



Print date: 2025-08-31

## Summer 2025

From 2025-06-16 to 2025-09-07

### OPENING HOURS

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

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

Special schedule

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

**Monday, October 13 (Thanksgiving Day):** no Group Fitness

### POOL CLOSURE

Saturday - Sunday: 6:30 p.m.

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 07:45 Interval Training Studio 2 - Maxime 🔥🔥🔥	08:00 - 09:00 Cycling Studio 2 - Christiane 🔥🔥🔥	09:00 - 10:00 Y Pump Vicky 🔥🔥🔥	08:00 - 09:00 Cycling Studio 2 - Vicky 🔥🔥🔥	09:00 - 10:00 Chen Tai Chi Studio 1 - Steve 🔥🔥🔥	10:00 - 11:00 Pilates Studio 1 - Violaine 🔥🔥🔥	09:00 - 10:00 Cycling Studio 2 - Patrick 🔥🔥🔥
09:00 - 10:00 Zumba® Studio 2 - Anabel 🔥🔥🔥	10:00 - 11:00 Pilates Studio 2 - André 🔥🔥🔥	10:15 - 11:15 Gentle Cardio- Toning Gym - Sara 🔥🔥🔥	10:00 - 11:00 Pilates Studio 2 - André 🔥🔥🔥	10:00 - 11:00 Interval Training Studio 2 - Sara 🔥🔥🔥	10:00 - 11:00 Zumba® Gym - Lucia 🔥🔥🔥	10:00 - 11:00 Yoga Studio 1 - Kristine 🔥🔥🔥
10:05 - 11:05 Yoga Studio 1 - Gala 🔥🔥🔥						

## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Gentle Cardio- Toning Gym - Trudie 🔥🔥🔥	11:05 - 12:05 Chair Yoga Studio 1 - Cary 🔥🔥🔥	11:15 - 12:15 Yoga Studio 1 - Leila 🔥🔥🔥	11:15 - 12:15 Barre workout Studio 2 - Gayle 🔥🔥🔥	11:00 - 12:00 Gentle Cardio- Toning Gym - Helen 🔥🔥🔥	11:15 - 12:15 Bootcamp Gym - Maxime 🔥🔥🔥	11:15 - 12:15 HIIT Studio 2 - Armaghan 🔥🔥🔥
11:15 - 12:15 Circuit Training Studio 2 - Sara 🔥🔥🔥				11:15 - 12:15 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 Vinyasa Yoga Studio 1 - Mahsa 🔥🔥🔥	17:00 - 18:00 Yoga Studio 1 - Corinne 🔥🔥🔥	17:30 - 18:30 Stretching Studio 1 - Rosalind 🔥🔥🔥	17:00 - 18:00 Yoga – Meditation Studio 1 - Rachel 🔥🔥🔥	17:00 - 18:00 Yoga Studio 1 - Gala 🔥🔥🔥		
17:15 - 18:15 Total Sculpt Gym - Kimberly 🔥🔥🔥	18:15 - 19:15 Y Pump Studio 2 - Nancy 🔥🔥🔥	18:00 - 19:00 Interval Training Gym - Lauren 🔥🔥🔥	18:15 - 19:15 HIIT Studio 2 - Kimberly 🔥🔥🔥			
18:00 - 19:00 Cycling Studio 2 - Scott 🔥🔥🔥	18:35 - 19:35 Zumba® Gym - Anabel 🔥🔥🔥	18:35 - 19:35 Cycling Studio 2 - Jacques 🔥🔥🔥	18:35 - 19:35 Zumba® Gym - Rosario 🔥🔥🔥			

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:05 Aquafit Pool - Adam-qiaolong 🔥🔥🔥	09:15 - 10:05 Aquafit Pool - Leila 🔥🔥🔥	09:15 - 10:05 Aqua Cardio Pool - Blanca 🔥🔥🔥	09:15 - 10:05 Gentle Aquafit Pool - Gayle 🔥🔥🔥	09:15 - 10:05 Aquafit Pool - Benjamin 🔥🔥🔥	08:45 - 09:35 Aqua Interval Pool - Anh Vi Mac 🔥🔥🔥	
	12:45 - 13:35 Aqua Arthritis Pool - Blanca 🔥🔥🔥		12:45 - 13:35 Aqua Arthritis Pool - Blanca-Helen 🔥🔥🔥			

