

Print date: 2025-09-08

Winter 2019	From 2019-01-07 to 2019-03-24
	Monday - Friday: 6 a.m. - 10 p.m.
	Saturday - Sunday: 7:30 a.m. - 7:30 p.m.
OPENING HOURS	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 🔥🔥 | 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 | \$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.

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 09:00 7 January - 24 March Recreational Pool ⑤	07:00 - 08:00 7 January - 24 March Recreational Pool ⑤	07:30 - 09:00 7 January - 24 March Recreational Pool ⑤	07:00 - 08:00 7 January - 24 March Recreational Pool ⑤	08:00 - 09:00 Recreational Pool ⑤ ☼	14:30 - 16:30 Pool / Recreational Pool ☼	13:30 - 16:00 Pool / Recreational Pool ☼
10:00 - 11:00 Family Open Swim Recreational Pool ②	08:00 - 09:30 Pool / Recreational Pool ③ ☼	12:00 - 13:00 Recreational Pool ⑤ ☼	08:00 - 09:30 Pool / Recreational Pool ③ ☼	12:00 - 13:00 7 January - 24 March Recreational Pool ⑤	19:00 - 19:55 7 January - 24 March Pool / Recreational Pool ②	19:00 - 19:55 7 January - 24 March Pool / Recreational Pool ②
12:00 - 13:00 Recreational Pool ⑤ ☼	12:00 - 14:00 7 January - 24 March Recreational Pool ⑤	13:00 - 14:00 7 January - 24 March Pool / Recreational Pool ③	12:00 - 14:00 7 January - 24 March Recreational Pool ⑤	13:00 - 14:00 Pool / Recreational Pool ② ☼		
14:05 - 15:15 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② ☼	15:30 - 16:30 Pool / Recreational Pool ② ☼	14:05 - 15:15 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② ☼	15:30 - 16:30 Pool / Recreational Pool ② ☼	14:00 - 15:15 7 January - 24 March Pool / Recreational Pool ③		
15:15 - 18:00 7 January - 24 March Pool / Recreational Pool ③	16:30 - 17:30 Family Open Swim Recreational Pool ②	15:15 - 16:25 7 January - 24 March Recreational Pool ⑤	16:30 - 18:00 7 January - 24 March Pool / Recreational Pool ③	15:15 - 16:15 Pool / Recreational Pool ② ☼		
19:30 - 20:30 Family Open Swim Recreational Pool ②	18:30 - 20:30 Pool / Recreational Pool ③ ☼	20:30 - 21:55 Pool ② ☼	18:30 - 20:30 Pool / Recreational Pool ③ ☼	20:30 - 21:30 Pool / Recreational Pool ② ☼		
20:30 - 21:55 Pool ② ☼	20:30 - 21:55 7 January - 24 March Recreational Pool ②		20:30 - 21:55 7 January - 24 March Recreational Pool ②	21:30 - 21:55 Pool ② ☼		

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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 - 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 - Hooma/Louise C.</i> BB		10:15 - 11:00 Family Bootcamp (0-11 yrs with parents) <i>Studio 3 - Stefania</i> BB	10:30 - 11:45 Family Open Gym (0-12 yrs with parents) <i>Gym 1 & 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	

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