



YMCA of Greater Moncton
30 War Veterans Ave
YMCA du Grand Moncton
30, Ave des Anciens Combattants

2021 Program Schedule

2021 Horaire du programme

January 4 - until further notice

4 janvier - jusqu'à nouvel ordre

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

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

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

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

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	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	Sunday dimanche	
Basketball: Shooting Hoops Only (Ages 12+) / Tir au panier individuel (12+ ans) <i>(First come first serve. No equipment available / Premier arrivé, premier servi. Aucun équipement disponible)</i>	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	11:45a-12:45p 2:00p-4:00p	Sports
Badminton (Ages 12+ / 12+ ans) <i>(First come first serve. Limited equipment available / Premier arrivé, premier servi. Équipement disponible limité.)</i>		8:15p-10:00p		8:15p-10:00p				
Pickleball (Ages 12+ / 12+ ans) <i>(First come first serve. Limited equipment available / Premier arrivé, premier servi. Équipement disponible limité.)</i>	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a		8:00a-9:15a Novice: with instruction	
Bootcamp/Entraînement intensif	7:00p-7:45p				10:50a-11:20a			Group Fitness / Conditionnement de groupe
Chair Yoga / Yoga sur chaise			10:50a-11:20a		10:50a-11:20a			
Core/Exercices pour le tronc		5:00p-5:25p 6:00a-7:00a						
Cyclefit / Véloforme	5:00p-5:30p	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	9:45a-10:30a	
Focus on Healing			1:30p-2:30p					
Group Active		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p			9:30a-10:30a	
Group Blast	9:00a-10:00a	12:15p-1:15p		5:30p-6:30p				
Group Centergy <i>(Limited equipment available / Équipement disponible limité)</i>	9:00a-10:00a	10:30a-11:30a	12:15p-1:15p	6:00a-7:00a	9:00a-10:00a	10:15a-11:15a	10:45a-11:45a	
Group Fight	7:00p-8:00p	5:30p-6:30p	5:30p-6:30p	10:30a-11:30a				
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					
Pound	5:00p-5:30p			6:40p-7:25p				
Prime Time Aerobics/Aérobic pour aînés	10:15a-10:45a Cardio Mix		10:15a-10:45a Strength		10:15a-10:45a Tabata			
Qi Gong	10:45a-11:45a							
Stretch and Mobility				5:10p-5:40p				
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	6:00a-6:45a			
Tai Chi		1:30p-2:30p		1:30p-2:30p				
Yoga <i>(Limited equipment available / Équipement disponible limité)</i>	12:15p-1:15p	5:30p-6:30p		6:00p-7:00p				
Yin Yoga		Flow		Yoga Vinyasa				
Y Step	5:00p-5:30p Express			9:00a-10:00a Step III				
Zumba		9:15a-10:15a 6:45p-7:45p		9:15a-10:15a		9:00a-10:00a 11:45p-12:30p	1:00p-2:00p	
Adult Swim Lessons		10:15a-11:00a Beginner & Advanced		10:15a-11:00a Intermediate				Aquatatics / Aquatiques
Adult Therapy Swim / Natation thérapeutique adultes	6:00a-10:30a 11:00a-1:00p 2:00p-3:30p 8:00p-9:30p	6:00a-10:30a 11:15a-11:45a 12:30p-1:00p 7:00p-9:30p	6:00a-10:30a 2:00p-3:30p 8:00p-9:30p	6:00a-10:30a 11:15a-11:45a 12:30p-1:00p 2:00p-3:30p 7:00p-9:30p	6:00a-10:30a 11:00a-1:00p 2:00p-8:00p	5:00p-5:30p	11:00a-2:00p 3:30p-5:30p	
Ai Chi	10:30a-11:00a		10:30a-11:00a		10:30a-11:00a			
Aquafit / Aquaforme	9:15a-10:00a	6:15p-7:00p	9:15a-10:00a	6:15p-7:00p	9:15a-10:00a			
Aqua Jog		9:15a-10:00a		9:15a-10:00a				
Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau		12:00p-12:30p		12:00p-12:30p				
Aqua Yoga		10:30a-11:00a		10:30a-11:00a				
Lane Swimming Reservation / Natation en couloirs <i>(Two Lanes available. / Deux couloirs disponibles)</i>	6:00a-9:00a 10:00a-3:30p 8:00p-9:30p	6:00a-9:00a 11:00a-6:00p 11:00a-6:00p	6:00a-9:00a 10:00a-3:30p 8:00p-9:30p	6:00a-9:00a 11:00a-6:00p 8:00p-9:30p	6:00a-9:00a 10:30a-6:00p		11:00a-1:30p 3:30p-5:30p	
