Greater Moncton

Shine On

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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2025 Program Schedule
Mar 10 - Jun 22
**The program schedule is subject to change at any time without notice.*

2025 Horaire des programme
10 mars - 22 juin
**l'horaire du programme peut changer sans préavis.*

Hours of Operation
5:30am - 10:00pm Monday - Friday
7:00am - 10:00pm Saturday - Sunday
9:00am - 5:00pm Holidays

Heures d'ouverture
5h30 - 22h00 lundi - vendredi
7h00 - 22h00 samedi - dimanche
9h00 - 17h00 congés

@YMCAMoncton @ymcagreatermoncton @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	
	MONCTON	In partnership with the City of Moncton, all Friday and Saturday Day Passes are only $5 for those aged 12-18! Grâce à un partenariat avec la Ville de Moncton, forfait d'une journée du vendredi et du samedi sont offerts au coût de 5 $ seulement pour les jeunes de 12 à 18 ans!							Sports & Recreation
	Basketball (Ages 12+ / 12+ ans) *Basketball is Participant Led*	6:45p-9:50p	5:30a-8:30a 1:30p-2:30p	1:30p-2:30p 8:15p-9:50p	5:30a-8:30a	1:30p-2:30p 8:15p-9:50p	7:15a-8:30a 7:15p-9:50p	12:00p-2:00p 5:30p-9:50p	
	Badminton (Ages 12+ / 12+ ans)		8:15p-9:50p		8:15p-9:50p				
	Be You (ages 18+ / 18+ ans) *FREE Public Program every second week*				6:30p-8:00p	Mar 13, 27, Apr 10, 24, May 8, 22, Jun 5, & 19			
	Pickleball (Ages 12+ / 12+ ans) *Pickleball is Participant Led*	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a		7:15a-9:00a 2:30p-3:45p	
		Pickleball Doubles Tournament Mar 23. Contact andre.gaudet@ymcamoncton.ca for more details							
	Sing It On (Ages 12+ / 12+ ans) *FREE Public Program*				3:15p-4:15p				
	Volleyball (Ages 12+ / 12+ ans) *Volleyball is participant Led*					All Levels	4:00p-5:55p		
					Intermediate / Advanced		6:00p-6:55p		
	Barre Intensity	*Last class is April 30*		5:35p-6:15p					Group Fitness / Conditionnement de groupe
	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-5:45p	6:00a-7:00a 9:00a-10:00a 5:30p-6:30p	9:00a-10:00a 5:30p-6:15p	9:00a-10:00a 5:30p-6:30p	9:00a-9:30a Novice	10:15a-11:00a	9:45a-10:30a	
		Please note that the Cyclefit program will be moving to our Childminding room effective Mar 24							
√	Focus on Healing	1:15p-2:15p	Email jane.mcknight@ymcamoncton.ca for more details						
	Group Active		9:00a-10:00a		12:15p-1:15p				
	Group Blast	9:00a-10:00a	12:50p-1:20p						
	Group Centergy	9:00a-10:00a	10:30a-11:30a 5:30p-6:30p Y	12:15p-1:15p	6:00a-7:00a 10:30a-11:30a Y 5:30p-6:30p	9:00a-10:00a	10:15a-11:15a	10:45a-11:45a	
	Group Fight		5:30p-6:30p		5:30p-6:30p			9:30a-10:30a	
	Group Power	6:00a-7:00a 5:30p-6:30p	12:15p-12:45p	9:00a-10:00a 5:30p-6:30p		12:15p-1:15p	9:00a-10:00a		
	Athlete 30 (On Demand)				12:15p-12:45p				
	Group Fight (On Demand)						1:00p-2:00p		
	Group Groove (On-Demand)	12:15p-1:00p							
	Line Dancing / Danse en ligne		10:30a-11:30a						
	Pound	*Last class is April 30*		5:15p-5:35p					
	Prime Time Aerobics/Aérobie pour aînés	10:15a-10:45a Cardio		10:15a-10:45a Strength Mix		10:15a-10:45a Tabata			
	Prime Time Socials	Mar 10, April 14, May 12, and Jun 9 at 11:30am in the Boardroom							
	Super Flex & Tone / Flexi-tonification avancée	12:15p-1:00p		6:00a-7:00a		9:00a-10:00a			
	Tabata Training / Entraînement Tabata					6:00a-6:45a Y			
	Tai Chi		1:30p-2:30p		1:30p-2:30p				
		New participants are encouraged to start on the first Tuesday of each month when possible / Les nouveaux participants sont encouragés à commencer – dans la mesure du possible – le premier mardi de chaque mois.							
	Yoga Flow	7:00p-8:00p		9:00a-10:00a					
	Y Step (Advanced)				9:00a-10:00a				
	Zumba	5:45p-6:45p	9:15a-10:15a Y 6:40p-7:40p Y	6:30p-7:15p	7:00p-8:00p		11:30a-12:30p	9:30a-10:30a	
	MOSSA New Release Launch Week. Free classes Apr 12-18!								
√	Adult Swim Lessons / Cours de natation pour adultes	10:45a-11:45a Beginner 7:30p-8:30p Intermediate 7:30p-8:15p Beginner	10:00a-11:00a Advanced	10:00a-11:00p Intro to Deep	10:00a-11:00a Intermediate 7:30p-8:15p Beginner	10:00a-11:00a Intermediate			Aquatics / Aquatiques
	Ai Chi	10:15a-10:45a		10:15a-10:45a		10:15a-10:45a			
