



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

**2021 Program Schedule**

**2021 Horaire du programme**

May 3 - until further notice

3 mai - 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	
Sports	Basketball: Shooting Hoops Only (Ages 12+) / Tir au panier individuelle (12+ ans) <i>(Limited equipment available / Équipement disponible limité.)</i>	8:00p-10:00p	6:00a-8:30a	8:00p-10:00p	7:15a-8:30a	8:15p-10:00p	4:00p-6:00p	11:45a-12:45p 2:00p-3:45p
	Badminton (Ages 12+ / 12+ ans) <i>(Limited equipment available / Équipement disponible limité.)</i>		8:15p-10:00p		8:15p-10:00p			
	Pickleball (Ages 12+ / 12+ ans) \$3.00 <i>(Limited equipment available / 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
Group Fitness / Conditionnement de groupe	Bootcamp/Entraînement intensif	7:00p-7:45p						
	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 7:00p-7:30p	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			
	Group Blast		12:15p-1:15p		5:30p-6:30p			
	Group Centergy <i>(Limited equipment available / Équipement disponible limité)</i>	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	10:45a-11:45a
	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				
	Pound	5:00p-5:30p			6:40p-7:25p			12:00p-12:40p
	Prime Time Aerobics/Aérobic pour aînés	10:15a-10:45a Cardio Mix		10:15a-10:45a Strength		10:15a-10:45a Tabata		
	Qigong	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 Yin Yoga	5:30p-6:30p Vinyasa Flow		12:15p-1:00p Yoga 6:00p-7:00p Vinyasa Flow			
	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		11:45a-12:30p	1:00p-2:00p	
F V Aquatics / Apatiques	Adult Swim Lessons		10:15a-11:00a Beginner & Advanced		10:15a-11:00a Intermediate			
	Adult Therapy Swim / Natation thérapeutique adultes	6:00a-10:15a 11:15a-1:00p 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-10:15a 11:15a-1:00p 2:00p-3:30p 8:00p-9:30p	6:00a-11:45a 12:30p-1:00p 2:00p-3:30p 7:00p-9:30p	6:00a-10:15a 11:15a-1:00p 2:00p-8:00p	5:00p-5:30p 3:30p-5:30p	
	Ai Chi	10:15a-10:45a 10:45a-11:15a		10:15a-10:45a 10:45a-11:15a		10:15a-10:45a 10:45a-11:15a		
	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					
	Lane Swimming Drop-in / Natation en couloirs	6:00a-9:00a 10:30a-4:00p 8:00p-9:30p	6:00a-9:00a 11:00a-6:00p 7:00p-9:30p	6:00a-9:00a 10:30a-4:00p 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
	Public & Member Swim / Natation publique & membres		Government Photo ID required for non-members 18 and over. Non-membres 18 et plus doivent présenter une carte d'ID photo du gouvernement.				3:30p-4:30p	2:00p-3:00p \$3.00
	V \$ Courses / Cours		Yoga Instructor Course starting soon. Contact Jane McKnight at jane.mcknight@ymcamoncton.ca					
		YMCA Personal Trainer Certification starting soon. Contact Andre Gaudet at andre.gaudet@ymcamoncton.ca						
		Red Cross Babysitting Courses (Ages 11-15). See North End schedule for dates						
		Stay Safe Courses (Ages 9-12). See North End schedule for dates						
		Workplace Standard First Aid and CPR. One course on June 15, 17, and 19						
V \$ Courses Advanced Aquatics / Cours de natation avancés		One Bronze Medallion and Bronze Cross: Saturdays and Sundays May 29-June 20 One NLS course: May 29-June 13 One NLS Re-Cert: June 13						
Child & Youth Programs / Programmes pour jeunes et enfants	V Basketball: Youth Skills and Drills (ages 5-12) / Habiletés et techniques (5-12 ans)					11:45a-12:45p		
	V \$ Birthday Parties	Saturdays in Main Gym from 2:30p-3:30p and Community Room from 3:30p-4:30p						
	V \$ Childminding	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a	8:45a-10:45a		
	V \$ Infant Therapy Swim						10:00a-11:00a	
	V \$ Intro to Competitive Swimming / Initiation à la natation de compétition					7:00p-8:00p		
	V \$ Karate (Ages 7+) / (7+ ans)						4:00p-5:00p Novice Belts 5:00p-6:00p Advanced Belts	
	V P Kinder Fun Fit (Ages 18 months - 5 years)				11:00a-11:45a			
	V Parent and Tot Swim / Natation parents-tout-petit	9:15a-10:00a 11:15a-12:00p	6:00p-7:00p	9:15a-10:00a 11:15a-12:00p	6:00p-7:00p	9:15a-10:00a 11:15a-12:00p		10:00a-11:00a
	V Swim Lessons / Cours de natation	3:30p-7:45p	10:15a-11:45a 3:30p-6:00p 3:30p-7:00p 7:00p-8:00p	3:30p-7:45p	10:15a-11:45a 3:30p-6:00p 3:30p-7:00p		8:30a-3:00p	
	V PNR Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)					5:00p-9:30p 5:00p-8:00p 8:00p-9:30p		

**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

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