



**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**

**Sept 6 - Dec 17**

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

**2022 Horaire des programme**

**6 sept - 17 dec**

\*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 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 1:30p-2:30p	1:30p-2:30p 4:30p-5:15p 8:00p-10:00p	5:30a-8:30a	8:15p-10:00p	7:15a-8:30a 4:00p-7:45p	9:30a-10:30a 12:00p-2:00p 5:30p-7:45p	Sports
	Badminton (Ages 12+ / 12+ ans)		8:15p-10:00p		8:15p-10:00p			8:00a-9:00a	
	Pickleball (Ages 12+ / 12+ ans) \$4.00	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p Starts Oct 13	7:15a-8:45a		2:30p-3:45p Participant Led	
Group Fitness / Conditionnement de groupe	Barre Intensity			5:00p-5:45p Starts Nov 2					
	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-5:40p Tabata Starts Sept 19	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	
	Group Active		9:00a-10:00a		12:15p-1:15p 5:30p-6:30p				
	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 Starts Sept 13						
	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		
	Lebed Method (referral required: Contact Jane.McKnight@ymcamoncton.ca)			1:30p-2:30p					
	Line Dancing / Danse en ligne		10:30a-11:30a	9:00a-10:00a					
	Prime Time Aerobics/Aérobic pour aînés	10:15a-10:45a Strength Mix		10:15a-10:45a Cardio		10:15a-10:45a Tabata			
	Stretch and Mobility / Étirements et mobilité				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		7:00p-8:00p Yin Yoga Starts Sept 21	6:00p-6:45p Yoga Flow				
Y Step (Advanced)				9:00a-10:00a					
Zumba	6:00p-6:45p	9:15a-10:15a 6:40p-7:40p	6:00p-6:45p		12:15p-1:15p 5:00p-5:45p Strong Nation				
V	Adult Swim Lessons / Cours de natation pour adultes	10:45a-11:30a Beginner	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 11:30a-1:00p	5:45a-10:15a 11:30a-1:00p	5:45a-10:15a 11:30a-1:00p	5:45a-10:15a 11:30a-1:00p	5:45a-10:15a 10:45a-1:00p	7:15a-8:45a 3:00p-6:00p	7:15a-9:30a 3:30p-7:45p	
		2:00p-3:30p 8:00p-9:45p	2:00p-3:30p 7:30p-9:45p	2:00p-3:30p 7:15p-9:45p	2:00p-4:00p 7:30p-9:45p	2:00p-8:00p			
	Ai Chi	10:15a-10:45a	10:15a-10:45a	10:15a-10:45a		10:15a-10:45a			
	Aquafit / Aquaforme	9:00a-10:00a 7:30p-8:30p	7:30p-8:30p	9:00a-10:00a 7:30p-8:30p		9:00a-10:00a			
	Aqua Jog / Aqua jogging		9:00a-10:00a		9:00a-10:00a	1:15p-2:15p			
	Aqua Strength and Stretch/Entraînement en force et étirements dans l'eau		11:00a-11:30p		11:00a-11:30p				
	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 8:30p-9:45p	5:45a-8:55a 11:00a-3:30p 8:30p-9:45p	5:45a-8:55a 10:15a-3:30p 8:30p-9:45p	5:45a-8:55a 11:00a-3:15p 8:30p-9:45p	5:45a-8:55a 10:15a-1:15p 2:15p-3:15p 4:45p-6:00p	7:15a-8:55a	7:15a-9:25a 6:00p-7:45p	
	Public Swim / Natation publique						6:00p-7:30p	1:30p-3:00p \$3.00	
V \$	Workplace Standard First Aid & CPR. Four courses: Starts Sept 10, Oct 15, Nov 22, and Dec 10								
V \$	Bronze Star course: Starts Sept 15								
	Bronze Medallion courses: Starts Sept 17, Oct 22, and Nov 26								
	Bronze Cross with Emergency First Aid courses: Starts Sept 11, Oct 16, and Nov 20								
	National Lifeguard with Workplace Standard First Aid courses: Starts Sept 11 and Nov 6								
	NLS re-certification courses: Starts Oct 23 and Dec 11								
Lifesaving Swim Instructor Course: Starts Oct 21									
One First Aid Instructor Course: Starts Oct 21									
Child & Youth Programs / Programmes pour jeunes et enfants	All Sorts of Sports and Y Kids Move / Toutes sortes de sports et Activité physique pour les enfants (ages 5-12 / 5-12 ans)		6:45p - 8:00p		6:45p - 8:00p		10:15a-11:30a 11:45a-12:45p Basketball Skills & Drills		
	No program on Saturday Sept 24. Join us at the North End Y for Healthy Kids Day! Aucun programme le samedi 24 septembre. Joignez-vous à nous au YMCA Moncton-Nord pour la Journée Enfants en santé!								
	V \$	Saturday 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)							
	\$	Game Time / Temps de jeu (Ages 5-12 / 5-12 ans)							
	V \$	Intro to Competitive Swim / Initiation à la natation de compétition							
	\$	Karate (Ages 7+ / 7+ ans)							4:00p-5:00p White belts and up 5:00p-6:00p Brown and Black belts
	P	Parent and Tot Swim / Natation parents-tout-petit							9:00a-10:00a 11:15a-12:00p 10:15a-11:15a
	P	Play Pals (Ages 0-5) / Copains jeu (0-5 ans)							No program on Saturday Sept 24. Join us at the North End Y for Healthy Kids Day! Aucun programme le samedi 24 septembre. Joignez-vous à nous au YMCA Moncton-Nord pour la Journée Enfants
V	Swim Lessons / Cours de natation							3:30p-7:15p 4:00p-7:30p	
There will be no swimming lessons from: Monday Sept 5 - Sunday Sept 11 Il n'y aura pas de cours de natation du: lundi 5 sept au dimanche 11 sept inclusivement.									
	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 5:00p-8:00p 8:00p-9:30p	

**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

**Have you tried the new indoor splashpad? Ask us about it!**  
**Avez-vous fait l'essai de notre nouvelle aire de jeux d'eau intérieure? Informez-vous!**

**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