

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) <i>Basketball is Participant Led</i>	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					
	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) Volleyball (Ages 12+ / 12+ ans) <i>Volleyball is participant Led</i>	FREE Public Program			3:15p-4:15p	All Levels Intermediate / Advanced	4:00p-5:55p 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	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) Group Fight (Mossa On Demand) Group Groove (Mossa On-Demand)				12:15p-12:45p		1:00p-2:00p			
	Latino Dancing						11:30a-12:30p			
	Line Dancing		9:00a-10:00a Starts Sept 30							
	Pound			5:10p-5:30p						
	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								
F	Super Flex & Tone / Flexi-tonification avancée	12:15p-1:00p		6:00a-7:00a		9:00a-10:00a			Aquatics / Aquatiques	
	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 8:00p-8:45p Intermediate 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					
	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 Primitime		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	Courses / Cours	
	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 (Novice)		8:00p-8:45p					
	Public Swim / Natation publique					6:30p-7:30p \$3.00		2:30p-3:30p \$3.00		
		Basic First Aid with CPR -C, Course dates are: Sept 19, Oct 19, and Nov 21								
		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 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								
	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						
	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)						11:30a-12:30p			
	Swim Lessons / Cours de natation	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p 3:30p-8:00p	10:45a-11:45a 3:30p-8:00p 3:30p-8:00p 3:30p-8:00p		9:00a-2:30p	9:00a-2:30p		
	Tutoring (All grades)				5:30p-6:30p Starts Oct 1					
	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



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