

## **Cartierville YMCA** 11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047 ymcaquebec.org

#### Print date: 2025-09-08

	Winter 2019	From 2019-01-07 to 2019-03-24
	OPENING HOURS	Monday - Friday: 6 a.m 10 p.m.
		Saturday - Sunday: 7:30 a.m 7:30 p.m.
		Special schedule
		Monday, September 1 (Labour Day): no Group Fitness
		Monday, October 13 (Thanksgiving Day): no Group Fitness
		August 25 to September 14, 2025: Pool closed
	POOL CLOSURE	August 25 to September 14, 2025

Intensity: Low 🔊 Hoderate 🔊 I High 🔊 I Coutdoor Classes | BB Baby friendly | 🖍 Registration required | S Additional payment required | E Reservation cards are available at the reception desk 20 minutes before the class | S Online reservation | SN Additional fee for non-members | E 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**.



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### **Aquatics - Open Swim**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 09:00	07:00 - 08:00	07:30 - 09:00	07:00 - 08:00			
7 January - 24	7 January - 24	7 January - 24	7 January - 24	08:00 - 09:00	14:30 - 16:30	13:30 - 16:00
March	March	March	March	Recreational	Pool /	Pool /
Recreational	Recreational	Recreational	Recreational	Pool	Recreational Pool	Recreational Pool
Pool	Pool	Pool	Pool	<b>⑤</b> \#}	\$	<del>\$}</del>
5	5	5	5			
10:00 - 11:00				12:00 - 13:00	19:00 - 19:55	19:00 - 19:55
Family Open	08:00 - 09:30	12:00 - 13:00	08:00 - 09:30	7 January - 24	7 January - 24	7 January - 24
Swim	Pool /	Recreational	Pool /	March	March	March
Recreational	Recreational Pool	Pool	Recreational Pool	Recreational	Pool /	Pool /
Pool	3*	<b>⑤</b> \#}	3	Pool	Recreational Pool	Recreational Pool
2				5	2	2
	12:00 - 14:00	13:00 - 14:00	12:00 - 14:00			
12:00 - 13:00	7 January - 24	7 January - 24	7 January - 24	13:00 - 14:00		
Recreational	March	March	March	Pool /		
Pool	Recreational	Pool /	Recreational	Recreational Pool		
<b>5</b> #	Pool	Recreational Pool	Pool	2#		
	5	3	5			
14:05 - 15:15		14:05 - 15:15		14:00 - 15:15		
Open Swim	15:30 - 16:30	Open Swim	15:30 - 16:30	7 January - 24		
(City) 50 + (50+)	Pool /	(City) 50 + (50+)	Pool /	March		
Pool /	Recreational Pool	Pool /	Recreational Pool	Pool /		
Recreational Pool	2#	Recreational Pool	2*	Recreational Pool		
2	10.00 17.00	<b>2</b> \$	16.20 10.00	3		
15:15 - 18:00	16:30 - 17:30	15:15 - 16:25	16:30 - 18:00	15.15 16.15		
7 January - 24 March	Family Open Swim	7 January - 24 March	7 January - 24 March	15:15 - 16:15 <i>Pool /</i>		
Pool /	Recreational	Recreational	Pool /	Recreational Pool		
Recreational Pool	Pool	Pool	Recreational Pool	2 (3) (3) (3) (3) (3) (3) (3) (3) (3) (3)		
3	2	5	3			
19:30 - 20:30	©	<b>e</b>	<b>U</b>			
Family Open	18:30 - 20:30		18:30 - 20:30	20:30 - 21:30		
Swim	Pool /	20:30 - 21:55	Pool /	20.30 - 21.30 Pool /		
Recreational	Recreational Pool	Pool	Recreational Pool	Recreational Pool		
Pool	③ ⊕	2#	3	② ⊕		
2						
	20:30 - 21:55		20:30 - 21:55			
	7 January - 24		7 January - 24			
20:30 - 21:55	March		March	21:30 - 21:55		
Pool	Recreational		Recreational	Pool		
<b>2</b> #	Pool		Pool	<b>②</b> \#		
	2		2			

Intensity : Low () () Moderate () () High () () Outdoor Classes | BB Baby friendly | / Registration required | Additional payment required Reservation cards are available at the reception desk 20 minutes before the class | () Online reservation | () 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 - () 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**.



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#### Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:50 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	09:15 - 10:00 Cycling (8 yrs+) (8+) <i>Studio 1B -</i> <i>Cathy</i> BB(R)	16:30 - 17:20 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	19:30 - 20:30 Pilates (8 yrs+) (8+) <i>Studio 3 -</i> <i>Hooma/Louise C</i> . BB		10:15 - 11:00 Family Bootcamp (0-11 yrs with parents) <i>Studio 3 -</i> <i>Stefania</i> BB	10:30 - 11:45 Family Open Gym (0-12 yrs with parents) <i>Gym 1 &amp; 2</i> BB
17:45 - 18:25 Family STRONG by Zumba® (0- 11 years old with parents) <i>Studio 3 - Yvette</i> BB	17:45 - 18:25 Family Core Strength & Abs (0-11 years old with parents) <i>Studio 3 - Pari</i> BB				10:30 - 12:45 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	

**Intensity :** Low OO | Moderate OO | High OO |  $\bigcirc$  Outdoor Classes | BB Baby friendly |  $\checkmark$  Registration required | \$ Additional payment required |  $\blacksquare$  Reservation cards are available at the reception desk 20 minutes before the class | O Online reservation | \$ Additional fee for non-members | B 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**.