



YMCA of Greater Moncton
YMCA du Grand Moncton

YMCA Moncton Vaughan Harvey & War Veterans

2020 Program Schedule

2020 Horaire du programme

September 8 - November 1

8 septembre - 1 novembre

30 War Veterans Ave.

30, Ave des Anciens Combattants

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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@YMCAMoncton



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@ymcagreatermoncton

| | | Sunday dimanche | Monday lundi | Tuesday mardi | Wednesday mercredi | Thursday jeudi | Friday vendredi | Saturday samedi | | |
|-------|---|---|--|--|---|--|---|----------------------------|--|--|
| v | Basketball: Group Bookings (Ages 12+) / Réservations de basketball de groupe (12+ ans) | 11:45a-12:45p 2:30p-3:30p | 8:00p-9:00p 9:00p-10:00p | | 8:00p-9:00p 9:00p-10:00p | | | 4:00p-5:00p 5:00p-6:00p | Sports & Recreation | |
| | (6-10 participants max with bubble family or friends. Must bring own ball. / Maximum de 6 à 10 participants d'une même bulle familiale ou d'une même bulle d'amis. Il faut apporter son propre ballon.) | | | | | | | | | |
| | Basketball: Shooting Hoops Only (Ages 12+) / Tir au panier individuelle (12+ ans) | 8:00a-9:00a | | 6:00a-8:30a | | 6:00a-8:30a | 7:00a-8:30a | | | |
| | Badminton (Ages 12+ / 12+ ans) | | | 8:15p-10:00p | | 8:15p-10:00p | | | | |
| | (14 participants playing at a time max. First come first serve. Must bring own racket / Max. de 14 participants à la fois. Premier arrivé, premier servi. Apportez votre propre raquette.) | | | | | | | | | |
| F | Pickleball (Ages 12+ / 12+ ans) \$3.00 | | 7:15a-8:45a | | 7:15a-8:45a | | | | | |
| | (14 participants playing at a time max. First come first serve. Must bring own racket / Max. de 14 participants à la fois. Premier arrivé, premier servi. Apportez votre propre raquette.) | | | | | | | | | |
| v | Bootcamp/Entraînement intensif | | 7:00p-7:45p | | | | | | Group Fitness / Conditionnement de groupe | |
| | 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 | 12:15p-1:00p | 9:00a-10:00a | | | 9:00a-10:00a | 9:00a-9:30a | | |
| | | | 5:00p-5:30p | 12:15p-12:45p | 5:30p-6:30p | | 5:00p-5:45p | 12:15p-1:00p | | |
| | Novice | | | | | | | 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 | | | | | | |
| | Group Centergy (Must bring own yoga mat / Apportez votre propre tapis) | 10:45a-11:45a | 9:00a-10:00a | 10:30a-11:30a | 12:15p-1:15p | 6:00a-7:00a | 9:00a-10:00a | 10:15a-11:15a | | |
| | | | 7:00p-8:00p | | 5:30p-6:30p | 10:30a-11:30a | | | | |
| | Group Fight | | | 5:30p-6:30p | | | | | | |
| | Group Power | | 6:00a-7:00a | 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 | 10:15a-10:45a | 10:15a-10:45a | | 10:15a-10:45a | | | |
| | Super Flex & Tone / Flexi-tonification avancée | | 12:15p-1:00p | | 6:00a-7:00a | | 9:00a-10:00a | | | |
| | Tabata Training / Entraînement Tabata | | | | 12:15p-12:45p | 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 (Must bring own yoga mat / Apportez votre propre tapis) | | | 5:30p-6:30p | | 6:00p-7:00p | | | | |
| | Y Step | | 5:00p-5:30p | Flow | | 9:00a-10:00a | | | | |
| Zumba | 1:00p-2:00p | Express | | | 9:30a-10:15a | | 12:30p-1:15p | | | |
| v | 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.) | | | | | | | 12:00p-12:45p | | |
| v \$ | Birthdays Parties | Saturdays in Main Gym from 2:30p-3:30p and Community Room from 3:30p-4:30p | | | | | | | | |
| | | Red Cross Babysitting Courses (Coming soon / Bientôt!) | | | | | | | | |
| | | Stay Safe Courses (Coming soon / Bientôt!) | | | | | | | | |
| v \$ | Courses / Cours (10 participants max. / Max. de 10 participants) | Workplace Standard First Aid and CPR | | | | | | | | |
| | | Sept 8th: 5pm-9pm, Sept 10th: 5pm-9pm & Sept 12th: 9am-4pm | Oct 6th: 5pm-9pm, Oct 8th: 5pm-9pm & Oct 10th: 9am-4pm | Nov 10th: 5pm-9pm, Nov 12th: 5pm-9pm & Nov 14th: 9am-4pm | Dec 1st: 5pm-9pm, Dec 3rd: 5pm-9pm & Dec 5th: 9am-4pm | | | | | |
| v \$ | Courses Advanced Aquatics / Cours de natation avancés | Bronze Medallion Sept 19 - Nov 28 Saturdays 4p-6p | | | | | | | | |
| | | Bronze Cross Sept 19 - Nov 28 Saturdays 4p-6p | | | | | | | | |
