



YMCA of Greater Moncton
30 War Veterans Ave E1C 0B3

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

2021 Program Schedule

2021 Horaire des programme

December 20 - 26

20 - 26 Décembre

**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

www.ymcamoncton.ca



@YMCAMoncton



@ymcamoncton



@ymcagreatermoncton

A physical copy of a Government-issued Photo ID is required for everyone 18 and over. This includes Public Swims and Day-Pass purchases / Une copie papier d'une pièce d'identité avec photo émise par le gouvernement est requise pour toute personne de 18 ans et plus, y compris pour les séances de natation libre et les laissez-passer d'un jour.

	Monday Dec 20 5:30a-10:00p Lundi 20 Dec 5h30-22h00	Tuesday Dec 21 5:30a-10:00p Mardi 21 Dec 5h30-22h00	Wednesday Dec 22 5:30a-10:00p Mercredi 22 Dec 5h30-22h00	Thursday Dec 23 5:30a-10:00p Jeudi 23 Dec 5h30-22h00	Friday Dec 24 5:30a-4:00p Vendredi 24 Dec 5h30-16h00	Saturday Dec 25 Closed Samedi 25 Dec Fermé	Sunday Dec 26 9:00a-5:00p Dimanche 26 Dec 9h00-17h00		
F	Basketball (Ages 12+ / 12+ ans)	8:00p-10:00p	6:00a-8:30a 6:45p-7:45p	4:30p-5:30p 8:00p-10:00p	6:00a-8:30a 5:15p-6:45p	10:15a-12:00p		12:00p-4:30p	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		9:15a-11:30p	
	Barre Intensity			5:15p-6:00p					
	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 Express	6:00a-7:00a 9:00a-10:00a 5:30p-6:30p	9:00a-10:00a 12:15p-12:45p	9:00a-10:00a				
	Group Active		9:00a-10:00a		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	6:00a-7:00a 10:30a-11:30a				
	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			
	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			
	Soulbody Barre	6:00p-6:45p							
	Step	5:00p-5:30p Express			9:00a-10:00a Step Tabata				
	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					
	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		Glo with the Flow morning Yoga		5:45p-6:45p Yoga Flow				
	Zumba		10:30a-11:30a		9:15a-10:15a				
F	Adult Therapy Swim / Natation thérapeutique adultes	5:45a-10:15a 10:45a-1:00p 2:00p-7:00p 8:30p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-1:00p 2:00p-6:00p 7:00p-9:45p	5:45a-10:15a 10:45a-1:00p 2:00p-6:00p 7:30p-9:45p	5:45a-1:00p 2:00p-6:00p 7:00p-9:45p	5:45a-3:45p		9:15a-1:45p	Aquatics / Aquatiques
	Ai Chi	10:15a-10:45a		10:15a-10:45a					
	AquaFit / Aquaforme	9:00a-10:00a 6:00p-7:00p	7:00p-8:00p	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						
	Aqua Yoga		10:15a-10:45a						
	Lane Swimming Drop-in / Natation en couloirs	5:45a-8:55a 10:15a-5:55p 8:30p-9:45p	5:45a-8:55a 10:15a-4:55p 8:15p-9:45p	5:45a-8:55a 10:15a-5:45p 7:30p-9:45p	5:45a-8:55a 10:15a-9:45p	5:45a-3:45p		9:15a-1:45p	
	Public & Member Swim / Natation publique & membres	7:00p-8:15p		6:00p-7:15p				2:00p-4:30p \$3.00	
	Parent and Tot Swim / Natation parents-tout- petit	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-11:00a		10:30a-11:30a	

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



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2021 Program Schedule

December 27 - January 2

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2021 Horaire des programme

27 Décembre - 2 Janvier

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A physical copy of a Government-issued Photo ID is required for everyone 18 and over. This includes Public Swims and Day-Pass purchases / Une copie papier d'une pièce d'identité avec photo émise par le gouvernement est requise pour toute personne de 18 ans et plus, y compris pour les séances de natation libre et les laissez-passer d'un jour.

