



YMCA of Greater Moncton
30 War Veterans Ave E1C 0B3

YMCA du Grand Moncton
30, Ave des Anciens Combattants E1C 0B3

2021 Program Schedule

September 7 - October 31

*The program schedule is subject to change at any time without notice.

5:30am - 10:00pm Monday - Friday
7:00am - 8:00pm Saturday - Sunday
9:00am - 5:00pm Holidays

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www.ymcamoncton.ca



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2021 Horaire des programme

7 septembre - Octobre 31

*l'horaire du programme peut changer sans préavis.

5h30 - 22h00 lundi - vendredi
7h00 - 20h00 samedi - dimanche
9h00 - 17h00 congés

	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche	
Basketball (Ages 12+ / 12+ ans)	8:00p-10:00p	6:00a-8:30a	8:00p-10:00p	7:15a-8:30a	8:15p-10:00p	4:00p-6:00p	9:30a-10:30a 2:00p-3:45p	Sports
Badminton (Ages 12+ / 12+ ans)		8:15p-10:00p		8:15p-10:00p				
F Pickleball (Ages 12+ / 12+ ans) \$3.00	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a	MONCTON	8:00a-9:15a Beginner	
Barre Intensity			5:15p-6:00p					Group Fitness / Conditionnement de groupe
Bootcamp/Entraînement intensif	7:30p-8:00p							
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 6:00a-7:00a			9:00a-9:30a Novice	7:45a-8:30a 10:15a-11:00a	9:45a-10:30a	
Cyclefit / Véloforme	5:00p-5:30p	9:00a-10:00a 12:15p-12:45p 5:30p-6:30p	9:00a-10:00a	9:00a-10:00a 5:00p-5:45p	12:15p-1:00p			
Focus on Healing			1:30p-2:30p					
Group Active		9:00a-10:00a	4:30p-5:30p	12:15p-1:15p				
Group Blast	9:00a-10:00a	12:15p-1:15p						
Group Centergy	9:00a-10:00a	10:30a-11:30a	12:15p-1:15p 6:15p-7:15p	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		9:15a-10:15a	9:00a-10:00a					
Prime Time Aerobics/Aérobic pour aînés	10:15a-10:45a Cardio Mix		10:15a-10:45a Strength		10:15a-10:45a Tabata			
Pound							12:35p-1:05p	
Soulbody Barre	6:00p-6:45p							
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			
Strong Nation							12:00p-12:30p	
Tabata Training / Entraînement Tabata				4:30p-5:00p	6:00a-6:45a			
Tai Chi		1:30p-2:30p 6:00a-7:00a		1:30p-2:30p				
Yoga	12:15p-1:15p 7:00p-8:00p Yoga Flow	Glo with the Flow morning Yoga		5:45p-6:45p Yoga Flow		11:20a-12:05p Yoga	7:00p-8:00p Glo with the Flow evening Yoga	
Y Step	5:00p-5:30p Express			9:00a-10:00a Step III				
Zumba		10:30a-11:30a 6:45p-7:45p		9:15a-10:15a			1:00p-2:00p	
Adult Swim Lessons / Cours de natation pour adultes	7:15p-8:00p All Levels	10:00a-11:00a Advanced		10:00a-11:00a Beginner & Intermediate				Aquatics / Aquatiques
Adult Therapy Swim / Natation thérapeutique adultes	6:00a-10:15a 10:45a-1:00p 2:00p-3:30p 8:00p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-1:00p 2:00p-4:00p 7:00p-9:45p	5:45a-10:15a 10:45a-1:00p 2:00p-3:30p 7:15p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-1:00p 2:00p-4:00p 7:00p-9:45p	6:00a-10:15a 10:45a-1:00p 2:00p-8:00p	7:15a-8:45a 3:00p-6:00p	7:15a-9:30a 3:30p-7:45p	
Ai Chi	10:15a-10:45a		10:15a-10:45a		10:15a-10:45a			
