



YMCA Moncton Vaughan
Harvey & War Veterans

YMCA of Greater Moncton
YMCA du Grand Moncton

2020 Program Schedule

2020 Horaire du programme

November 26 - Until further notice

26 novembre - jusqu'à nouvel ordre

The program schedule is subject to change at any time without notice. /
l'horaire du programme peut changer sans préavis.

30 War Veterans Ave.

5:30am - 10:00pm Monday - Friday
8:00am - 6:00pm Saturday - Sunday
9:00am - 5:00pm Holidays

30, Ave des Anciens Combattants

5h30 - 22h00 lundi - vendredi
8h00 - 18h00 samedi - dimanche
9h00 - 17h00 congés

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www.ymcamoncton.ca



@YMCAMoncton



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@ymcagreatermoncton

	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	
Basketball: Shooting Hoops Only (Ages 12+) / Tir au panier individuel (12+ ans)	8:00a-9:00a 11:45a-12:45p 2:30p-3:30p	8:00p-10:00p	6:00a-8:30a	8:00p-10:00p	7:15a-8:30a	5:15p-6:45p 8:00p-10:00p	4:00p-6:00p	
<i>(First come first serve. No equipment available / Premier arrivé, premier servi. Aucun équipement disponible)</i>								
Badminton (Ages 12+ / 12+ ans)			8:15p-10:00p		8:15p-10:00p			
<i>(First come first serve. Limited equipment available / Premier arrivé, premier servi. Équipement disponible limité.)</i>								
Pickleball (Ages 12+ / 12+ ans)		7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a		
<i>(First come first serve. Limited equipment available / Premier arrivé, premier servi. Équipement disponible limité.)</i>								
Bootcamp/Entraînement intensif		7:00p-7:45p						
Chair Yoga / Yoga sur chaise		10:50a-11:20a		10:50a-11:20a		10:50a-11:20a		
Core/Exercices pour le tronc			5:00p-5:25p					
Cyclefit / Véloforme	9:45a-10:30a	5:00p-5:30p	6:00a-7:00a 9:00a-10:00a 12:15p-12:45p 5:30p-6:30p		9:00a-10:00a 5:00p-5:45p	9:00a-9:30a Novice 12:15p-1:00p	10:15a-11:00a	
Focus on Healing				1:30p-2:30p				
Group Active	9:30a-10:30a		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p			
Group Blast		9:00a-10:00a	12:15p-1:15p		5:15p-6:15p			
Group Centergy (Limited equipment available / Équipement disponible limité)	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				9:00a-10:00a				
Prime Time Aerobics/Aérobic pour aînés		10:15a-10:45a Tabata		10:15a-10:45a Strength		10:15a-10:45a Cardio Mix		
Super Flex & Tone / Flexi-tonification avancée		12:15p-1:00p		6:00a-7:00a		9:00a-10:00a		
Stretch and Mobility					5:00p-5:30p			
Tabata Training / Entraînement Tabata					4:30p-5:00p	6:00a-6:45a		
Tai Chi (participant-led) (dirigé par un participant)			1:30p-2:30p		1:30p-2:30p			
Yoga (Limited equipment available / Équipement disponible limité)		12:15p-1:00p Hatha	5:30p-6:30p Flow		6:00p-7:00p Vinyasa Flow			
Y Step		5:00p-5:30p Express			9:00a-10:00a Step III			
Zumba	1:00p-2:00p		9:15a-10:15a 6:45p-7:45p		9:15a-10:15a 6:45p-7:45p		9:00a-10:00a 11:45p-12:30p	
Adult Therapy Swim / Natation thérapeutique adultes	8:30a-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	8:30a-5:30p	
✓ Lane Swimming Reservation / Natation en couloirs (Four Lanes available. / Quatre couloirs disponibles)	8:30a-5:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	6:00a-9:30p	8:30a-5:30p	

Group Fitness / Conditionnement de groupe

Legend

✓ = Sign-up required / Pré-inscription requise
\$ = Additional Cost / Coûts additionnel

Main Gym / Gymnase principal
Cyclefit Studio / Studio de véloforme
Upstairs Studio / Studio du 2e
Other Rooms / Autres salles
Main Pool / Piscine principale
Therapy Pool / Piscine thérapeutique

* Active Screening in effect. Dépistage actif en vigueur.

* Masks or face shields are now MANDATORY in all areas at all times within our YMCA. Masks are MANDATORY even when exercising. / Le port du masque ou de l'écran facial est désormais toujours OBLIGATOIRE dans toutes les zones de notre YMCA. Le port du masque est OBLIGATOIRE même pendant l'exercice.

* Locker rooms will NOT be available for use. / Les vestiaires ne seront PAS disponibles.

* Please stick to your 1 household bubble. Stay a minimum of 2m away from others. / Limitez-vous aux membres de votre bulle familiale - Laissez au moins 2 mètres entre vous et les autres.