



Print date: 2025-07-09

## Holiday

Season 2023 From 2023-12-18 to 2023-12-24

### - Week 1

OPENING HOURS	<b>Monday - Friday:</b> 6 a.m. - 10 p.m.
	<b>Saturday - Sunday:</b> 7:30 a.m. - 7 p.m.
	Special schedule
POOL CLOSURE	<b>Monday, September 1 (Labour Day):</b> no Group Fitness
	Saturday - Sunday: 6:30 p.m.

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 Yoga Studio 1 - Gala 🔥🔥🔥	06:45 - 07:45 Total Sculpt Gym - Devon 🔥🔥	09:00 - 10:00 Tai Chi Studio 1 - Steve 🔥🔥	08:00 - 09:15 Cycling Studio 2 - Ross 🔥🔥🔥	09:00 - 10:00 Tai Chi Studio 1 - Steve 🔥🔥	10:00 - 11:00 Zumba® Gym - Lucia 🔥🔥	09:00 - 10:00 Cycling Studio 2 - Patrick 🔥🔥🔥
	07:50 - 09:05 Cycling Studio 2 - Ross 🔥🔥🔥	09:00 - 10:00 Y Pump Studio 2 - Vicky 🔥🔥		10:00 - 11:00 Interval Training Studio 2 - Kathy 🔥🔥	10:00 - 11:00 Pilates Studio 1 - Violaine 🔥🔥	
		10:15 - 11:15 Gentle Cardio-Toning Gym - Trudie 🔥🔥				

## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Gentle Toning Gym - Trudie 🔥🔥	11:05 - 12:05 Chair Yoga Studio 1 - Malcolm 🔥🔥	11:15 - 12:15 Yoga Studio 1 - Leila 🔥🔥		11:00 - 12:00 Gentle Toning Gym - Helen 🔥🔥	11:15 - 12:15 Bootcamp Gym - Nancy 🔥🔥	11:15 - 12:15 HIIT Studio 2 - Maxime 🔥🔥
	12:00 - 13:00 Total Sculpt Studio 2 - Alison 🔥🔥			12:00 - 13:00 Yoga Studio 1 - Malcolm 🔥🔥		

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥 | High 🔥🔥 | 🌳 Outdoor Classes | ✍ Registration required | 💰 Additional payment required | 🇳🇺 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).



## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 18:00 Pilates <i>Studio 1 - Vanessa</i> 🔥🔥🔥	17:00 - 18:00 Yoga <i>Studio 1 - Corinne</i> 🔥🔥🔥	17:30 - 18:30 Stretching <i>Studio 1 - Rosalind</i> 🔥🔥🔥	17:00 - 18:00 Yoga – Meditation <i>Studio 1 - Malcolm</i> 🔥🔥🔥	17:00 - 18:00 Yoga <i>Studio 1 - Gala</i> 🔥🔥🔥		
17:15 - 18:15 Total Sculpt <i>Gym - Kimberly</i> 🔥🔥🔥	18:35 - 19:35 Zumba® <i>Gym - Anabel</i> 🔥🔥	18:00 - 19:00 Interval Training <i>Gym - Lauren</i> 🔥🔥	18:15 - 19:15 HIIT <i>Studio 2 - Kimberly</i> 🔥🔥	18:30 - 19:30 Circuit Training <i>Studio 2 - Mayoro</i> 🔥🔥		
18:00 - 19:00 Cycling <i>Studio 2 - Scott</i> 🔥🔥🔥		18:35 - 19:35 Cycling <i>Studio 2 - Jacques</i> 🔥🔥🔥	18:35 - 19:35 Zumba® <i>Gym - Anabel</i> 🔥🔥			

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit <i>Pool - Teresa</i> 🔥🔥	12:45 - 13:35 Aqua Arthritis (65+) <i>Pool - Teresa</i> 🔥🔥	09:35 - 10:25 Aqua Cardio <i>Pool - Teresa</i> 🔥🔥	12:45 - 13:35 Aqua Arthritis (65+) <i>Pool - Nadia</i> 🔥🔥	09:35 - 10:25 Gentle Aquafit <i>Pool - Gayle</i> 🔥🔥	08:45 - 09:35 Aqua Interval <i>Pool - Azita</i> 🔥🔥	

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 14:00	06:30 - 09:30	11:30 - 14:00	06:30 - 09:30	11:30 - 14:00	07:30 - 08:35	08:15 - 10:00
16:00 - 18:00	11:30 - 12:40	16:00 - 18:00	11:30 - 12:40	17:45 - 20:30	11:00 - 13:00	12:30 - 13:30
19:30 - 21:15	16:00 - 18:45	19:30 - 21:15	16:00 - 18:45		14:30 - 17:30	

**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).



## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:25 - 11:25 ②	09:35 - 11:25 ②	10:25 - 11:25 ②	09:35 - 11:25 ②	10:25 - 11:25 Family Open Swim (City) (For all ages) ② ①	09:40 - 11:00 ②	10:00 - 11:30 Family Open Swim (City) (For all ages) ② ①
14:00 - 15:55 ②	13:35 - 15:55 ②	14:00 - 15:55 ②	13:35 - 15:55 ②	14:00 - 17:45 ②	13:00 - 14:30 ②	11:15 - 12:30 ②
18:00 - 19:30 ②		18:00 - 19:30 ②				

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:45 Masters Swim Club (18+) Pool ⑤ / \$	18:50 - 20:05 Masters Swim Club (18+) Pool ⑤ / \$	06:30 - 07:45 Masters Swim Club (18+) Pool ⑤ / \$	18:50 - 20:05 Masters Swim Club (18+) Pool ⑤ / \$	06:30 - 07:45 Masters Swim Club (18+) Pool ⑤ / \$		13:45 - 15:00 Masters Swim Club (18+) Pool ⑤ / \$
08:00 - 09:15 Masters Swim Club (18+) Pool ⑤ / \$		08:00 - 09:15 Masters Swim Club (18+) Pool ⑤ / \$		08:00 - 09:15 Masters Swim Club (18+) Pool ⑤ / \$		

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:45 - 20:45 Open Basketball (18+) Gym - Joseph	12:45 - 14:45 Pickleball Gym - Jean-Yves 🏸		19:45 - 21:15 Supervised Volleyball Gym - Jonathan 🏸	12:45 - 14:45 Pickleball Gym - Marie-Josée 🏸	14:45 - 16:45 Pickleball Gym - Brigitte 🏸	12:30 - 14:30 Supervised Badminton Gym - Jennie/Sam 🏸
	19:45 - 21:15 Supervised Volleyball Gym - Jonathan 🏸					

**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 | ① 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).



## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 10:45 Open Gym Gym	08:00 - 12:30 Open Gym Gym	06:15 - 10:00 Open Gym Gym	06:15 - 09:45 Open Gym Gym	06:15 - 10:45 Open Gym Gym	07:45 - 09:45 Open Gym Gym	
12:15 - 15:45 Open Gym Gym	15:00 - 18:15 Open Gym Gym	11:30 - 13:45 Open Gym Gym	11:15 - 12:45 Open Gym Gym	15:00 - 17:30 Open Gym Gym	12:30 - 14:30 Open Gym Gym	
18:30 - 19:30 Open Gym Gym - Anisha		16:30 - 17:45 Open Gym Gym - À venir/TBA	17:00 - 18:15 Open Gym Gym	20:15 - 21:15 Open Gym Gym - Hervé		
		19:45 - 21:15 Open Gym Gym - Valentina				

**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).