



Print date: 2025-05-23

## Fall 2018

From 2018-09-10 to 2018-12-23

### OPENING HOURS

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

**Saturday - Sunday:** 7:30 a.m. - 7 p.m.

Special schedule

**Monday, May 19 (National Patriots Day):** no Group Fitness

### POOL CLOSURE

Saturday - Sunday: 6:30 p.m.

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Isabelle	09:35 - 10:25 Aquafit Pool - Kevin	09:35 - 10:25 Aquafit Pool - Mary	09:35 - 10:25 Aquafit Pool - Gui	09:35 - 10:25 Aquafit Pool - Marine	09:00 - 09:50 Aqua Cardio Pool - Azita	
	13:15 - 14:00 Aqua Arthritis 18 September - 23 December Pool - Rose ① W \$N		13:15 - 14:00 Aqua Arthritis 18 September - 23 December Pool - Gui ① W \$N			

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🗺 Activity open to City of Montréal residents | 🏠 Activity open to City of Westmount 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).