



YMCA of Greater Moncton  
YMCA du Grand Moncton

## 2020 Summer Schedule

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

## 2020 Horaire l'été

6h00 - 20h00 lundi - vendredi  
9h00 - 17h00 samedi - dimanche  
9h00 - 17h00 congés

**Phase Three - July 19 to September 7 / Phase trois - 19 juillet au 7 septembre**

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www.ymcamoncton.ca



@YMCAMoncton



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## Program Schedule / Horaire du programme

	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	
<b>Basketball (Ages 12+ / 12+ ans)</b> <i>(Shooting hoops only. First come first serve. 6 participants max. Must bring own ball / Tir au panier individuel. Premier arrivé, premier servi. Max de 6 participants. Apportez votre propre ballon.)</i>	9:00a-10:00a 11:45a-12:45p	4:15p-5:15p					4:00p-5:00p	Sports & Recreation
<b>Badminton (Ages 12+ / 12+ ans)</b> <i>(12 participants playing at a time max. First come first serve. Must bring own racket / Max. de 12 participants à la fois. Premier arrivé, premier servi. Apportez votre propre raquette.)</i>			6:45p-7:45p		6:45p-7:45p			
<b>Pickleball (Ages 12+ / 12+ ans) \$3.00</b> <i>(12 participants playing at a time max. First come first serve. Must bring own racket / Max. de 12 participants à la fois. Premier arrivé, premier servi. Apportez votre propre raquette.)</i>		7:30a-8:30a		7:30a-8:30a				
<b>Bootcamp/Entraînement intensif</b>				6:45p-7:30p				Group Fitness/Conditionnement de groupe
<b>Chair Yoga / Yoga sur chaise</b>		10:50a-11:20a		10:50a-11:20a		10:50a-11:20a		
<b>Core/Exercices pour le tronc</b>			5:00p-5:25p					
<b>Cyclefit / Véloforme</b>			6:15a-7:00a 9:00a-10:00a 5:30p-6:15p	5:00p-5:30p Express	9:00a-10:00a	12:15p-1:00p	10:15a-11:00a	
<b>Group Active</b>			9:00a-10:00a		12:15p-1:15p			
<b>Group Blast</b>		9:00a-10:00a f LIVE						
<b>Group Centergy (Must bring own yoga mat / Apportez votre propre tapis)</b>	10:30a-11:30a		10:30a-11:30a	12:15p-1:15p f LIVE 5:30p-6:30p	6:10a-7:00a 10:30a-11:30a	9:00a-10:00a	10:30a-11:30a	
<b>Group Power</b>		6:15a-7:00a 5:45p-6:45p		9:00a-10:00a		12:15p-1:15p	9:15a-10:15a	
<b>Prime Time Aerobics/Aérobic pour aînés</b>		10:15a-10:45a Cardio Mix		10:15a-10:45a Strength		10:15a-10:45a Tabata		
<b>Super Flex &amp; Tone / Flexi-tonification avancée</b>		12:15p-1:00p		6:15a-7:00a		9:00a-10:00a		
<b>Tabata Training / Entraînement Tabata</b>				12:15p-12:45p	4:30p-5:00p	6:15a-7:00a		
<b>Tai Chi (participant-led) (dirigé par un participant)</b>			1:30p-2:30p		1:30p-2:30p			
<b>Yoga (Must bring own yoga mat / Apportez votre propre tapis)</b>		12:15p-1:00p	5:30p-6:30p Flow					
<b>Y Step</b>			12:15p-12:45p Step Express		9:00a-10:00a Step III			
<b>Zumba</b>	1:00p-2:00p				9:15a-10:00a 6:45p-7:45p			
<b>√ Basketball Skills and Drills (ages 5-12) / Habiletés et techniques (5-12 ans) (6 participants max. Must bring your own ball / Max. de 6 participants. Apportez votre propre ballon.)</b>							12:00p-12:45p	Child & Youth Programs / Programmes pour jeunes et enfants
<b>√ Courses/Cours (10 participants max. / Max. de 10 participants)</b>	Red Cross Babysitting Courses (all 9am-3pm): July 20, 31, Aug 7, 14, and 21. Ages 11-15 Stay Safe Courses (all 9am-3pm): July 22, 29, Aug 5, 12, 19, and 26. Ages 9-11 Workplace Standard First Aid. One course (9am-4:30pm): Aug 10 & 11. Emergency First Aid. One course (9am-3pm): Aug 6. Ages 13-15							