Lane Swimming Drop-in / Natation en couloirs <i>(Two Lanes available. First come first serve. / Deux couloirs disponibles. Premier arrivé, premier servi.)</i>	6:00a-9:00a 10:00a-3:30p 8:00p-9:30p	6:00a-9:00a 11:00a-6:00p 8:00p-9:30p	6:00a-9:00a 10:00a-3:30p 8:00p-9:30p	6:00a-9:00a 11:00a-6:00p 8:00p-9:30p	6:00a-9:00a 10:30a-6:00p		11:00a-1:30p 3:30p-5:30p	
Public & Member Swim / Natation publique & membres						3:30p-4:30p	2:00p-3:00p \$3.00	
	Government Photo ID required for non-members 18 and over. Non-membres 18 et plus doivent présenter une carte d'ID photo du gouvernement.							
√ \$ Courses / Cours	Yoga Instructor Course starting in March. Contact Jane McKnight at jane.mcknight@ymcamoncton.ca YMCA Personal Trainer Certification. Information sessions are: Mon, Feb 8 @ 6:30 p.m. & Sat, Feb 13 @ 10:30 a.m. Red Cross Babysitting Courses (Ages 11-15). Two courses; March 3rd or March 4th from 9:00a-3:00p Stay Safe Courses (Ages 9-12). Three Courses; February 1st, February 19th, March 2nd from 9:00a-3:00p Workplace Standard First Aid and CPR: Course one is Tuesday Jan 5, Thursday Jan 7 from 5:00p-9:00p, and Saturday Jan 9 from 9:00a-4:00p Course two is Tuesday Feb 2, Thursday Feb 4 from 5:00p-9:00p, and Saturday Feb 6 from 9:00a-4:00p Bronze Star: Course one is Saturday's & Sunday's January 9-31, 3:30p-6:00p. Course two is Monday - Thursday March 1-4, 6:00p - 9:00pm Bronze Medallion: Course one is Saturday's & Sunday's January 9-31, 3:30p-6:00p Course two is Sunday Feb 28 8:00a-11:00a, and Monday March 1 - Thursday March 4, 6:00p-10:00p Bronze Cross: Course one is Saturday's & Sunday's January 9-31, Saturday's 3:00p-6:00p & Sunday's 8:00a-11:00a Course two is Saturday's & Sunday's Feb 27-March 7, Sat 12:00-6:00p; Sun 9:00a-6:00p NLS Course: Course one is Saturday's & Sunday's January 2-17, 9:00a-6:00p Course two is Saturday's & Sunday's March 13-28, 9:00a-6:00p National Lifesaving Instructor Course: Feb 12 from 6:00-10:00p, Saturday Feb 13 & Sunday Feb 14 from 9:00a-6:00p							
√ \$ Courses Advanced Aquatics / Cours de natation avancés								
√ Basketball: Youth Skills and Drills (ages 5-12) / Habilités et techniques (5-12 ans)						11:45a-12:45p		Child & Youth Programs / Programmes pour jeunes et enfants
√ Birthdays Parties	Saturdays in Main Gym from 2:30p-3:30p and Community Room from 3:30p-4:30p							
√ Childminding	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a			
√ Infant Therapy Swim							10:00a-11:00a	
√ Intro to Competitive Swimming / Initiation à la natation de compétition					7:00p-8:00p			
√ Karate (Ages 7+) / (7+ ans)							4:00p-5:00p Novice Belts 5:00p-6:00p Advanced Belts	
P Kinder Fun Fit (Ages 18 months - 5 years)				11:00a-11:45a starts Jan 14				
√ Parent and Tot Swim / Natation parents-tout- petit	9:15a-10:00a 11:00a-11:45a	6:00p-7:00p 10:15a-11:45a	9:15a-10:00a 11:00a-11:45a	6:00p-7:00p 10:15a-11:45a	9:15a-10:00a 11:00a-11:45a		10:00a-11:00a	
√ Swim Lessons / Cours de natation	3:30p-7:45p	3:30p-6:00p 3:30p-7:00p 7:00p-8:00p	3:30p-7:45p	3:30p-6:00p 3:30p-7:00p		8:30a-3:00p		
PNR Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)					6:00p-7:00p 7:00p-8:00p 8:00p-9:00p			

Legend

√ = Sign-up required / Pré-inscription requise

\$ = Additional Cost / Coûts additionnel

F = Fee for Non-Members / Coût pour les personnes non membres

P = Parent Participation / Participation Parentale

PNR = Parents not required in facility / Parent non exigés



Invest in yourself this year with a
free basic workout plan or a
YMCA personal trainer!

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