage Croix-Rouge (âges 11-15)	3 Dates: Jan 27, Feb 24, and Mar 31 from 9a-3:30p 3 dates: 27 jan, 24 fev, et 31 mars de 9h - 15h30							
\$ Stay Home Alone 4 Kids (Ages 9-12) / Rester seul à la maison - pour enfants (âges 9-12)	3 Dates: Jan 20, Feb 17, and Mar 24 from 9a-3p 3 dates: 20 jan, 17 fev, et 24 mars de 9h - 15h							
Aquasharks / Requins Aqua	Contact Aquatics Director for more information. Contactez la directrice des sports aquatiques.							
\$ Bronze Medallion & Bronze Cross / Medaille de bronze & Croix de bronze	Jan 13 - Mar 24						12:00p-2:00p	A q u a t i c s
\$ Bronze Star / Etoile de bronze	Jan 9 - Mar 20		5:30p-6:30p					
\$ NLS Lifeguarding	8:00a-12:00p	Jan 14 - Mar 25						
Infant Therapy Swim (Ages 0-2) / Nage thérapeutique pour les tout-petits (âges 0-2)	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 gouv							
Parent and Tot Swim / Natation parents et tous-petits	9:00a-10:00a 6:00p-7:00p	1:00p-2:00p	1:00p-2:00p 6:00p-7:00p	1:00p-2:00p	1:00p-2:00p 6:00p-7:00p	9:00a-10:00a 5:00p-6:00p	6:00p-7:00p	
\$ Private Swim Lessons / Cours de natation privé	2:00p-2:30p		5:00p-5:30p 5:30p-6:00p		5:00p-5:30p 5:30p-6:00p		2:00p-2:30p	
√ Swim Lessons / Cours de natation	11:00a-2:00p	10:00a-10:30a 4:30p-7:00p	10:00a-10:30a 5:00pm-6:00p	10:00a-10:30a 4:30p-7:00p	10:00a-10:30a 5:00p-6:00p	11:00a-11:30a 2:00p-2:30p	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 principale	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

Y = Y Pass Required / Laisser-passer obligatoire

P = Parent Participation / Participation Parentale

\$ = Additional Cost / Coûts additionnel

PNR = Parents not required in facility / Parent non exigés

YMCA Pickleball Tournament Feb 25  
Register Today!

Tournoi de pickleball du YMCA le 25 fév  
Inscrivez-vous aujourd'hui



Inquire today about our  
Swim to Survive initiative March  
10 - Free!

Renseignez-vous sur  
l'initiative 'Swim to Survive'  
Le 10 mars – Gratuit!



Give them a head start, YMCA Swimming Lessons  
now available for children ages 1 and 2!  
Pour un bon départ, cours de natation du YMCA  
maintenant offerts aux enfants âgés d'un ou deux ans!



It starts here.