**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 - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 13:25 16 June - 7 September	06:30 - 07:30 16 June - 7 September ②	16:00 - 17:00 16 June - 7 September ②	06:30 - 09:05 16 June - 7 September	11:30 - 14:40 16 June - 7 September	08:00 - 08:35 16 June - 7 September	08:00 - 08:30 16 June - 7 September
16:00 - 17:00 16 June - 7 September ②	07:30 - 09:05 16 June - 7 September	17:00 - 19:50 16 June - 7 September ①	16:00 - 17:00 16 June - 7 September ②	16:00 - 19:50 16 June - 7 September ③		14:05 - 18:30 16 June - 7 September
17:00 - 19:50 16 June - 7 September ①	16:00 - 17:00 16 June - 7 September ②	20:00 - 21:30 16 June - 7 September	17:00 - 19:50 16 June - 7 September ①	20:00 - 21:30 16 June - 7 September		
20:00 - 21:30 16 June - 7 September	17:00 - 19:50 16 June - 7 September ①		20:00 - 21:30 16 June - 7 September			
	20:00 - 21:30 16 June - 7 September					

## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:10 - 11:25 16 June - 7 September ②	14:45 - 15:55 16 June - 7 September ②	12:40 - 13:35 16 June - 7 September ②	14:45 - 15:55 16 June - 7 September ②	10:25 - 11:25 Family Open Swim (City) (For all ages) 17 June - 7 September ② / (W)	14:00 - 15:30 Family Open Swim (City) (For all ages) 17 June - 7 September ② / (W)	08:30 - 10:00 Family Open Swim (City) (For all ages) 17 June - 7 September ② / (W)
14:45 - 15:55 16 June - 7 September ②		14:45 - 15:55 16 June - 7 September ②		14:45 - 15:55 16 June - 7 September ②		

**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 - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:45 Masters Swim Club		06:30 - 07:45 Masters Swim Club		06:30 - 07:45 Masters Swim Club		
07:55 - 09:10 Masters Swim Club		07:55 - 09:10 Masters Swim Club		07:55 - 09:10 Masters Swim Club		

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:45 - 21:45 Open Basketball Gym	10:30 - 11:30 Pickleball Gym		10:30 - 11:30 Pickleball Gym	20:15 - 21:45 Supervised Soccer Gym	14:45 - 15:45 Pickleball Gym	12:30 - 13:25 Supervised Badminton Gym
	11:30 - 12:30 Pickleball Gym		11:30 - 12:30 Pickleball Gym		15:45 - 16:45 Pickleball Gym	13:30 - 14:25 Supervised Badminton Gym
	19:45 - 21:45 Supervised Volleyball Gym		19:45 - 21:45 Supervised Volleyball Gym		16:45 - 17:45 Pickleball Gym	14:30 - 15:25 Supervised Badminton Gym

## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:30 Open Gym Gym	09:30 - 10:30 Open Gym Gym					

**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).

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 16:55 Introduction to sports 3-5 years old (3-5 years) 5 July - 22 August / \$	16:30 - 17:25 Basketball 8-9 years – Level 2 5 July - 22 August Gym / \$	16:20 - 17:15 Martial Arts for Kids (6-8 yrs) 5 July - 22 August Studio 2 / \$	16:30 - 17:25 Soccer 6-7 years – Level 2 5 July - 22 August Gym / \$	17:30 - 18:25 Basketball 6-7 years – Level 2 5 July - 22 August Gym / \$	13:30 - 14:25 Basketball 8-9 years – Level 2 5 July - 22 August Gym / \$	11:30 - 12:25 Badminton 10-11 years old 5 July - 22 August Gym / \$
	17:30 - 18:25 Basketball 10-11 years – Level 2 5 July - 22 August Gym / \$	17:20 - 18:15 Martial Arts for Kids (9-11 years) 5 July - 22 August Studio 2 / \$				

**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).