

Print date: 2025-07-09

## Fall 2022

From 2022-09-05 to 2022-12-18

### OPENING HOURS

**Monday - Friday:** 6 a.m. - 10 p.m.







**Saturday - Sunday:** 7:30 a.m. - 7&nbsp;p.m.

Special schedule

**Monday, September 1 (Labour Day):** no Group Fitness

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Aquafit (18 and ) Pool		10:00 - 10:50 Aquafit (18 and ) Pool	14:00 - 14:50 Aquafit (18 and ) Pool	09:00 - 09:50 Aquafit (18 and ) Pool	12:00 - 12:50 Aquafit (18 and ) Pool	12:00 - 12:50 Aquafit (18 and ) 18 December - 18 December Pool
18:00 - 18:50 Aqua core (18 and +) Pool		18:00 - 18:50 Aqua core (18 and +) Pool				

**Intensity :** Low  | Moderate  | High  |  Outdoor Classes |  Registration required | \$ Additional payment required | \$N Additional fee for non-members |  Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: [ymcaquebec.org/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	07:00 - 08:00	07:00 - 08:00	07:00 - 08:00	08:00 - 08:55	08:00 - 08:55	08:00 - 09:00
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08:00 - 08:55	08:00 - 08:55	08:00 - 09:00	08:00 - 08:55	10:00 - 11:00	09:00 - 10:00	09:00 - 10:00
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10:00 - 11:00	10:00 - 11:00	09:00 - 09:55	10:00 - 11:00	11:00 - 12:00	10:00 - 11:00	10:00 - 11:00
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11:00 - 12:00	11:00 - 12:00	11:00 - 12:00	11:00 - 12:00	12:00 - 13:00	11:00 - 11:55	11:00 - 11:55
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12:00 - 12:55	12:00 - 13:00	13:00 - 14:00	12:00 - 13:00	16:00 - 16:55		
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16:00 - 17:00	16:00 - 16:55	17:00 - 17:55	13:00 - 14:00	17:00 - 18:00		
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17:00 - 17:55		19:00 - 20:00	16:00 - 16:55	18:00 - 19:00		
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19:00 - 20:00		20:00 - 21:00	17:00 - 18:00	19:00 - 20:00		
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20:00 - 21:00			18:00 - 19:00	20:00 - 21:00		
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			19:00 - 19:55			

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		16:00 - 16:55 Family Open Swim (City)				13:00 - 13:55 Family Open Swim (City)
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## Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 21:00 Triathlon - Swimming (18+) <i>Pool</i>			07:00 - 08:00 Triathlon - Swimming (18+) <i>Pool</i>		08:00 - 08:55 Triathlon - Swimming (18+) <i>Pool</i>
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**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ☼ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$N Additional fee for non-members | ☼ Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: [ymcaquebec.org/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).

## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:00 - 17:00 Martial Arts for Kids (6-11 yrs) Gym \$	17:00 - 17:55 Introduction to sports 3-5 years old (3-5 yrs) Gym /\$	18:00 - 19:00 Hip-hop for kids 6-8 years old Gym \$		09:00 - 09:55 Soccer 6-7 years – Level 1 Gym /\$	09:00 - 09:55 Basketball 6-7 years – Level 1 Gym \$
					10:00 - 10:55 Soccer 10-11 years – Level 1 \$	10:00 - 10:55 Basketball 8-9 years – Level 1 Gym \$
					10:00 - 10:55 Soccer 8-9 years – Level 1 Gym - À venir/TBA /\$	10:00 - 10:55 Basketball 8-9 years – Level 2 Gym \$
					10:00 - 10:55 Soccer 8-9 years – Level 2 Gym - À venir/TBA /\$	11:00 - 11:55 Basketball 10-11 years – Level 1 Gym \$
					10:00 - 10:55 Soccer 10-11 years – Level 2 Gym - À venir/TBA /\$	11:00 - 11:55 Basketball 10-11 years – Level 2 Gym \$