		Monday Dec 27 5:30a-10:00p Lundi 27 Dec 5h30-22h00	Tuesday Dec 28 5:30a-10:00p Mardi 28 Dec 5h30-22h00	Wednesday Dec 29 5:30a-10:00p Mercredi 29 Dec 5h30-22h00	Thursday Dec 30 5:30a-10:00p Jeudi 30 Dec 5h30-22h00	Friday Dec 31 5:30a-4:00p Vendredi 31 Dec 5h30-16h00	Saturday Jan 1 9:00a-5:00p Samedi 1 Jan 9h00-17h00	Sunday Jan 2 7:00a-8:00p Dimanche 2 Jan 7h00-20h00	
F	Basketball (Ages 12+ / 12+ ans)	11:00a-12:00p 5:00p-7:00p 8:00p-10:00p	6:00a-8:30a 11:30a-12:00p 1:30p-8:00p	10:15a-12:00p 1:30p-10:00p	6:00a-8:30a 10:15a-12:00p 3:30p-4:15p 5:15p-7:45p	6:00a-7:00a 10:15a-4:00p	12:00p-4:30p	9:30a-10:30a 12:00p-12:45p 4:00p-7:45p	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	9:15a-11:30a	8:00a-9:15a Beginner 2:00p-3:45p	
	Bootcamp/Entraînement intensif	7:30p-8:00p				9:00a-10:00a Strength			Group Fitness / Conditionnement de groupe
	Chair Yoga / Yoga sur chaise	10:50a-11:20a		10:50a-11:20a		10:50a-11:20a			
	Cyclefit / Véloforme		6:00a-7:00a 9:00a-10:00a	9:00a-10:00a		6:00a-7:00a Tabata 9:00a-9:30a Novice			
	Group Active		9:00a-10:00a		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	6:00a-7:00a 10:30a-11:30a	9:00a-10:00a		10:45a-11:45a	
	Group Power	6:00a-7:00a		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			
	Step				9:00a-10:00a Step III				
	Stretch and Mobility				5:10p-5:40p				
	Super Flex & Tone / Flexi-tonification avancée	12:15p-1:00p		6:00a-7:00a					
	Tabata Training / Entraînement Tabata				4:30p-5:00p				
	Tai Chi		1:30p-2:30p		1:30p-2:30p				
Zumba		10:30a-11:30a					1:00p-1:45p		
F	Adult Therapy Swim / Natation thérapeutique adultes	5:45a-10:15a 10:45a-7:00p 8:30p-9:45p	5:45a-10:15a 10:45a-9:45p	5:45a-10:15a 10:45a-6:00p 7:30p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-9:45p	5:45a-1:45p	9:15a-1:45p	7:15a-1:45p 4:15p-7:45p	Aquatics / Aquatiques
	Ai Chi	10:15a-10:45a (participant led)		10:15a-10:45a (participant led)					
	AquaFit / Aquaforme			9:00a-10:00a	6:00p-7:00p				
	Aqua Jog / Aquajogging		9:00a-10:00a (participant led)		9:00a-10:00a				
	Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau				11:15a-11:45a				
	Aqua Yoga		10:15a-10:45a		10:15a-10:45a				
	Lane Swimming Drop-in / Natation en couloirs	5:45a-6:45p 8:30p-9:45p	5:45a-8:55a 10:15a-9:45p	5:45a-8:55a 10:15a-5:45p 7:30p-9:45p	5:45a-8:55a 10:15a-5:55p 7:15p-9:45p	5:45a-1:45p	9:15a-1:45p	7:15a-1:45p 4:15p-7:45p	
	Public & Member Swim / Natation publique & membres	7:00p-8:15p		6:00p-7:15p		2:00p-3:30p	2:00p-4:30p \$3.00	2:00p-4:00p \$3.00	
Parent and Tot Swim / Natation parents-tout-petit	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-11:00a	10:30a-11:30a	9:00a-10:00a 6:00p-7:00p		

