


Adult Fitness Programs - Programmes de conditionnement physique pour adultes

		Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi		
B	Badminton			8:15p-10:00p		8:15p-10:00p			R e c r e a t i o n	
	Basketball	AGES 12+ →		7:15a-8:45a		7:15a-8:45a		7:15a-8:45a		
		AGES 12-18 ONLY →		8:00p-9:00p		8:00p-9:00p				
		AGES 19+ ONLY →	2:45p-4:00p	9:00p-10:00p		9:00p-10:00p		5:00p-7:00p		
	\$ 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		
	Open Gym / Gymnase libre			1:30p-2:00p	1:15p-2:00p			7:00p-8:00p Family		
F	Pickleball  \$3.00	7:30a-9:00a 4:15p-5:45p	← Pickleball Training		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a	3:15p-4:45p	C o n d i t i o n n e m e n t	
				No pickleball Thurs, May 21 and Sun, June 14						
	Bootcamp (classes with * end on April 29)		7:00p-7:45p	*2:15p-2:45p *3:15p-3:45p	*2:15p-2:45p *3:15p-3:45p 7:00p-7:45p		5:15p-6:00p Family Bootcamp		G r o u p	
	Core Express / Exercices rapides pour le tronc			5:00p-5:25p						
	Cyclefit / Véloforme	9:30a-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 7:00p-7:45p	9:00a-10:00a 12:15p-12:45p	9:00a-9:30a Low Intensity 12:15p-1:00p 5:45p-6:30p	7:45a-8:45a 10:15a-11:15a	F i t n e s s	
		New! Cyclefit Instructor Course: April 18th (practical session). On-line component to be done on own time. Contact Andre.gaudet@ymcamoncton.ca for more details								
	Group Active	9:30a-10:30a		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p	4:45p-5:45p		F i t n e s s	
	Group Blast		9:00a-10:00a	12:15p-1:15p 4:40p-5:25p						
	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	F i t n e s s	
	Group Fight		5:50p-6:50p	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			6:10p-6:40p		9:30a-10:00a		
	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 Step			9:00a-10:00a Advanced Step				
	Yoga	6:30p-7:30p Hatha Yoga	1:30p-2:30p Yin Yoga	12:15p-1:15p Stretch 5:30p-6:30p Yoga Flow		12:15p-1:15p Hatha Yoga 5:00p-6:00p Yin Yoga				
	Zumba			9:30a-10:15a		9:15a-10:15a 7:00p-8:00p		11:30a-12:15p		
	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	
	Cyclefit Low Intensity / Véloforme de faible intensité				9:00a-9:30a		9:00a-9:30a			
	Focus on Healing				1:30p-2:30p					
	PrimeTime Aerobics / Aérobie pour aînés		10:15a-10:45a Step / Pound		10:15a-10:45a Strength 11:30a-12:00p Line Dancing		10:15a-10:45a Tabata			
	Tai Chi (Participant-led / Dirigé par les participants)			1:30p-2:30p		1:30p-2:30p				
