



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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@YMCAMoncton



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2026 Program Schedule

Jun 22 - Sept 8

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

Hours of Operation

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

2026 Horaire des programme

22 juin - 8 sept

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

Heures d'ouverture

5h30 - 22h00 lundi - vendredi  
7h00 - 22h00 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		
<p><b>MONCTON</b></p> <p>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!</p>									
Basketball (Ages 12+ / 12+ ans) <i>Basketball is Participant Led</i>	1:15p-5:15p 6:45p-9:50p	5:30a-7:00a 1:30p-2:30p 6:45p-8:00p	1:30p-2:30p 8:15p-9:50p	5:30a-7:00a 6:45p-8:00p	1:30p-2:30p 8:15p-9:50p	7:15a-8:30a 7:15p-9:50p	12:00p-2:00p 4:00p-9:50p	Sports & Recreation	
Badminton (Ages 12+ / 12+ ans)		8:15p-9:50p		8:15p-9:50p					
Be You (ages 12-17 / 12-17 ans) <i>FREE Public Program</i>			6:45p-8:45p						
Pickleball (Ages 12+ / 12+ ans) <i>Pickleball is Participant Led</i>	7:15a-8:45a	7:15a-8:45a	7:15a-8:45a	7:15a-8:45a 1:30p-3:15p	7:15a-8:45a		7:15a-10:00a 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>				Intermediate / Advanced	All Levels	4:00p-5:55p			
Barre Intensity	4:30p-5:15p							Group Fitness / Conditionnement de groupe	
Chair Yoga / Yoga sur chaise	10:50a-11:20a		10:50a-11:20a		10:50a-11:20a				
Core Express		5:00p-5:25p							
Group Active		9:00a-10:00a		12:15p-1:15p					
Group Blast	9:00a-10:00a								
Group Centergy	9:00a-10:00a	10:20a-11:20a 5:30p-6:30p Y	12:15p-1:15p	6:00a-7:00a 10:20a-11:20a Y	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-1:15p	9:00a-10:00a 5:30p-6:30p		12:15p-1:15p	9:00a-10:00a			
Athlete 30 (Mossa On Demand)				12:15p-12:45p					
Group Fight (Mossa On Demand)			5:15p-6:15p			1:00p-2:00p			
Group Groove (Mossa On-Demand)	12:15p-1:00p					11:30a-12:30p			
Prime Time Aerobics/Aérobic pour aînés Cardio	10:15a-10:45a		10:15a-10:45a Strength Mix		10:15a-10:45a Tabata				
Prime Time Socials	Dates are July 13 and August 10								
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					
Yoga	7:00p-8:00p Flow	6:00a-7:00a 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			9:30a-10:30a		
Drop-In Adult Swim Lessons / Cours de natation pour adultes	10:45a-11:45a Novice 8:00p-8:45p Novice & Int. 8:00p-8:45p Novice	10:00a-11:00a Advanced	10:00a-11:00p Intro to Deep End 8:00p-8:45p Int. & Intro to Deep 8:00p-8:45p Novice	10:00a-11:00a Intermediate				Aquatiques / Aquatiques	
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 Primitime		9:00a-10:00a				
Aqua Jog / Aqua jogging		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					
Lap Lane Swimming Drop-in / Natation en couloirs	5:45a-8:45a 10:15a-2:15p 8:45p-9:45p	5:45a-8:45a 11:00a-2:15p 8:45p-9:45p	5:45a-8:45a 11:00a-2:15p 8:45p-9:45p	5:45a-8:45a 11:00a-2:15p 8:45p-9:45p	5:45a-8:45a 10:15a-6:00p	7:15a-8:45a 3:45p-9:45p	7:15a-8:45a 7:15p-9:45p		
Wellness Lane Swimming Drop-in / Natation bien-être	7:45a-8:45a 10:15a-11:30a 8:45p-9:45p	7:45a-8:45a 11:00a-12:00p	7:45a-8:45a 11:00a-12:00p 8:45p-9:45p	7:45a-8:45a 11:00a-12:00p	7:45a-8:45a	7:15p-9:45p	7:15p-9:45p		
Member Swim / Natation membres					2:30p-3:30p				
Open Therapy Swim / Natation thérapeutique	5:45a-10:15a 11:45a-1:00p 8:45p-9:45p	5:45a-10:15a 11:30a-1:00p 8:45p-9:45p	5:45a-10:15a 11:00a-1:00p 8:45p-9:45p	5:45a-10:15a 11:30a-1:00p 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 (Novice)		8:00p-8:45p					
Public Swim / Natation publique	2:30p-3:30p \$3.00	2:30p-3:30p \$3.00	2:30p-3:30p \$3.00	2:30p-3:30p \$3.00	6:30p-7:30p \$3.00		2:30p-3:30p \$3.00		
Courses / Cours	Emergency First Aid with CPR -C, Course dates are: July 18 and Aug 22								
	Red Cross Babysitting Courses (Ages 11-15) at North End Y on Tuesdays								
	Stay Safe Courses (Ages 9-12) at the North End Y on Thursdays								
	Bronze Star course: Starting June 24								
	Bronze Medallion courses: Starting June 27								
	Bronze Cross with Emergency First Aid course: Starting July 10								
	Intro to Competitive Swimming: Starts June 23 National Lifeguarding Instructor: Starting July 13 YMCA Swim Instructor (YSI): Starts July 24								
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			
Birthdays 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-1:15p	8:45a-1:15p	8:45a-1:15p	8:45a-1:15p	8:45a-1:15p				
Golf (Ages 7-12 / 7-12 ans)		6:30p-7:45p					Outdoor at Ecole Le Sommet and starts June 30		
Junior Leadership (Ages 12-15 ans)	8:00a-4:30p	8:00a-4:30p	8:00a-4:30p	8:00a-4:30p	8:00a-4:30p				
Multisport (Ages 5-12 / 5-12 ans)						11:30a-12:30p			
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-7:00p	6:00p-7:00p		
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)				6:30p-7:45p			Outdoor at Ecole Le Sommet and starts July 10		
Swim Lessons / Cours de natation	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p		9:00a-2:30p	9:00a-2:30p		
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				
Ultimate Frisbee (Ages 11-16 / 11-16 ans)	6:30p-7:45p						Outdoor at Ecole Le Sommet and starts June 29		
Y Kids Move / Activité physique pour les enfants (ages 5-12 / 5-12 ans)			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



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