<b>√ Family Open Gym (15 children max. in gym with one parent each / Max. de 15 personnes avec parent)</b>			4:30p-5:15p					
<b>√ Karate (Ages 7+ / (7+ ans) (30 participants max. / Max. de 30 participants)</b>	3:00p-3:45p Novice Belts 4:00p-4:45p Advanced Belts			6:00p-6:45p Novice Belts 7:00p-7:45p Advanced Belts		6:00p-6:45p Novice Belts 7:00p-7:45p Advanced Belts		
<b>√ Parent and Tot Swim / Natation parents-tout-petit (4 children max. in pool with one parent each / Max. de 4 personnes avec parent)</b>			9:15a-10:00a		9:15a-10:00a			
<b>√ Play Pals (Ages 0-5) Copains jeu (0-5 ans) (15 children max. in gym with one parent per child / Max. de 15 personnes avec parent)</b>			10:45a-11:30a		10:45a-11:30a		10:45a-11:45a	
<b>√ Swim Lessons / Cours de natation</b>			10:15a-10:45a 4:45p-6:00p	3:15p-7:00p	10:15a-10:45a 4:45p-6:00p		9:30a-3:00p	
<b>√ Y Kids Move (ages 5-12 / 5-12 ans) (10 participants max. / Max. de 10 participants)</b>		10:30a-11:30a Starts Aug 17	1:30p-2:30p 5:30p-6:15p		1:30p-2:30p 5:30p-6:15p		1:00p-2:00p Starts Aug 8	
<b>√ Adult Swim Lessons (4 participants max. / Max. de 4 participants)</b>		10:00a-10:30a Stroke Development	10:00a-10:45a Beginner & Intermediate	7:00p-7:30p Beginner	10:00a-10:30a Stroke Development			
<b>√ Adult Therapy Swim / Natation thérapeutique adultes (8 participants max. / Max. de 8 participants)</b>	9:30a-1:30p	6:30a-10:30a 12:00p-1:00p 2:00p-5:00p	6:30a-10:30a 2:00p-7:00p	6:30a-10:30a 12:00p-1:00p 2:00p-3:00p	6:30a-10:30a 12:00p-1:00p 2:00p-7:00p	6:30a-10:30a 12:00p-1:00p 2:00p-6:00p		
<b>√ Aqua Jog (15 participants max. / Max. de 15 participants)</b>			9:15a-9:45a					
<b>√ Ai Chi (8 participants max. / Max. de 8 participants)</b>		11:00a-11:30a		11:00a-11:30a		11:00a-11:30a		
<b>√ Aquafit / Aquaforme (30 participants max./Max. de 30 participants)</b>		9:15a-10:00a 6:15p-7:00p	6:15p-7:00p	9:15a-10:00a	9:15a-10:00a 6:15p-7:00p	9:15a-10:00a		
<b>√ Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau (8 participants max. / Max. de 8 participants)</b>			12:00p-12:30p		12:00p-12:30p			
<b>√ Aqua Yoga (8 participants max. / Max. de 8 participants)</b>			10:45a-11:15a		10:45a-11:15a			
<b>√ Lane Swimming / Natation en couloirs (4 participants max. / Max. de 4 participants)</b>	9:30a-1:30p	6:30a-9:00a 10:30a-6:00p	6:30a-9:00a 11:00a-6:00p	6:30a-9:00a 10:30a-3:00p	6:30a-9:00a 10:30a-6:00p	6:30a-9:00a 10:30a-6:00p		
<b>√ Open Sensory-Friendly Swim</b>		5:00p-6:00p						
<b>F Public &amp; Member Swim / Natation publique &amp; membres</b>	2:00p-3:00p 3:30p-4:30p	← \$2.00				6:30p-7:30p		
	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.							

### Legend

√ = Sign-up required / Pré-inscription requise  
F = Fee for Non-Members / Coût pour les personnes non membres  
\$ = Additional Cost / Coûts additionnel

Main Gym / Gymnase principal	30 MAX
Cyclefit Studio / Studio de véloforme	17 MAX
Upstairs Studio / Studio du 2e	14 MAX
Other Rooms / Autres salles	10 MAX
Main Pool / Piscine principale	30 MAX
Therapy Pool / Piscine thérapeutique	8 MAX
Play Pool / Pataugeuse	8 MAX

√ Birthday Parties now available! Saturdays from 2:30p-4:30p. Book your child's party today!

Les fêtes d'anniversaire sont maintenant disponibles! Les samedis de 2:30p à 4:30pm. Réservez dès aujourd'hui!

