



YMCA of Greater Moncton
30 War Veterans Ave E1C 0B3
YMCA du Grand Moncton
30 Ave des Anciens Combattants E1C 0B3
Tel/Tél: (506) 857-0606
Fax: (506) 859-8198
info@ymcamoncton.ca
www.ymcamoncton.ca

2022 Program Schedule
January 10 - March 13

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

2022 Horaire des programme
10 janvier - 13 mars

*l'horaire du programme peut changer sans préavis.

Hours of Operation

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

Heures d'ouverture

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



@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 Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche		
F	Basketball Shooting Hoops Only (Ages 12+ / 12+ ans)	8:00p-10:00p	6:00a-8:30a	4:30p-5:15p 8:00p-10:00p	6:00a-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) \$4.00	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		
	Volleyball (Ages 12+ / 12+ ans)				5:15p-6:15p				
Group Fitness / Conditionnement de groupe	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		6:00a-7:00a 9:00a-10:00a 5:30p-6:30p	9:00a-10:00a 12:15p-12:45p	9:00a-10:00a 6:00p-6:45p	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		12:15p-1:15p				
	Group Blast	9:00a-10:00a	12:15p-1:15p						
	Group Centergy	9:00a-10:00a	5:30p-6:30p	12:15p-1:15p	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 5:30p-6:30p		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	5:00p-5:45p						12:35p-1:05p	
	Soulbody Barre	6:00p-6:45p						9:45a-10:30a	
	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 5:45p-6:45p		11:30a-12:15p		
	Yoga	7:00p-8:00p Yoga Flow			Yoga Flow		Yoga		
Y Step	5:00p-5:30p Express			9:00a-10:00a Step III					
Zumba		10:30a-11:30a 6:40p-7:40p	8:00p-8:30p Strong Nation	9:15a-10:15a		12:30p-1:15p	11:45p-12:30p Strong Nation 1:00p-1:45p		
P 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				
	Adult Therapy Swim / Natation thérapeutique adultes	5:45a-10:15a 11:15a-1:00p 2:00p-4:45p 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-4:45p 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 11:15a-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 10:45a-11:15a		10:15a-10:45a		10:15a-10:45a 10:45a-11:15a			
	Aquafit / Aquaforme	9:00a-10:00a 7:15p-8:15p	7:15p-8:15p	9:00a-10:00a	6:00p-7:00p	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		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-4:45p 8:30p-9:45p	5:45a-8:55a 11:00a-4:55p 8:30p-9:45p	5:45a-8:55a 10:15a-4:45p 7:15p-9:45p	5:45a-8:55a 11:00a-3:30p 5:00p-5:55p 7:15p-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	
	Member Open Swim	5:00p-7:00p		5:00p-7:00p			9:00a-2:30p		
	Public Swim / Natation publique						6:00p-7:30p	1:30p-3:00p \$3.00	
V \$	Courses / Cours	Workplace Standard First Aid & CPR. Two courses: Course one is Jan 8 & 9. Course two is Feb 8, 10, and 12 Stay Safe March 10							
		One Bronze Medallion and Bronze Cross course: Starts Jan 15							
		NLS courses: Starts Jan 16							
		Examiners Course: Starts Feb 27							
		YMCA Swim Instructor: Starts Jan 4							
V \$	Courses Advanced Aquatics / Cours de natation avancés	One NLS Re-certification: Feb 20							
		Lifesaving Instructor Course: Starts Feb 25							
V \$ PNR	Basketball: Youth Skills and Drills (ages 5-12) / Habiletés et techniques (5-12 ans)					11:45a-12:45p			
	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)	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p	9:00a-12:00p			
	Garde d'enfants (6 mois - 12 ans)								
	Introduction to Competitive Swimming / Initiation à la natation de compétition						Paused until further notice		
	Karate (Ages 12+ / 12+ 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	Paused until further notice							
	Parent and Tot Swim / Natation parents-tout-petit	9:00a-10:00a 11:15a-12:00p	10:45a-11:45a 6:00p-7:00p	9:00a-10:00a 11:15a-12:00p	10:45a-11:45a 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)		6:45p-7:45p				10:15a-11:30a		
	Swim Lessons / Cours de natation	Paused until further notice. Email joey.doucet@ymcamoncton.ca for private swim lesson information							
Tennis / Badminton (Ages 5-12 / 5-12 ans)						1:00p-1:45p			
Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)	Paused until further notice								
Wild and Free (Ages 5-12 / 5-12 ans)						8:45a-9:45a			
Y Kids Move (Ages 5-12) / Activité physique pour les enfants (5-12 ans)				6:30p-7:30p		10:15a-11:30a			
Zumba Kids (Ages 3-5 / 3-5 ans)	4:00p-4:45p				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

Thank you for wearing a mask
Merci de porter un masque



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