\$	First Aid & CPR / Premiers soins et RCR	April 7: 5pm-9pm, April 9: 5pm-9pm & April 11: 9am-4pm		May 12: 5pm-9pm, May 14: 5pm-9pm & May 16: 9am-4pm		June 9: 5pm-9pm, June 11: 5pm-9pm & June 13: 9am-4pm			O t h e r	
\$	HIIT Training / Entraînement HIIT	12:15p-1:00p	March 9 - June 15 (No session holidays Apr 13, & May 18)							
	PrimeTime Social / Activités sociales pour aînés	11:00am on March 16th, April 20th, May 25th, and June 15th								
\$	Personal Training / Entraînement personnel	You can share Personal Training sessions with family or friends. Train together or split the sessions! E-mail: trainers@ymcamoncton.ca for more details.								
	Sensory-Friendly Exercise Times / Périodes d'exercices sensoriels	New! Every Tues 6a-7a, Thurs 8p-9p, and Sun 3p-4p								
	Adult Swim Lessons / Cours de natation pour adultes		10:15a-11:15a Beginner/Débutant	10:15a-11:15a Advanced/Avancé	7:00p-7:45p All Levels	10:15a-11:15a Intermediate 7:00p-7:45p Stroke Development			A q u a t i q u e s	
	Adult Therapy Swim / Natation thérapeutique adultes	7:15a-9:00a 10:00a-11:00a 1:00p-2:30p 4:30p-8:00p	5:45a-12:00p 12:30p-4:00p 7:00p-10:00p	5:45a-10:15a 10:45a-11:30a 12:30p-1:00p 2:00p-5:00p 6:00p-10:00p	5:45a-10:15a 10:45a-11:30a 12:00p-1:00p 2:00p-4:00p 7:00p-10:00p	5:45a-10:15a 10:45a-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 1:00p-2:30p 4:30p-8:00p		
	Ai Chi			11:30a-12:00p	11:30a-12:00p	11:30a-12:00p				
	AquaFit / Aquaforme		9:00a-10:00a 7:00p-8:00p	9:00a-10:00a Hydro Circuit 7:00p-8:00p	9:00a-10:00a 7:00p-8:00p	9:00a-10:00a Hydro Circuit 7:00p-8:00p	9:00a-10:00a			
F	PrimeTime AquaFit / 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		12:00p-12:30p				
	Aqua Yoga Flow / Yoga dans l'eau			10:15a-10:45a		10:15a-10:45a				
	Healthy Steps Water Therapy / En santé grâce à l'hydrothérapie	March 11 - June 10				10:15a-10:45a				
	Lane Swimming / Natation en couloirs	7:15a-8:45a 4:45p-8:00p	5:45a-8:45a 11:30a-4:15p 8:00p-10:00p	5:45a-8:45a 10:00a-3:00p 5:00p-7:00p 8:00p-10:00p	5:45a-8:45a 10:00a-4:15p 8:00p-10:00p	5:45a-8:45a 10:00a-6:00p 8:00p-10:00p	5:45a-8:45a 10:00a-6:15p	7:15a-8:45a 4:45p-8:00p		
	Sensory-Friendly Open Swims	New! Pools reserved for those with exceptionalities on Sunday April 5th, May 3rd, & May 31st from 9:00a-10:00a								
F	Public & Member Swim / Natation publique & membres	2:30p-4:30p	← \$2.00				6:30p-8:00p	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.								

