

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	
	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 →	4:30p-5:45p	9:00p-10:00p		9:00p-10:00p		4:30p-6:00p		
	Karate (ages 7+) / Karate (âges 7+)		6:00p-7:00p White/Yellow 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 Kumite Sparring		
F	Pickleball / Pickleball \$3.00	7:15a-8:45a 2:45p-4:15p	4 Week Introductory courses starting Sept 9, Oct 14, and Nov 18. / Cours d'initiation de 4 semaines commençant le 9 septembre, le 14 octobre et le 18 novembre.						3:15p-4:15p	
	Bootcamp / Bootcamp <i>*Classes start week of Oct 9th</i>		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		C o n d i t i o n n e m e n t s	
	Core Express / Core Express					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		
	Group Active	9:30a-10:30a		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p				
	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-7:45p	9:00a-10:00a					
	Pound	10:00a-10:30a	5:15p-5:45p		11:30a-12:00p			8:15a-8:45a		
	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 I			9:00a-10:00a III				
	Yoga / Yoga	6:30p-7:30p	1:15p-2:15p Yin / Restorative Yoga (Starts Oct 1)	12:15p-1:15p Yin Yoga 5:30p-6:30p Yoga Flow		12:15p-1:15p 5:30p-6:15p				
	Zumba / Zumba		6:00p-6:45p			9:00a-10:00a 6:30p-7:30p	12:15p-1:00p			
	Chair Yoga / Yoga sur chaise		10:50a-11:20a		10:50a-11:20a		10:50a-11:20a			
	Cyclefit Low Intensity / Véloforme				9:00a-9:30a		9:00a-9:30a			
	Focus on Healing / Focus on Healing				1:30p-2:30p					
	Meditation with Crystals			8:45a-9:15a						
	PrimeTime Aerobics / PrimeTime aérobie		10:15a-10:45a Exercise mix		10:15a-10:45a Strength		10:15a-10:45a Tabata			
	Tai Chi (Participant-led / guidée par participant)			1:30p-2:30p		1:30p-2:30p				
√	Urban Poling starts Sept 24th		5:00p-6:00p		5:00p-6:00p					
	Zumba Gold/ Zumba d'or			9:30a-10:15a						
√	Emotional Fitness	Sept 25 - Dec 4		10:15a-11:15a						
\$	First Aid & CPR / Premiers soins et RCR	Dates: Sept 11, 13, and 15. Oct 9, 11, and 13. Nov 13, 15, and 17. Dec 1, 4, and 6. Tuesdays and Thursdays are from 5:00p-9:00p and Saturdays from 9:00a-4:00p.								
\$	HIIT Training / Entraînement HIIT	12:15p-1:00p	Sept 10th - Dec 17. No class Oct 8th							
\$	PrimeTime Social / PrimeTime sociale	11:00am on Sept 17, Oct 15, Nov 19, and Dec 17								
\$	Personal Training	Stay on track with your goals! Affordable personal training packages available. E-mail trainers@ymcamoncton.ca to get more details.								
	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				
	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 12:30p-1:00p 2:00p-10:00p	5:45a-10:30a 12:00p-1:00p 2:00pm-4:00p 6:00p-10:00p	5:45a-11:30a 12:30p-1:00p 2:00p-5:00p 5:30p-10:00p	5:45a-11:00a 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 May change to Hydro Circuit 7:00p-8:00p	9:00a-10:00a 7:00p-8:00p	9:00a-10:00a			
	Aquafitness Instructor Course	Dates to be determined / Dates à déterminer								
	Aqua Strength & Stretch / Entraînement en force & étirements dans l'eau			12:00p-12:30p		12:00p-12:30p				
	Aqua Yoga / Aqua Yoga						11:30a-12:00p			
	Healthy Steps Water Therapy / En santé grâce à l'hydrothérapie	Sept 27 - Dec 12								
	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-3:15p 4:45p-10:00p	5:45a-8:45a 10:15a-4:15p 7:00p-10:00p	5:45a-8:45a 10:15a-3:15p 5:00p-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		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			6:30p-8:30p	2:30p-4:30p	



YMCA of Greater Moncton
YMCA du Grand Moncton

2018 Fall Schedule

Sept 4 - Jan 5

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



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2018 Horaire l'automne

4 septembre - 5 janvier

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-11:30a	8:45a-1:30p 5:00p-8:00p	8:45a-1:30p 5:00p-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-11:00a	
\$ Basketball (Ages 5-12) / (âge 5-12)	12:00p-1:00p				5:15p-6:30p			
Game Zone (Ages 5-11) Zone de jeu (âge 5-11)			5:15p-6:30p		5:15p-6:30p		11:00a-11:30a	
\$ Karate (ages 7+) / Karate (âge 7+)	6:00p-7:00p White/Yellow 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 Kumite Sparring		R e c r e a t i o n
P Play Pals (Ages 0-5) / Copains jeu (âge 0-5)		10:20a-11:20a		10:20a-11:20a		10:20a-11:20a	10:20a-11:20a	
√ Tennis (Ages 5-12) / Tennis (âge 5-12)	New!						12:30p-1:30p	
PNR Tween Zone (Ages 8-11) / F Zone des pré-ados (âge 8-11)	The Saturday Tween Zone will start October 6th! Registration will be required. / La zone de pré-ados du samedi commencera le 6 octobre! Il faut s'y inscrire à l'avance.					4:00p-9:30p	4:00p-7:00p	
Y Kids Move (Ages 5-11) / F Activité physique pour les enfants (âge 5-11)			6:30p-8:00p		6:30p-8:00p		6:00p-7:00p	
F Youth Zone (Ages 12-17) / La zone jeunesse (âge 12-17)						4:00p-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 (âge 11-15)	4 separate courses on Saturdays from 9:00a - 3:30p. Dates are Sept 29, Oct 27, Nov 24, or Dec 15							
\$ Red Cross Stay Safe (Ages 9-12) / (âge 9-12)	4 separate courses on Saturdays from 9:00a - 3:00p. Dates are Sept 22, Oct 20, Nov 10, or Dec 8.							
Aquasharks / Requins Aqua	Contact Aquatics Director for more information. Contactez la directrice des sports aquatiques.							
\$ Bronze Medallion & Bronze Cross / Médaille de bronze & Croix de bronze	Saturdays from 12:00p-2:00p from Sept 15 - Nov 24							
\$ Bronze Star / Étoile de bronze	Tuesdays from 6:00p-7:00p from Sept 11 - Nov 13							
\$ NLS Lifeguarding / Sauvetage	Sundays from 8:00a-12:00p from Sept 16 - Nov 25							
F Infant Therapy Swim (Ages 0-2) / Nage thérapeutique pour les tout-petits (âge 0-2)	11:00a-1:00p	4:00p-6:00p		4:00p-6:00p		12:00p-1:00p	9:00a-11:00a	A q u a t i c s
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	9:00a-10:00a	1:00p-2:00p 6:00p-7:00p	9:00a-10:00a	1:00p-2:00p 6:00p-7:00p	9:00a-10:00a 5:00p-6:00p		
\$ Private Swim Lessons / Cours de natation privé	Contact Aquatics Director for more information. Contactez la directrice 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	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

P = Parent Participation / Participation Parentale

\$ = Additional Cost / Coûts additionnel

PNR = Parents not required in facility / Parent non exigés



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jeunes... Inscrivez-vous
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vous-même; entraînez-vous avec un entraîneur personnel
du YMCA dès aujourd'hui!