

Print date: 2025-05-13

Spring 2025 From 2025-03-24 to 2025-06-15

Monday - Friday: 6 a.m. - 10 p.m.
Saturday - Sunday: 7:30 a.m. - 7:30 p.m.
Special schedule
Monday, May 19 (National Patriots Day): no Group Fitness
POOL CLOSURE Saturday - Sunday: 7 p.m.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:45 - 09:45 Cardio-Dance Studio 3 - Wanda 🔥🔥🔥	08:45 - 09:45 Gentle Yoga Studio 3 - Anne 🔥🔥🔥	09:00 - 10:00 Zumba® Studio 3 - Yvette 🔥🔥🔥	08:45 - 09:45 Pilates Studio 3 - Orsola 🔥🔥🔥	09:00 - 09:45 Gentle Toning Studio 3 - Sun 🔥🔥🔥	08:15 - 08:40 Tai Chi Studio 3 - Wendy 🔥🔥🔥	09:00 - 09:45 HIIT Cycling Studio 1B - Serge 🔥🔥🔥
10:00 - 10:45 Gentle Stretching Studio 3 - Pari 🔥🔥🔥	10:00 - 10:45 Gentle Toning Studio 3 - Jenny 🔥🔥🔥	10:30 - 11:30 Yoga Studio 3 - Nadine 🔥🔥🔥	10:00 - 10:50 Total Sculpt Studio 3 - Jenny 🔥🔥🔥	10:00 - 11:00 Essentrics® Studio 3 - Karine 🔥🔥🔥	08:45 - 09:45 Tai Chi Studio 3 - Wendy 🔥🔥🔥	10:00 - 11:00 Zumba® Studio 3 - Rosario 🔥🔥🔥
					09:00 - 09:45 Cycling Studio 1B - Paulo/Debbie 🔥🔥🔥	
					10:00 - 10:45 Total Sculpt Studio 3 - Jenny 🔥🔥🔥	

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 - 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.

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15 - 12:00 Cycling Studio 1B - Cathy/Patricia 🔪🔥🔥🔥	12:00 - 13:00 Pilates Studio 2 - Hooma 🔥🔥🔥	12:00 - 12:45 Cycling Studio 1B - Serge 🔪🔥🔥🔥	12:00 - 12:45 Core Strength & Abs Studio 2 - Nevina 🔥🔥🔥	11:00 - 12:00 Line Dance Studio 2 - Sun 🔥🔥🔥	11:15 - 12:00 Cycling Studio 1B - Paul Crivello 🔪🔥🔥🔥	11:15 - 12:15 Yoga Studio 3 - Carla 🔥🔥🔥
				12:15 - 13:15 Pilates – Ball Studio 2 - Orsola 🔥🔥🔥	12:15 - 13:00 Core Strength & Abs Studio 3 - Fatiha 🔥🔥🔥	
					12:15 - 13:00 Family Zumba® (0-11 yrs with parents) Studio 2 - Andrea 🔥🔥🔥	

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:45 - 18:30 Cycling Studio 1B - Paulo 🔪🔥🔥🔥	17:45 - 18:20 CIRCL Mobility™ Studio 3 - Luisa 🔥🔥🔥	17:45 - 18:20 Step Studio 3 - Cheryl 🔥🔥🔥	18:00 - 18:45 Bootcamp Studio 2 - Fabienne 🔥🔥🔥	18:00 - 19:00 Belly Dancing Studio 2 - Leila N. 🔥🔥🔥		
18:45 - 19:45 HIIT Studio 3 - Julie 🔪🔥🔥🔥	18:15 - 19:00 Family Zumba® (0-11 yrs with parents) Studio 2 - Reine 🔥🔥🔥	18:15 - 19:00 Total Sculpt Studio 2 - Carmen 🔥🔥🔥	18:45 - 19:45 STRONG Nation® Studio 3 - Luisa 🔥🔥🔥	19:00 - 20:00 Cardio-Dance Studio 3 - Reine 🔥🔥🔥		
19:00 - 20:00 Zumba® Studio 2 - Vivian 🔥🔥🔥	18:30 - 19:15 STRONG Nation® Studio 3 - Luisa 🔥🔥🔥	18:30 - 19:15 Cardio-Box Studio 3 - Cheryl 🔥🔥🔥	19:45 - 20:45 Yoga Studio 2 - George 🔥🔥🔥			
	19:15 - 20:15 Yoga Studio 2 - George 🔥🔥🔥	19:15 - 20:15 Essentrics® Studio 2 - Karine 🔥🔥🔥				
	19:30 - 20:30 Cardio-Belly Dancing Studio 3 - Abeer 🔥🔥🔥	19:30 - 20:30 Zumba® Studio 3 - Laurie 🔥🔥🔥				