AquaFit / Aquaforme	9:00a-10:00a 7:15p-8:15p	7:15p-8:15p	9:00a-10:00a	7:15p-8:15p	9:00a-10:00a			
Aqua Jog / Aqua jogging		9:00a-10:00a		9:00a-10:00a				
Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau		11:15a-11:45a		11:15a-11:45a				
Aqua Yoga		10:15a-10:45a		10:15a-10:45a				
Lane Swimming Drop-in / Natation en couloirs	6:00a-8:55a 10:15a-3:30p 8:15p-9:45p	5:45a-8:55a 11:00a-4:55p 8:15p-9:45p	5:45a-8:55a 10:15a-3:30p 8:30p-9:45p	5:45a-8:55a 11:00a-3:30p 8:15p-9:45p	6:00a-8:55a 10:15a-3:30p 5:00p-6:00p	7:15a-8:55a	7:15a-9:25a 6:00p-7:45p	
F Public & Member Swim / Natation publique & membres						6:00p-7:30p	1:30p-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	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 & CPR. Two courses: Course one is Sept 7, 8, & 11. Course two is Oct 12, 14, & 16							
√ \$ Courses Advanced Aquatics / Cours de natation avancés	Two Bronze Medallion and Bronze Cross courses: Starts September 11 and October 16 Two NLS courses: Starts September 11 and October 16 One NLS Re-certification: Starts November 28 National Lifeguard Instructor & First Aid Instructor Course: November 12, 13, & 14 One Lifesaving Swim Instructor Course: October 22, 23, & 24							
Basketball: Youth Skills and Drills (ages 5-12) / Habiletés et techniques (5-12 ans)						11:45a-12:45p		Child & Youth Programs / Programmes pour jeunes et enfants
√ \$ Birthday Parties / Fêtes d'anniversaire	Starts week of September 12 / Commence la semaine du 12 septembre Saturdays in Main Gym from 2:30p-3:30p and Community Room from 3:30p-4:30p							
\$ Childminding (Ages 6 months - 12 years)	Temporarily paused / Temporairement mis en pause							
\$ Garde d'enfants (6 mois - 12 ans)	Temporarily paused / Temporairement mis en pause							
√ \$ Game Time (Ages 5-12) / Temps de jeu (5-12 ans)		5:30p-6:30p				8:45a-9:45a		
√ \$ Introduction to Competitive Swimming / Initiation à la natation de compétition			7:15p-8:30p	5:00p-6:00p				
\$ Karate (Ages 7+ / 7+ ans)					Beginners must attend the Wednesday and Saturday classes located at the North End Y	4:00p-5:00p White belt and up only 5:00p-6:00p Brown and Black belt only		
√ \$ Lifesaving Rescue Club / Club de sauvetage				6:00p-7:15p				
Parent and Tot Swim / Natation parents-tout- petit	11:15a-12:00p	6:00p-7:00p	11:15a-12:00p	6:00p-7:00p	6:00p-7:30p		9:00a-10:00a 6:00p-7:00p	
P Play Pals (Ages 0-5) / Copains jeu (0-5 ans)						10:15a-11:30a		
√ \$ Swim Lessons / Cours de natation	3:30p-7:15p	10:15a-11:45a 3:30p-6:00p 4:00p-7:00p	3:30p-7:15p	10:15a-11:45a 5:00p-6:00p 4:00p-7:00p		9:00a-2:45p		
Teen Drop-In Swimming lessons / Cours de natation libres pour ados				7:15p-8:00p				
Tennis (Ages 5-12 / 5-12 ans)						1:00p-1:45p		
PNR Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)					5:00p-8:00p 8:00p-9:30p			
√ \$ Y Kids Move (Ages 5-12) / Activité physique pour les enfants (5-12 ans)		6:30p-7:45p				10:15a-11:30a		
	Starts week of September 12 / Commence la semaine du 12 septembre							

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 / Patageuse