	Aquafit / Aquaforme	9:00a-10:00a	7:30p-8:30p	9:00a-10:00a $3 Primetime		9:00a-10:00a			
	Aqua Jog / Aquajogging		9:00a-10:00a		9:00a-10:00a 7:30p-8:30p				
	Aqua Hydro Circuit		11:00a-11:30a		11:00a-11:30a				
	Aqua Yoga		10:15a-10:45a		10:15a-10:45a				
	Aqua Zumba			7:30p-8:30p					
	Lane Swimming Drop-in / Natation en couloirs	5:45a-8:45a 10:15a-3:30p 8:30p-9:45p	5:45a-8:45a 11:00a-3:30p 8:30p-9:45p	5:45a-8:45a 11:00a-3:30p 8:30p-9:45p	5:45a-8:45a 11:00a-3:30p 8:30p-9:45p	5:45a-8:45a 11:00a-5:45p	7:15a-8:45a 8:00p-9:45p	7:15a-8:45a 7:00p-9:45p	
	Open Therapy Swim / Natation thérapeutique	5:45a-10:15a 11:45a-1:00p 2:00p-3:30p 8:15p-9:45p	5:45a-10:15a 11:30a-1:00p 2:00p-3:30p 8:30p-9:45p	5:45a-10:15a 11:00a-1:00p 2:00p-3:30p 8:30p-9:45p	5:45a-10:15a 11:30a-1:00p 2:00p-3:30p 8:15p-9:45p	5:45a-10:15a 11:00a-1:00p 2:00p-6:00p	7:15a-8:45a 2:30p-6:30p 8:00p-9:45p	7:15a-8:45a 3:30p-9:45p	
√	Teen Swim Lessons / Cours de natation pour adolescent (Ages 13-17 / 13-17 ans)		7:30p-8:30p						
F	Public Swim / Natation publique					6:00p-7:30p $3.00	6:30p-7:45p	2:00p-3:00p $3.00	
	ADVISORY ANNUAL POOL MAINTENANCE All Pools Closed from Sun. June 8 to Sun. Jun 22								
	Courses / Cours	Emergency First Aid (Basic) with CPR -C, four courses: Starts Mar 22, Apr 14, May 10, and Jun 16							
		Red Cross Babysitting Courses (Ages 11-15) at North End Y: Three courses; Apr 12, May 2, and Jun 7							
		Stay Safe Courses (Ages 9-12) at the North End Y: Three courses; Apr 26, May 16, and Jun 14							
		Bronze Star course: Starting Mar 27							
		Bronze Medallion courses: Starting Mar 15							
		Bronze Cross with Emergency First Aid course: Starting Mar 15							
		Lifesaving Instructor course: Starting May 2							
		First Aid Instructor course: Starting May 2							
		Examiners Course: starting May 10							
		National Lifeguard Instuctor course: Starting May 24							
		National Lifeguard - Pool with Workplace Standard First Aid / CPR-C course: Starts Mar 16							
		YMCA Swim Instructor Course: Starts May 31							
	Art Hub / Carrefour des arts (Ages 2-12 / 2-12 ans)				5:15p-6:15p				Child & Youth Programs / Programmes pour jeues et enfants
	Basketball (ages 5-12 / 5-12 ans)						12:45p-1:45p		
	Be You (ages 12-17 / 12-17 ans) FREE Public Program		6:00p-6:45p 6:45p-8:00p	There is a Be You Bash Party from 8pm-10pm on April 11. Contact tyler.nagle@ymcamoncton.ca for more information.					
√ $	Birthday Parties / Fêtes d'anniversaire	Saturdays in Main Gym from 2:30p-3:30p and Community Room from 2:30p-4:30p							
√ $	Childminding (ages 6 months - 12 years) Garde d'enfants (6 mois - 12 ans)	8:45a-1:00p	8:45a-1:00p	8:45a-1:00p	8:45a-1:00p	8:45a-1:00p			
		Childminding will be unavailable March 10 - 16 and will be moving to our Afterschool space effective Mar 17							
√ $	Karate (Ages 7+ / 7+ ans) White Belt and up							4:00p-5:00p	
√ $	Karate (Ages 7+ / 7+ ans) Blue Belts and up							4:00p-5:00p	
√ $	Karate (Ages 7+ / 7+ ans) Brown and Black Belt							5:00p-6:00p	
P	Parent and Tot Swim / Natation parents-tout-petit	9:00a-10:00a 1:00p-2:00p	9:00a-10:00a 1:00p-2:00p	9:00a-10:00a 1:00p-2:00p	9:00a-10:00a 1:00p-2:00p	9:00a-10:00a 1:00p-2:00p	3:00p-4:30p	6:00p-7:45p	
P	Play Pals (Ages 0-5) / Copains jeu (0-5 ans)	10:15a-11:15a				10:15a-11:15a	10:15a-11:15a		
	Soccer (Ages 5-12 / 5-12 ans)						11:30a-12:30p		
√	Swim Lessons / Cours de natation	10:45a-11:45a 3:30p-7:15p	10:45a-11:45a 3:30p-7:15p	10:45a-11:45a 3:30p-7:15p	10:45a-11:45a 3:30p-7:15p		9:00a-2:30p	9:00a-1:30p	
		3:30p-7:15p	3:30p-7:15p	3:30p-7:15p	3:30p-7:15p				
		3:30p-7:15p	3:30p-7:15p	3:30p-7:15p	3:30p-7:30p				
		There will be no swimming lessons from: June 8-22 Il n'y aura pas de cours de natation du: 8 juin au 22 juin inclusivement.							
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			
	Y Kids Move /Activité physique pour les enfants (ages 5-12 / 5-12 ans)			6:45p-8:00p	6:45p-8:00p		10:15a-11:15a		

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
Y = Youth Participation is permitted with a parent/guardian / Les jeunes sont les bienvenus, accompagnés d'un parent/tuteur

MONCTON

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

V2