



YMCA of Greater Moncton
30 War Veterans Ave E1C 0B3

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

2021 Program Schedule

November 1 - December 19

*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

2021 Horaire des programmes

1 novembre - 19 décembre

*l'horaire du programme peut changer sans préavis.

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

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www.ymcamoncton.ca @YMCAMoncton @ymcamoncton @ymcagreatermoncton

	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche		
F	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	7:15a-8:30a 4:00p-7:30p	9:30a-10:30a 5:30p-7:30p	Sports
	Badminton (Ages 12+ / 12+ ans)		8:15p-10:00p		8:15p-10:00p				
	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 2:00p-3:45p	
F	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						
	Cyclefit / Véloforme	5:00p-5:30p	6:00a-7:00a 9:00a-10:00a 5:30p-6:30p	9:00a-10:00a 12:15p-12:45p	9:00a-10:00a 5:00p-5:45p	9:00a-9:30a Novice 12:15p-1:00p	7:45a-8:30a 10:15a-11:00a	9:45a-10:30a	
	Focus on Healing			1:30p-2:30p					
	Group Active		9:00a-10:00a		12:15p-1:15p 5:15p-6:15p				
	Group Blast	9:00a-10:00a	12:15p-1:15p						
	Group Centergy	9:00a-10:00a	10:30a-11:30a 5:30p-6:30p	12:15p-1:15p	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			8:00p-8:30p				12:00p-12:30p	
	Tabata Training / Entraînement Tabata				4:30p-5:00p	6:00a-6:45a			
	Tai Chi		1:30p-2:30p		1:30p-2:30p				
Yoga	12:15p-1:15p Yoga 7:00p-8:00p Yoga Flow	1:30p-2:30p 6:00a-7:00a Glo with the Flow morning Yoga		5:45p-6:45p Yoga Flow		11:30a-12:15p 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		12:30p-1:15p	1:00p-1:45p		
F	Adult Swim Lessons / Cours de natation pour adultes	7:15p-8:00p All Levels	10:00a-11:00a Advanced	10:45a-11:30a Beginner	10:00a-11:00a Intermediate				Aquatics / Aquatiques
	Adult Therapy Swim / Natation thérapeutique adultes	5:45a-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 11:30a-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	5:45a-10:15a 10:45a-11:15a 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	5:45a-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	11:00a-3:30p 5:00p-5:55p 8:15p-9:45p	5:45a-8:55a 10:15a-3:30p 5:00p-6:00p	7:15a-8:55a	7:15a-9:25a 6:00p-7:45p	
	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.							
V \$	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 Nov 2, 4, and 6. Course two is Dec 7, 9, and 11.							Courses / Cours
	Courses Advanced Aquatics / Cours de natation avancés	One Bronze Medallion and Bronze Cross course: Starts Nov 20 NLS courses: Coming Soon One NLS Re-certification: Starts November 21 National Lifeguard Instructor & First Aid Instructor Course: November 12, 13, & 14							
V \$	Basketball: Youth Skills and Drills (ages 5-12) / Habilitéés et techniques (5-12 ans)						11:45a-12:45p		Child & Youth Programs / Programmes pour jeunes et enfants
	Birthday Parties / Fêtes d'anniversaire	Saturdays in Main Gym from 2:30p-3:30p and Community Room from 3:30p-4:30p							
	Childminding (ages 6 months - 12 years) / Garde d'enfants (6 mois - 12 ans)		9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p			
	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					
	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	9:00a-10:00a 11:15a-12:00p	6:00p-7:00p	9:00a-10:00a 11:15a-12:00p	6:00p-7:00p	6:00p-7:30p		9:00a-10:00a 6:00p-7:00p	
	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		
Tennis (Ages 5-12 / 5-12 ans)						1:00p-1:45p			
PNR					5:00p-8:00p				
V \$	Zone de pré-ados (8-11 ans)				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			
P	Zumba Kids (Ages 3-5 / 3-5 ans)	4:30p-5:30p							

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

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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