| | | National Lifeguard Course Sept 13 - Nov 29 (no class Oct 11) Sundays 8a-12p | | | | | | | | |
| | | Lifesaving Instructors Course Oct 2-4; Friday 6p-10p, Saturday & Sunday 9a-5p | | | | | | | | |
| | | Examiners Course Oct 17; Saturday 10a-4p | | | | | | | | |
| | | National Lifeguard Instructor Course, Nov 7-8; Saturday and Sunday 9a-5p | | | | | | | | |
| | | NLS Recert Dec 6, Sunday 8am-12p | | | | | | | | |
| v \$ | Infant Therapy Swim (Ages 0-2) / Nage thérapeutique pour les tout-petits (0-2 ans) | 10:00a-11:00a | | | 3:30p-4:15p | | | | | |
| v \$ | Intro to Competitive Swimming / Initiation à la natation de compétition | | | | | 7:00p-8:00p | | | | |
| v \$ | Karate (Ages 7+) / (7+ ans) (30 participants max. / Max. de 30 participants) | 4:00p-4:45p Novice Belts 5:00p-5:45p Advanced Belts | | | | | | | | |
| v | Parent and Tot Swim / Natation parents-tout-petit (4 children max. in pool with one parent each / Max. de 4 personnes avec parent) | | 9:15a-10:00a | 6:00p-7:00p | 9:15a-10:00a | 6:00p-7:00p | 9:15a-10:00a | | | |
| v | 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) | | | 10:45a-11:30a | | 10:45a-11:30a | 10:45a-11:45a | | | |
| v | Swim Lessons / Cours de natation | | 3:30p-7:45p | 10:15a-10:45a 3:30p-6:00p | 3:30p-7:45p | 10:15a-10:45a 3:30p-6:00p | 8:30a-3:00p | | | |
| PNR | Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans) | Session One: Fridays 6:00p - 9:00p, Sept 11, 25, Oct 9, and 23 | | | | | | | | |
| v \$ | Y Kids Move (ages 5-12 / 5-12 ans) (10 participants max. / Max. de 10 participants) | Session Two: Fridays 6:00p - 9:00p, Sept 18, Oct 2, 16, and 30 | | | | | | | | |
| v | Adult Swim Lessons (4 participants max. / Max. de 4 participants) | | | 10:00a-10:45a Beginner & Advanced | | 10:00a-10:45a Intermediate | | | | |
| v | Adult Therapy Swim / Natation thérapeutique adultes (8 participants max. / Max. de 8 participants) | 8:30a-10:00a 11:00a-2:00p 5:00p-5:30p | 6:00a-10:30a 11:00a-1:00p 8:00p-9:30p | 6:00a-10:45a 11:15a-12:00p 7:00p-9:30p | 6:00a-10:30a 11:00a-1:00p 8:00p-9:30p | 6:00a-10:45a 11:15a-12:00p 7:00p-9:30p | 6:00a-10:30a 11:00a-1:00p 2:00p-9:30p | 5:00p-5:30p | | |
| v | Aqua Jog (15 participants max. / Max. de 15 participants) | | | 9:15a-10:00a | | 9:15a-10:00a | | | | |
| v | Ai Chi (8 participants max. / Max. de 8 participants) | | 10:30a-11:00a | | 10:30a-11:00a | | 10:30a-11:00a | | | |
| v | AquaFit / Aquaforme (30 participants max./Max. de 30 participants) | | 9:15a-10:00a | 6:15p-7:00p | 9:15a-10:00a | 6:15p-7:00p | 9:15a-10:00a | | | |
| v | Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau (8 participants max. / Max. de 8 participants) | | | 12:00p-12:30p | | 12:00p-12:30p | | | | |
| v | Aqua Yoga (8 participants max. / Max. de 8 participants) | | | 10:45a-11:15a | | 10:45a-11:15a | | | | |
| v | Lane Swimming Reservation / Natation en couloirs (4 participants max. / Max. de 4 participants) | 11:00a-1:30p 5:00p-5:30p | 6:00a-9:00a 10:30a-3:30p 8:00p-9:30p | 6:00a-9:00a 11:00a-6:00p | 6:00a-9:00a 10:30a-3:30p 8:00p-9:30p | 6:00a-9:00a 11:00a-6:00p | 6:00a-9:00a 10:30a-6:00p | | | |
| v | Lane Swimming Drop-in / Natation en couloirs (First come first serve. / Premier arrivé, premier servi.) | | | 7:00p-9:30p | | 10:00a-11:00a 7:00p-9:30p | | | | |
| F | Public & Member Swim / Natation publique & membres | 2:00p-3:00p 3:30p-4:30p | \$3.00 | | | | | 3:30p-4:30p | | |
| | | Government Photo ID required for non-members 18 and over. Non-membres 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

P = Parent Participation / Participation Parentale

PNR = Parents not required in facility / Parent non exigés

*Although we plan to have minimal interruptions, the program schedule is subject to change at any time without notice. / Nous faisons notre possible pour éviter les interruptions, mais l'horaire du programme peut changer sans préavis.

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|---------------------------------------|
| 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 |
| Play Pool / Pataugeuse |