NEW Sensory-friendly exercise hours in the Fitness Centre every Tuesday 6am-7am, Thursday 8pm-9pm, and Sunday from 3pm-4pm
 Nouvel horaire d'exercices sensoriels au Centre de mieux-être. Mardi, de 6 h à 7 h; jeudi, de 20 h à 21 h; et dimanche, de 15 h à 16 h



YMCA du Grand Moncton

2020 Spring Schedule

March 8 - June 20

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 @ymcamoncton @ymcagreatermoncton

2020 Horaire printemps

8 mars - 20 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	
\$ Child Minding (Ages 6 months - 12 years) Garde d'enfants (âge 6 mois - 12 ans)		8:45a-1:00p	8:45a-1:00p	8:45a-1:00p	8:45a-1:00p	8:45a-1:00p	8:45a-11:30a	
Monthly Mix-Up / Créativité mensuelle (Ages 5-12) / (5-12 ans)							11:00a-12:15p	
Brick Masters (Ages 5-12) / (5-12 ans)					5:15p-6:30p			
P Family Bootcamp (Ages 5+) / (5+ ans)						5:15p-6:00p		
P Family Open Gym / Gymnase libre pour la famille (All Ages)						New!	7:00p-8:00p	
\$ Jr. NBA Basketball (Ages 5-12) / (5-12 ans)	12:00p-1:00p	New!			5:15p-6:30p			
\$ 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 d e c r e a t i o n
Minute to Play It / Minute de jeu (Ages 5-12) / (5-12 ans)		New!	5:15p-6:30p					
P Play Pals (Ages 0-5) / Copains jeu (0-5 ans)		10:20a-11:20a		10:20a-11:20a		10:20a-11:20a	11:15a-12:15p	
\$ Paint Night (ages 10-18) / Soirée peinture (10-18 ans)	New!	Three dates: March 25th, April 29, or May 20						
Sports Zone / Zone sportive (Ages 5-12) / (5-12 ans)							10:15a-11:00a	
\$ Tennis (Ages 5-12) / Tennis (5-12 ans)							2:00p-3:00p	
PNR Tween Zone (Ages 8-11) / F Zone de pré-ados (8-11 ans)						5:00p-9:30p 6:30p-8:00p 8:00p-9:30p		
Y Kids Move (Ages 5-12) / F Activité physique pour les enfants (5-12 ans)			6:30p-8:00p		6:30p-8:00p			
YOUTH Zone (Ages 12-17) / F La zone jeunesse (12-17 ans)						6:00p-9:30p 6:00p-9:30p		
\$ Birthday Parties / Fêtes d'anniversaire	For more information, contact brittney.redlick@ymcamoncton.ca							
\$ Red Cross Babysitting Course (Ages 11-15) / Cours de gardiennage Croix Rouge (11-15 ans)	Three options: 9:00a - 3:30p on either April 25th, May 30th or June 27th							
\$ Red Cross Stay Safe (Ages 9-12) / Prêts à Rester Seuls Croix Rouge (9-12 ans)	Four options: 9:00a - 3:00p on either April 4th, April 18th, May 23rd, or June 20th							
\$ Bronze Medallion & Bronze Cross / Médaille de bronze & Croix de bronze	Sundays March 29th - June 7th from 6:00p-8:00p (No Class April 12th)							A q u a t i c s
\$ Bronze Star / Étoile de bronze	Tuesdays March 31st - June 9th from 6:00p-7:00p							
\$ National Lifeguard Instructor Course	One option: May 1st from 6:00p-10:00p, May 2nd & May 3rd from 9:00a-6:00p							
\$ NLS Lifeguarding /	Sundays March 29th - June 7th from 8:00a-12:00p (No Class Apr 12th)							
\$ NLS Recert (Pool)	Sunday June 7th from 8:00a-12:00p							
\$ YMCA Swim Instructors Course	New	One option: May 30th, 31st, June 6th, & 7th from 9:00a-6:00p						
\$ Infant Leisure Swim (Ages 0-2) / Nage thérapeutique pour les tout-petits (0-2 ans)	11:00a-1:00p	4:00p-7:00p		4:00p-7:00p		11:30a-1:00p	9:00a-1:00p	
\$ Intro to Youth Competitive Swimming / Initiation à la natation de compétition pour jeunes (ages 5-12)					6:00p-7:00p			
F Public & Member Swim / Natation publique & membres	2:30p-4:30p	← \$2.00				6:30p-8:00p	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	10:00a-11:00a 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	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.							
\$ Sensory-Friendly Open Swims Périodes de natation sensorielle	New	Pools reserved for those with exceptionalities on Sundays April 5th, May 3rd, & May 31st from 9:00a-10:00a						
√ Swim Lessons / Cours de natation	11:00a-2:15p	4:30p-7:00p	11:00a-11:30a 5:00p-6:00p	11:00a-11:30a 4:30p-7:00p	5:00p-6:00p	11:00a-11:30a 2:00p-3:00p	9:00a-2:00p	
YOUTH Lane Swim (Ages 10-12) / Natation en couloir jeunesse (10-12 ans)	4:45p-8:00p	8:00p-9:00p		8:00p-9:00p			4:45p-8:00p	
Legend F = Fee for Non-Members / Coût pour les personnes non membres √ = Sign-up required / Pré-inscription requise P = Parent Participation / Participation parentale \$ = Additional Cost / Coût additionnel PNR = Parents not required in facility / Parents non exigés								
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								
For more information on participation ages, see Participation Policy at www.ymcamoncton.ca Pour plus d'information concernant l'âge de participation, voir notre politique sur la participation à l'adresse www.ymcamoncton.ca								



Please note / À noter

Battle of the Brains: YMCA closing at 5pm on Saturday March 14th
 Combat des cerveaux: Fermeture du YMCA à 17 h le samedi 14 mars

YMCA Annual Pool Maintenance June 13th (2pm) - June 21st
 Entretien annuel de la piscine du YMCA du 13 juin (14h) au 21 juin

'Family Fest' is coming! June 14th from 2:45p-5:45p
 'Fête de famille' à venir le 14 juin de 14h45 à 17h45

Building healthy communities

Plein de vies