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Joyeuses fêtes

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3 - 9 Janvier

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	Monday Jan 3 Lundi 3 Jan 5h30-22h00	Tuesday Jan 4 Mardi 4 Jan 5h30-22h00	Wednesday Jan 5 Mercredi 5 Jan 5h30-22h00	Thursday Jan 6 Jeudi 6 Jan 5h30-22h00	Friday Jan 7 Vendredi 7 Jan 5h30-22h00	Saturday Jan 8 Samedi 8 Jan 7h00-20h00	Sunday Jan 9 Dimanche 9 Jan 7h00-20h00		
F	Basketball (Ages 12+ / 12+ ans)	8:00p-10:00p	6:00a-8:30a	4:30p-5:30p 8:00p-10:00p	6:00a-8:30a 5:15p-6:15p	8:15p-10:00p	7:15a-8:30a 4:00p-7:30p	9:30a-10:30a 4:00p-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		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 Express	6:00a-7:00a 9:00a-10:00a 5:30p-6:30p	9:00a-10:00a 12:15p-12:45p	9:00a-10:00a	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		12:15p-1:15p				
	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	
	Step	5:00p-5:30p Express			9:00a-10:00a Double Vertical				
	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 5:45p-6:45p		11:30p-12:15p		
Yoga	12:15p-1:15p			Yoga Flow					
Zumba		10:30a-11:30a 6:40p-7:40p		9:15a-10:15a		12:30p-1:15p	1:00p-1:45p		
F	Adult Therapy Swim / Natation thérapeutique adultes	5:45a-10:15a 10:45a-1:00p 2:00p-7:00p 8:30p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-1:00p 2:00p-6:00p 7:00p-9:45p	5:45a-10:15a 10:45a-1:00p 2:00p-6:00p 7:30p-9:45p	5:45a-10:15a 10:45a-11:15a 11:45a-1:00p 2:00p-6:00p 7:00p-9:45p	5:45a-10:15a 10:45a-1:00p 5:00p-8:00p	7:15a-1:45p 4:00p-7:45p	7:15a-1:45p 4:00p-7:45p	
		Ai Chi	10:15a-10:45a		10:15a-10:45a		10:15a-10:45a		
		Aquafit / Aquaforme	9:00a-10:00a 6:00p-7:00p	7:00p-8:00p	9:00a-10:00a	6:00p-7:00p	9:00a-10:00a		
	Aqua Jog / Aquajogging		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-5:55p 8:30p-9:45p	5:45a-8:55a 10:15a-4:55p 8:15p-9:45p	5:45a-8:55a 10:15a-5:45p 7:30p-9:45p	5:45a-8:55a 10:15a-5:55p 7:15p-9:45p	5:45a-8:55a 10:15a-1:45p 5:00p-6:00p	7:15a-1:45p 4:15p-7:45p	7:15a-1:45p 4:15p-7:45p	
	Public & Member Swim / Natation publique & membres	7:00p-8:15p		6:00p-7:15p			2:00p-4:00p	2:00p-4:00p \$3.00	
P PNR v \$	Basketball: Youth Skills and Drills (ages 5-12) / Habiletés et techniques (5-12 ans)					11:45a-12:45p			
	Parent and Tot Swim / Natation parents-tout-petit	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-10:00a 11:15a-12:00p 4:00p-5:00p	9:00a-10:00a 6:00p-7:00p	9:00a-11:00a 6:00p-7:30p	10:30a-11:30a 6:00p-7:00p	9:00a-10:00a 6:00p-7:00p	
	Play Pals (Ages 0-5) / Copains jeu (0-5 ans)		6:30p-7:30p				10:15a-11:30a		
	Tennis and Badminton (Ages 5-12 / 5-12 ans)						1:00p-1:45p		
	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-7:30p		10:15a-11:30a		
Wild and Free (Ages 5-12)						8:45a-9:45a			

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Joyeuses fêtes

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