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 | 🧑‍👦 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 - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:05 - 09:55 Aquafit Pool - Gayle	11:05 - 11:55 Aquafit Pool - Maria A.	09:05 - 09:55 Aquafit Pool - Hugo C	11:05 - 11:55 Aquafit Pool - Emily	09:05 - 09:55 Aquafit Pool - Olivia D	09:05 - 09:55 Aquafit Pool - Mohamed-Taha	
11:05 - 11:55 Aquafit Pool - Ben	18:05 - 18:55 Aquafit Pool - Mohamed-Taha	11:05 - 11:55 Aquafit Pool - Helen	18:05 - 18:55 Aquafit Pool - À venir / TBA	11:05 - 11:55 Aquafit Pool - Maria A.		

Aquatics - Lane Swim








Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ⑤	06:30 - 08:25 ⑤	07:00 - 08:55 ⑤	06:30 - 08:25 ⑤	07:00 - 08:55 ⑤	07:45 - 08:55 ⑤	07:45 - 08:55 ⑤
09:00 - 10:55 ②	08:30 - 10:00 ⑤	09:00 - 10:55 ②	08:30 - 10:00 ⑤	09:00 - 10:55 ②	14:00 - 18:55 ②	15:00 - 18:55 ②
12:00 - 13:00 ⑤	10:00 - 10:55 ⑤	12:00 - 13:00 ⑤	10:00 - 10:55 ⑤	12:00 - 13:00 ⑤		
13:00 - 14:00 ⑤	11:00 - 12:00 ①	13:00 - 14:00 ⑤	11:00 - 12:00 ①	13:00 - 14:00 ⑤		
15:00 - 15:55 ⑤	12:00 - 12:55 ⑤	15:00 - 15:55 ⑤	12:00 - 12:55 ⑤	15:30 - 16:25 ⑤		
16:00 - 16:55 ②	16:00 - 17:55 ②	16:00 - 16:55 ②	16:00 - 17:55 ②	19:30 - 20:55 ②		
17:00 - 20:00 ②	19:00 - 20:00 ②	17:00 - 20:00 ②	18:00 - 20:00 ②			
20:00 - 20:55 ④	20:00 - 20:55 ④	20:00 - 20:55 ④	20:00 - 20:55 ④			

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14:00 - 15:00 Open Swim (City) 50 + (50 years +) Pool / Recreational Pool ②	16:00 - 17:55 Family Open Swim (City) Pool / Recreational Pool ②	14:00 - 15:00 Open Swim (City) 50 + (50 years +) Pool / Recreational Pool ②	16:00 - 17:55 Family Open Swim (City) Pool / Recreational Pool ②	14:00 - 15:30 Open Swim (City) 50 + (50 years +) Pool / Recreational Pool ②	14:00 - 14:55 Family Open Swim Pool / Recreational Pool ②	13:15 - 14:45 Family Open Swim (City) Pool / Recreational Pool ②
16:00 - 16:55 Family Open Swim Pool / Recreational Pool ②		16:00 - 16:55 Family Open Swim Pool / Recreational Pool ②		19:35 - 20:55 Family Open Swim (City) Pool / Recreational Pool ②	17:00 - 18:55 Family Open Swim Pool / Recreational Pool ②	17:00 - 18:55 Family Open Swim Pool / Recreational Pool 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 - 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.

