



Print date: 2025-09-12

## Summer 2018

From 2018-06-18 to 2018-09-09

### 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.

**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).



## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 08:50 Cycling Studio 2 - Jane	07:30 - 08:30 Essentrics® Studio 1 - Nicola	09:00 - 09:55 Total Sculpt Gym - Linda	08:00 - 08:50 Cycling Studio 2 - Jacques	06:30 - 07:30 Yogalates Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - Tammy	09:00 - 10:00 Cycling Studio 2 - Patrick (R)
09:00 - 10:00 Total Sculpt Gym - Olivia	08:00 - 08:50 Cycling Studio 2 - Kristine	10:00 - 10:55 Chair Yoga Studio 1 - Réal	09:00 - 10:00 Total Sculpt Gym - Jane	08:00 - 08:50 Cycling Studio 2 - Maryse	10:05 - 11:05 Interval Training Gym - Lauren	09:45 - 10:45 Total Sculpt Studio 1 - Livia
09:00 - 10:00 Pilates Studio 2 - Gala	09:00 - 10:00 Yoga Studio 2 - Cary		10:00 - 11:00 Tai Chi Studio 2 - Ron	09:00 - 10:00 Pilates Studio 2 - André	10:05 - 11:05 Cycling Studio 2 - Mélanie (R)	10:00 - 11:00 Bootcamp Gym - Sule
10:00 - 11:00 Stretching Studio 1 - Julian L.	09:00 - 10:00 Interval Training Gym - Veronique/Amberly		10:00 - 11:00 Cardio-Dance Studio 1 - Stella	09:00 - 10:00 Bootcamp Gym - Jane		
10:00 - 11:00 Yoga Studio 2 - Teaghan	09:00 - 10:00 Gentle Toning Studio 1 - Trudie		10:05 - 11:05 Stretching Gym - Chitra	10:05 - 11:05 Zumba® Gym - Cynthia		
10:05 - 11:05 Zumba® Gym - Olivia	10:00 - 11:00 Pilates Studio 2 - André			10:05 - 11:05 Chair Yoga Studio 1 - Cary		
	10:05 - 11:05 Zumba® Gym - Cynthia					

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## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05 - 13:00 Total Sculpt <i>Studio 1 - Trudie</i>	11:00 - 12:00 Tai Chi <i>Studio 1 - Ron</i>	11:00 - 12:00 Yoga <i>Studio 2 - Don</i>	11:00 - 12:00 Qi Gong/Chi Kung <i>Studio 2 - Ron</i>	12:00 - 13:00 Total Sculpt <i>Studio 1 - Sylvie</i>	11:15 - 12:30 Yoga <i>Studio 1 - Kristen</i>	11:00 - 12:00 Stretching <i>Studio 1 - Alison</i>
13:30 - 14:30 Zumba® Gold <i>Studio 1 - Rivky</i>	12:00 - 13:00 Qi Gong/Chi Kung <i>Studio 1 - Ron</i>	12:05 - 13:00 Total Sculpt <i>Studio 2 - Trudie</i>		12:00 - 13:30 Yoga <i>Studio 2 - Cary</i>	12:30 - 13:30 Cardio-Dance <i>Studio 2 - Candice</i>	12:05 - 13:05 Zumba® <i>Gym - Gany</i>
						13:05 - 14:20 Yoga <i>Studio 1 - Réal</i>

## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 18:00 Pilates <i>Studio 1 - Kosta</i>	17:00 - 18:00 Total Sculpt <i>Studio 2 - Kimberly</i>	17:00 - 18:00 Yoga <i>Studio 1 - Don</i>	17:00 - 17:55 Total Sculpt <i>Studio 1 - Marie-Hélène</i>	17:00 - 18:00 Vinyasa Yoga <i>Studio 1 - Olivia</i>		
18:00 - 19:00 Zumba® <i>Studio 1 - Gany</i>	17:00 - 18:00 Yoga <i>Studio 1 - Chitra</i>	17:05 - 18:00 Pilates <i>Studio 2 - André</i>	17:00 - 18:00 Vinyasa Yoga <i>Studio 2 - Julia</i>	18:00 - 19:00 STRONG Nation® <i>Studio 1 - Rivky</i>		
18:00 - 18:55 Cycling <i>Studio 2 - Kristine</i>	18:05 - 19:00 Step <i>Studio 1 - Diana</i>	18:00 - 19:00 Bootcamp <i>Gym - Karine</i>	18:00 - 19:00 Zumba® <i>Gym - Cynthia</i>			
19:00 - 20:00 Yoga <i>Studio 1 - Cary</i>	18:15 - 19:00 Circuit Training <i>Gym - Julie</i>	18:00 - 19:00 Bootcamp <i>Gym - Sule</i>	18:00 - 19:00 Pilates – Ball <i>Studio 1 - Réal</i>			
19:05 - 20:05 Capoeira <i>Studio 2 - Stéphane</i>	18:15 - 19:15 Zumba® <i>Studio 2 - Ginett</i>	19:30 - 20:30 Kickboxing (18+) <i>Studio 2 - Sule</i>				

