



# YMCA of Greater Moncton

30 War Veterans Ave E1C 0B3

## YMCA du Grand Moncton

30 Ave des Anciens Combattants E1C 0B3

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### 2022 Program Schedule

June 27 - Sept 5

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

### 2022 Horaire des programme

27 juin - 5 sept

\*l'horaire du programme peut changer sans préavis.

#### Hours of Operation

5:30am - 10:00pm Monday - Friday

7:00am - 8:00pm Saturday - Sunday

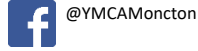
9:00am - 5:00pm Holidays

#### Heures d'ouverture

5h30 - 22h00 lundi - vendredi

7h00 - 20h00 samedi - dimanche

9h00 - 17h00 congés



A physical copy of a valid 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 (Ages 12+ / 12+ ans)	8:00p-10:00p	5:30a-8:30a 5:15p-8:00p	4:30p-5:15p 8:00p-10:00p	5:30a-8:30a	8:15p-10:00p	7:15a-10:30a 12:00p-12:45p	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		7:15a-8:45a	2:30p-3:45p Participant Led		
	Volleyball (Ages 12+ / 12+ ans)					4:00p-6:00p			
	MONCTON								
Group Fitness / Conditionnement de groupe	Bootcamp/Entraînement intensif	7:30p-8:00p							
	Chair Yoga / Yoga sur chaise Core/Exercices pour le tronc	10:50a-11:20a		10:50a-11:20a		10:50a-11:20a			
	Cyclefit / Véloforme		5:00p-5:25p 6:00a-7:00a 9:00a-10:00a 5:30p-6:15p	9:00a-10:00a	9:00a-10:00a	9:00a-9:30a Novice	9:45a-10:30a		
	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 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		10:30a-11:30a	9:00a-10:00a					
	Prime Time Aerobics/Aérobic pour aînés Cardio Mix	10:15a-10:45a		10:15a-10:45a Strength		10:15a-10:45a 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			
	Tabata Training / Entraînement Tabata				4:30p-5:00p	6:00a-6:45a			
	Tai Chi		1:30p-2:30p		1:30p-2:30p				
	Yoga	7:00p-8:00p Yoga Flow			5:50p-6:35p Yoga Flow				
	Y Step	5:00p-5:30p Express			9:00a-10:00a Step III				
Zumba	6:00p-6:45p	9:15a-10:15a 6:40p-7:40p	8:00p-8:30p Strong Nation	9:15a-10:15a	12:15p-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			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 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-1:00p 2:00p-6:15p	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	6:00p-7:00p	9:00a-10:00a	6:00p-7:00p	9:00a-10:00a			
	Aqua Jog / Aquajogging Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau Aqua Yoga		9:00a-10:00a 11:15a-11:45p 10:15a-10:45a		9:00a-10:00a 11:15a-11:45p 10:15a-10:45a				
	Lane Swimming Drop-in / Natation en couloirs	5:45a-8:55a 10:15a-3:30p 8:30p-9:45p	5:45a-8:55a 11:00a-6:00p 7:15p-9:45p	5:45a-8:55a 10:15a-1:45p 7:30p-9:45p	5:45a-8:55a 11:00a-2:45p 4:15p-5:55p 7:15p-9:45p	5:45a-8:55a 10:15a-6:15p	7:15a-8:55a		7:15a-9:25a 6:00p-7:45p
	Public Swim / Natation publique			2:00p-3:30p		6:30p-8:00p	6:00p-7:30p		1:30p-3:00p \$3.00
V \$	Courses / Cours	Workplace Standard First Aid & CPR. Three courses: Starts July 5, Aug 27, and Sept 24 Certified Pool Operators (CPO) Course July 21 and July 22						Courses / Cours	
	Courses Advanced Aquatics / Cours de natation avancés	One Bronze Medallion Cross course: Starts July 8 One Bronze Cross Cross course: Starts July 17 One NLS course: Starts Aug 5 One NLS re-certification course: Starts Aug 21 One YMCA Swim Instructor Course: Starts Aug 23							
P PNR V \$	All Sorts of Sports (ages 5-12 / 5-12 ans)	1:30p-2:30p Basketball Skills & Drills	1:30p-2:30p Soccer	1:30p-2:30p Tennis	1:30p-2:30p Gym Games		11:45a-12:45p Basketball Skills & Drills	Child & Youth Programs / Programmes pour jeunes et enfants	
	Birthday Parties / Fêtes d'anniversaire	No programs from Aug 27 - Sept 3 / Aucun programme du 27 août au 3 septembre							
	Childminding (ages 6 months - 12 years) Garde d'enfants (6 mois - 12 ans)	8:45a-1:15p 4:30p-7:00p	8:45a-1:15p	8:45a-1:15p	8:45a-1:15p	8:45a-1:15p			
	Kinder Fun Fit (Ages 3-5 / 3-5 ans)	No programs from Aug 27 - Sept 3 / Aucun programme du 27 août au 3 septembre							
	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	3:30p-5:00p			9:00a-10:00a 6:00p-7:00p
	Play Pals (Ages 0-5) / Copains jeu (0-5 ans)	10:15a-11:15a					10:15a-11:30a Cancelled July 2		
	Swim Lessons / Cours de natation	3:30p-7:15p	10:15a-11:45a 4:00p-7:00p	3:30p-7:15p	10:00a-11:00a 4:00p-7:00p		9:00a-2:45p		
	Tennis (Ages 5-12 / 5-12 ans)	There will be no swimming lessons from: Thursday June 19 - Monday July 4 & Monday Sept 5 - Sunday Sept 11 Il n'y aura pas de cours de natation du: jeudi 19 juin au lundi 4 juillet et lundi 5 sept au dimanche 11 sept inclusivement.							
	Tween Zone (Ages 8-11) / Zone de pré-ados (8-11 ans)	No programs from Aug 27 - Sept 3 / Aucun programme du 27 août au 3 septembre							
	Y Kids Move (Ages 5-12) / Activité physique pour les enfants (5-12 ans)	1:00p-1:45p Cancelled July 2							
No programs from Aug 27 - Sept 3 / Aucun programme du 27 août au 3 septembre						5:00p-8:00p 5:00p-8:00p 8:00p-9:30p	10:15a-11:30a Cancelled July 2		

#### 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

All three pools will be shut down for maintenance from June 19 - July 4.

Les trois piscines seront fermées aux fins d'entretien du 19 juin au 4 juillet.

- 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