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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2026 Program Schedule
Sept 8 - Dec 13
**The program schedule is subject to change at any time without notice.*

2026 Horaire des programme
8 sept - 13 dec
**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

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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*	1:15p-5:15p 6:45p-9:50p	1:30p-2:30p 6:45p-8:00p	1:30p-2:30p 8:15p-9:50p	5:30a-7:00a	1:30p-2:30p 8:15p-9:50p	7:15a-8:30a 7:15p-9:50p	12:00p-2:00p 5:15p-9:50p	
	Badminton (Ages 12+ / 12+ ans)		8:15p-9:50p		8:15p-9:50p				
	Be You (ages 12-17 / 12-17 ans) *FREE Public Program*			6:45p-8:45p					
	Pickleball (Ages 12+ / 12+ ans) *Pickleball is Participant Led*	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) *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	4:45p-5:30p		5:30p-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 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							
	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 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-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)						1:00p-2:00p		
	Group Groove (Mossa On-Demand)	12:15p-1:00p							
	Latino Dancing						11:30a-12:30p		
	Line Dancing		9:00a-10:00a						
	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	Dates are Sept 14, Oct 5, Nov 9, and Dec 14							
	Super Flex & Tone / Flexi-tonification avancée	12:15p-1:00p		6:00a-7:00a		9:00a-10:00a			
	Tabata Training / Entraînement Tabata		6:00a-7:00a Y			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	7:00p-8:00p Flow		9:00a-10:00a Flow				7:00p-8:00p Yin	
	Y Step (Advanced)				9:00a-10:00a				
	Zumba	5:45p-6:45p 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	10:00a-11:00a Advanced	10:00a-11:00p Intro to Deep End	10:00a-11:00a Intermediate				Aquatics / Aquatiques
		8:00p-8:45p Intermediate		8:00p-8:45p Int. & Intro to Deep					
		8:00p-8:45p Novice		8:00p-8:45p Novice	8:00p-8:45p Novice				
	Ai Chi	10:15a-10:45a		10:15a-10:45a Self Led		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-8:45p Starts Oct 14					
	Lap Lane Swimming Drop-in / Natation en couloirs	5:45a-8:45a 10:15a-3:15p 8:45p-9:45p	5:45a-8:45a 11:00a-3:15p 8:45p-9:45p	5:45a-8:45a 11:00a-3:15p 8:45p-9:45p	5:45a-8:45a 11:00a-3:15p 8:45p-9:45p	5:45a-8:45a 10:15a-5:45p	7:15a-8:45a 3:45p-9:45p	7:15a-8:45a 7:15p-9:45p	
	Wellness Lane Swimming Drop-in / Natation bien-être	7:45a-8:45a 10:15a-11:30a	7:45a-8:45a 11:00a-12:00p	7:45a-8:45a 11:00a-12:00p	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 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 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-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				
F	Public Swim / Natation publique					6:30p-7:30p $3.00		2:30p-3:30p $3.00	
√ $	Courses / Cours	Basic First Aid with CPR -C, Course dates are: Sept 19, Oct 19, and Nov 21							Courses / Cours
		Red Cross Babysitting Courses (Ages 11-15) at North End Y on Sept 18, Oct 9, Nov 14, and Dec 11							
		Stay Safe Courses (Ages 9-12) at the North End Y on Sept 26, Oct 23, Nov 20, and Dec 19							
		Bronze Star course: Starting Sept 12							
		Bronze Medallion courses: Starting Sept 12							
		Bronze Cross with Basic First Aid course: Starting Oct 24							
		(NLS) National Lifeguard Course: Starting Oct 4							
		YMCA Swim Instructor (YSI): Starts Oct 16							
		National Lifeguarding Instructor: Starting Nov 14							
		Intro to Competitive Swimming: Starts Sept 15							
		National Lifeguarding Recertification: Starts Oct 24							
		Examiners Course: Starting Nov 1							
	Art Hub / Carrefour des arts (Ages 2-12 / 2-12 ans)			5:30p-6:30p					Child & Youth Programs / Programmes pour jeues 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							
	Chocolate Bar Bingo (all ages)	October 24th and Dec 12th from 3:00p-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			
√ $	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	
√ $	Lifesaving Club (Ages 8-11)		6:00p-7:00p						
√ $	Lifesaving Club (Ages 12-15)			6:15p-7:15p					
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-7:00p	6:00p-7:00p	
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-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		9:00a-2:30p	9:00a-2:30p	
		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				
√	Tutoring (All grades)				5:30p-6:30p Starts Oct 1				
PNR √ $	Tween Zone (Ages 8-12) / Zone de pré-ados (8-12 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