**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 - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 PLYOGA® <i>Studio 1 - Sule</i>		10:00 - 11:00 Aero-Kickboxing <i>Gym - Sule</i>	09:00 - 10:00 BOSU <i>Studio 1 - Diana</i>	09:00 - 10:00 Toning with Barre <i>Studio 1 - Livia</i>		

## Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:00 - 13:00 Yoga Ashtanga <i>Studio 2 - Yaelle</i>					

## Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:00 - 19:00 "Nia/The Groove™" <i>Studio 1 - Felicia</i>				
		18:05 - 19:05 Toning with Barre <i>Studio 2 - Livia</i>				

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## Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13:15 - 14:00 Advanced Yoga Postures (16+) 26 June - 24 July Studio 2 - Yaelle /\$	09:10 - 09:55 TRX® (5 weeks) 20 June - 18 July Studio 2 - Diana /\$		18:00 - 18:45 Kickboxing (5 weeks) 29 June - 27 July Studio 2 - Sule /\$		11:15 - 12:00 Kickboxing (5 weeks) 8 July - 5 August Studio 2 - Sule /\$
	18:00 - 18:15 Jump Rope Gym - Julie	09:10 - 09:55 TRX® (5 weeks) 25 July - 22 August Studio 2 - Diana /\$				
		15:00 - 15:45 Restorative Yoga (5 weeks) 20 June - 18 July Studio 1 - Chitra /\$				

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Aquafit Pool - Teaghan	09:00 - 09:50 Aquafit Pool - Kevin	09:00 - 09:50 Aquafit Pool - Teaghan	09:00 - 09:50 Aquafit Pool - Gui	09:00 - 09:50 Aquafit Pool - Sharon	09:00 - 09:50 Aqua Cardio Pool - Valérie	
	13:15 - 14:00 Aqua Arthritis 19 June - 16 August Pool - Dana Ⓜ \$N		13:15 - 14:00 Aqua Arthritis 19 June - 16 August Pool - Gui Ⓜ \$N			

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 - 13:30 ⑤	06:30 - 08:55 ⑤	12:15 - 13:30 ⑤	06:30 - 08:55 ⑤	11:30 - 13:30 ⑤	07:15 - 08:55 ⑤	07:15 - 10:00 ⑤
17:15 - 19:30 ⑤	12:15 - 13:15 ⑤	17:15 - 19:30 ⑤	12:15 - 13:15 ⑤	17:00 - 20:15 ⑤	13:00 - 14:15 ⑤	13:00 - 14:45 ⑤
20:15 - 22:00 ②	17:30 - 19:00 ⑤	20:15 - 22:00 ②	17:30 - 19:00 ⑤	20:15 - 22:00 ②	16:00 - 17:15 ⑤	
	20:15 - 22:00 ②		20:15 - 22:00 ②			

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## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00 ③ BB	13:15 - 14:30 Open Swim (65+) Ⓜ	15:00 - 16:00 ③ BB	13:15 - 14:30 Open Swim (65+) Ⓜ	10:00 - 11:30 ③ BB	14:15 - 16:00 ② BB	10:00 - 13:00 ③ BB
	15:15 - 16:00 ③ BB		15:15 - 16:00 ③ BB	13:30 - 17:00 ③ BB		14:45 - 16:00 ② BB Ⓜ

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) Pool ✍	19:00 - 20:15 Masters Swim Club (18+) Pool ✍	06:15 - 07:30 Masters Swim Club (18+) Pool ✍	19:00 - 20:15 Masters Swim Club (18+) Pool ✍	06:15 - 07:30 Masters Swim Club (18+) Pool ✍		16:00 - 17:15 Masters Swim Club (18+) Pool ✍
07:40 - 08:55 Masters Swim Club (18+) Pool ✍		07:40 - 08:55 Masters Swim Club (18+) Pool ✍		07:40 - 08:55 Masters Swim Club (18+) Pool ✍		

## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00 - 14:30 Pickleball (18+) Gym - Paul	19:15 - 21:45 Open Volleyball (18+) Gym - Brent	19:45 - 21:45 Open Cosom Hockey (18+) Gym - Chris	19:15 - 21:45 Open Basketball (18+) Gym - Kevin	13:00 - 14:30 Pickleball (18+) Gym - Paul	12:15 - 14:45 Open Basketball (18+) Gym - Davion	
19:15 - 21:45 Open Basketball (18+) Gym - À venir/TBA					16:15 - 18:45 Open Volleyball (18+) Gym - Casey ✍	

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## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:40 Open Gym (For all ages) Gym	06:00 - 07:40 Open Gym (For all ages) Gym	06:00 - 07:40 Open Gym (For all ages) Gym	06:00 - 07:40 Open Gym (For all ages) Gym	06:00 - 07:40 Open Gym (For all ages) Gym	07:00 - 09:45 Open Gym (For all ages) Gym	07:00 - 09:45 Open Gym (For all ages) Gym
11:15 - 12:45 Open Gym (For all ages) Gym	11:15 - 15:45 Open Gym (For all ages) Gym	11:05 - 15:45 Open Gym (For all ages) 1/2 Gym	11:15 - 15:45 Open Gym (For all ages) Gym	11:15 - 12:45 Open Gym (For all ages) Gym	11:15 - 12:15 Open Gym (For all ages) Gym	11:00 - 11:50 Open Gym (For all ages) Gym
14:30 - 15:45 Open Gym (For all ages) Gym	12:45 - 15:45 Open Gym (For all ages) 1/2 Gym	12:45 - 15:45 Open Gym (For all ages) 1/2 Gym	12:45 - 15:45 Open Gym (For all ages) 1/2 Gym	14:45 - 16:15 Open Gym (For all ages) Gym	14:45 - 16:00 Open Gym (For all ages) Gym	13:05 - 16:15 Open Gym (For all ages) 1/2 Gym
	17:00 - 17:45 Open Gym (For all ages) Gym	17:00 - 17:45 Open Gym (For all ages) Gym	17:00 - 17:45 Open Gym (For all ages) Gym	17:15 - 18:15 Open Gym (For all ages) Gym		16:15 - 18:45 Open Gym (For all ages) Gym
		19:00 - 19:30 Open Gym (For all ages) Gym				

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			15:00 - 17:00 Outdoor Activities for Teens 26 June - 27 August Westmount Recreation Center	18:30 - 21:45 Basketball for Teens 26 June - 27 August Gym - Alrick		
		14:30 - 15:30 Cooking workshop for teens 26 June - 27 August Teen Zone				

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 16:45 Soccer for Kids (5-6 yrs) 25 June - 27 August Gym - Kali ✂ \$	10:30 - 11:20 Karibou   Bouncing Bunnies (12-20 months) 19 June - 20 August Palestre - Gail ✂ \$	10:15 - 11:15 Kindergym (6-15 months) 4 July - 22 August Palestre - Gail ✂ \$N	10:30 - 11:20 Karibou   Buddy Bears (20 mos - 2.5 yrs) 21 June - 22 August Palestre - Gail ✂ \$N	16:30 - 17:30 Bootcamp for Kids (8-11 yrs) Studio 2 - Sule \$	09:00 - 09:50 Karibou   Wonder wolves (2.5-3 years) 23 June - 25 August Palestre - Alex ✂ \$N	09:00 - 09:50 Karibou   Feisty foxes (4-5 yrs) 24 June - 26 August Palestre ✂ \$N
16:00 - 17:00 Capoeira for Kids (6-12 years) Studio 2 - Stephane \$	16:00 - 17:00 Basketball for Kids (8-11 yrs) 26 June - 28 August Gym - Vonrick ✂ \$		16:00 - 17:00 Soccer for Kids (9-12 yrs) 28 June - 30 August Gym - Kali ✂ \$	16:30 - 17:15 Jr. NBA (5-7 yrs) 29 June - 31 August Gym - Vonrick ✂ \$		10:00 - 11:00 Soccer for Kids (4-5 yrs) 8 July - 12 August Gym/Outdoor - Stephane ✂ \$N
16:45 - 17:30 Soccer for Kids (7-8 yrs) 25 June - 27 August Gym - Kali ✂ \$N						

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