

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!								
	Basketball (Ages 12+ / 12+ ans) <i>Basketball is Participant Led</i>	1:15p-5:15p 6:45p-9:50p	5:30a-8:30a 1:30p-2:30p 6:45p-8:00p	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 5:15p-9:50p	Sports & Recreation	
	Badminton (Ages 12+ / 12+ ans) Be You (ages 12-17 / 12-17 ans) <i>FREE Public Program</i>		8:15p-9:50p		8:15p-9:50p					
	Pickleball (Ages 12+ / 12+ ans) <i>Pickleball is Participant Led</i>	7:15a-8:45a		7:15a-8:45a	1:30p-3:15p	7:15a-8:45a		8:00a-10:00a Practice/Play for beginners 7:15a-10:30a 2:30p-3:45p		
	Sing It On (Ages 12+ / 12+ ans) <i>FREE Public Program</i>				3:15p-4:15p					
	Volleyball (Ages 12+ / 12+ ans) <i>Volleyball is participant Led</i>				All Levels Intermediate / Advanced		4:00p-5:55p 6:00p-6:55p			
✓	Barre Intensity	4:45p-5:15p		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				
	Cyclefit / Véloforme		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-6:15p	9:00a-9:30a Novice	10:15a-11:00a	9:45a-10:30a		
	Core Express		5:00p-5:25p							
	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					
	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 (Mossa On Demand) Group Fight (Mossa On Demand) Group Groove (Mossa On-Demand)				12:15p-12:45p		1:00p-2:00p			
	Line Dancing / Danse en ligne		10:30a-11:30a							
	Pound			5:15p-5:35p						
	Prime Time Aerobics/Aérobic pour aînés	10:15a-10:45a Cardio		10:15a-10:45a Strength Mix		10:15a-10:45a Tabata				
	Prime Time Socials	Dates are Sep 8, Oct 6, Nov 10, and Dec 8								
	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	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	7:00p-8:00p Flow		9:00a-10:00a Flow				7:00p-8:00p Yin		
	Y Step (Advanced)				9:00a-10:00a					
	Zumba	5:30p-6:30p Y	9:15a-10:15a Y 6:40p-7:40p Y	6:30p-7:30p Y	7:00p-8:00p Y		11:30a-12:30p	9:30a-10:30a		
	✓	Drop-In Adult Swim Lessons / Cours de natation pour adultes	10:45a-11:45a Beg. 8:00p-8:45p Int. 8:00p-8:45p Beg.	10:00a-11:00a Advanced	10:00a-11:00p Intro to Deep 8:00p-8:45p Int. 8:00p-8:45p Beg.	10:00a-11:00a Intermediate				
Ai Chi		10:15a-10:45a		10:15a-10:45a		10:15a-10:45a				
Aquafit / Aquaforme		9:00a-10:00a		9:00a-10:00a \$3 Primetime		9:00a-10:00a				
Aqua Jog / Aquajogging			9:00a-10:00a 8:00p-8:45p		9:00a-10:00a 8:00p-8:45p					
Aqua Hydro Circuit			11:00a-11:30a		11:00a-11:30a					
Aqua Yoga			10:15a-10:45a		10:15a-10:45a					
Aqua Zumba				8:00p-9:00p						
Lane Swimming Drop-in / Natation en couloirs		5:45a-8:45a 10:15a-3:30p 8:45p-9:45p	5:45a-8:45a 11:00a-3:30p 8:45p-9:45p	5:45a-8:45a 11:00a-3:30p 8:45p-9:45p	5:45a-8:45a 11:00a-3:30p 8:45p-9:45p	5:45a-8:45a 10:15a-5:45p	7:15a-8:45a 3:45p-9:45p	7:15a-8:45a 7:00p-9:45p		
Member Swim / Natation membres							2:30p-3:30p			
Open Therapy Swim / Natation thérapeutique		5:45a-10:15a 11:45a-1:00p 2:00p-3:30p 8:45p-9:45p	5:45a-10:15a 11:30a-1:00p 2:00p-3:30p 8:45p-9:45p	5:45a-10:15a 11:00a-1:00p 2:00p-3:30p 9:00p-9:45p	5:45a-10:15a 11:30a-1:00p 2:00p-3:30p 8:45p-9:45p	5:45a-10:15a 11:00a-1:00p 2:00p-6:00p	7:15a-8:45a 3:45p-9:45p	7:15a-8:45a 3:45p-9:45p		
Teen Swim Lessons / Cours de natation pour adolescent (Ages 13-17 / 13-17 ans)			8:00p-8:45p 8:00p-8:45p		8:00p-8:45p					
F Public Swim / Natation publique						6:00p-7:30p \$3.00		2:30p-3:30p \$3.00		
		Emergency First Aid with CPR -C, three courses: Starts Oct 20, Nov 22, and Dec 15								
		Red Cross Babysitting Courses (Ages 11-15) at North End Y Sept 13, Oct 4, and Nov 10								
		Stay Safe Courses (Ages 9-12) at the North End Y Sept 26, Oct 25, and Nov 21								
		Bronze Star course: Starting Sept 17								
		Bronze Medallion courses: Starting Sept 13								
		Bronze Cross with Emergency First Aid course: Starting Sept 21								
		National Lifeguard - Pool (NLS) with Standard First Aid and CPR C: Starting Sept 21								
✓	Art Hub / Carrefour des arts (Ages 2-12 / 2-12 ans)			5:30p-6:30p					Child & Youth Programs / Programmes pour jeunes et enfants	
	Basketball (ages 5-12 / 5-12 ans)						12:45p-1:45p			
	✓ \$ Birthday Parties / Fêtes d'anniversaire	Saturdays in Main Gym from 2:30p-3:30p and Community Room from 2:30p-4:30p								
	P Chocolate Bar Bingo	Saturday October 18 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				
		There is no childminding when there is no school / Il n'y a pas de service de garde lorsqu'il n'y a pas d'école.								
	✓ \$ 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 Child Swim / Natation parents-enfants	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	6:00p-7:45p	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			
		10:45a-11:45a 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p					
	✓ Swim Lessons / Cours de natation	3:30p-8:00p 3:30p-8:00p	3:30p-8:00p 3:30p-8:00p	3:30p-8:00p 3:30p-8:00p	3:30p-8:00p 3:30p-8:00p		9:00a-2:30p	9:00a-2:30p		
	Soccer (Ages 5-12 / 5-12 ans)						11:30a-12:30p			
	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			