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 20:00 Ping Pong (16+) <i>Ahuntsic</i> <i>Cartierville Room</i>	12:00 - 16:00 Open Badminton 22 April - 15 June <i>Gym 2</i>	12:00 - 15:00 Open Badminton 22 April - 15 June <i>Gym 1 & 2</i>	12:00 - 16:00 Open Badminton 22 April - 15 June <i>Gym 2</i>	12:00 - 16:30 Open Badminton 22 April - 15 June <i>Gym 2</i>	08:00 - 09:15 Open Badminton 29 March - 15 June <i>Gymnasium</i>	09:00 - 12:00 Ping Pong (16+) <i>Ahuntsic</i> <i>Cartierville Room</i>
18:30 - 20:30 Open Soccer (16+) 19 May - 15 June <i>Gym 1 & 2</i> 	12:00 - 16:00 Pickleball 22 April - 15 June <i>Gym 1</i>	18:00 - 21:00 Ping Pong (16+) <i>Ahuntsic</i> <i>Cartierville Room</i>	12:00 - 16:00 Pickleball 22 April - 15 June <i>Gym 1</i>	12:00 - 16:30 Pickleball 22 April - 15 June <i>Gym 1</i>	15:30 - 18:30 Ping Pong (16+) <i>Ahuntsic</i> <i>Cartierville Room</i>	13:30 - 15:00 Open Volleyball (16+) 24 April - 15 June <i>Gym 1</i> 
	20:30 - 22:00 Open Badminton 22 April - 15 June <i>Gym 2</i>		16:30 - 18:20 Open Soccer (16+) 27 March - 14 June <i>Gymnasium</i> 	19:30 - 22:00 Open Basketball (18 years +) 28 March - 13 June <i>Gymnasium</i>	18:00 - 19:30 Open Soccer (16+) 27 March - 14 June <i>Gymnasium</i> 	13:30 - 15:00 Open Volleyball (16+) 24 April - 15 June <i>Gym 2</i> 
			20:30 - 22:00 Open Volleyball (16+) 24 April - 15 June <i>Gym 1</i> 			15:00 - 17:50 Open Badminton 29 March - 15 June <i>Gymnasium</i>
			20:30 - 22:00 Open Volleyball (16+) 24 April - 15 June <i>Gym 2</i> 			

Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 15:50 Open Gym (For all ages) <i>Gymnasium</i>	09:30 - 11:50 Open Gym (For all ages) <i>Gymnasium</i>	09:30 - 11:50 Open Gym (For all ages) <i>Gymnasium</i>	09:30 - 11:50 Open Gym (For all ages) <i>Gymnasium</i>	09:30 - 11:50 Open Gym (For all ages) <i>Gymnasium</i>		
20:30 - 22:00 Open Gym (For all ages) 28 April - 15 June <i>Gym 2</i>		16:00 - 17:30 Open Gym (For all ages) <i>Gymnasium</i>				

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.



Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

ymcaquebec.org

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				17:00 - 19:20 Open Gym for Teens (12-17 years old) 25 April - 15 June		

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 - 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.

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 17:25 Badminton 8-9 years old (8-9 years) 31 March - 9 June <i>Gymnasium</i> <i>/ \$</i>					09:30 - 10:25 Basketball 6-7 years – Level 1 (6-7 years) 5 April - 14 June <i>Gymnasium</i> <i>/ \$</i>	08:30 - 09:25 Introduction to soccer 3-5 years old (3-5 years) 6 April - 15 June <i>Gymnasium</i> <i>/ \$</i>
16:30 - 17:25 Soccer 8-9 years – Level 1 (8-9 years) 27 April - 15 June <i>Gym 2</i> <i>/ \$</i>					09:30 - 10:25 Basketball 6-7 years – Level 1 (6-7 years) 5 April - 14 June <i>Gymnasium</i> <i>/ \$</i>	08:30 - 09:25 Introduction to soccer 3-5 years old (3-5 years) 6 April - 15 June <i>Gymnasium</i> <i>/ \$</i>
16:30 - 17:25 Soccer 8-9 years – Level 2 (8-9 years) 27 April - 15 June <i>Gym 2</i> <i>/ \$</i>					09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June <i>Gym 2</i> <i>/ \$</i>	08:30 - 09:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June <i>Gym 1</i> <i>/ \$</i>
17:30 - 18:25 Badminton 10- 11 years old (10- 11 years) 31 March - 9 June <i>Gymnasium</i> <i>/ \$</i>					09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June <i>Gym 2</i> <i>/ \$</i>	08:30 - 09:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June <i>Gym 2</i> <i>/ \$</i>
17:30 - 18:25 Soccer 8-9 years – Level 1 (8-9 years) 27 April - 15 June <i>Gym 2</i> <i>/ \$</i>					10:30 - 11:25 Basketball 6-7 years – Level 2 (6-7 years) 5 April - 14 June <i>Gymnasium</i> <i>/ \$</i>	09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 6 April - 15 June <i>Gymnasium</i> <i>/ \$</i>
17:30 - 18:25 Soccer 8-9 years – Level 2 (8-9 years) 27 April - 15 June <i>Gym 2</i> <i>/ \$</i>					10:30 - 11:25 Basketball 6-7 years – Level 2 (6-7 years) 5 April - 14 June <i>Gymnasium</i> <i>/ \$</i>	09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 6 April - 15 June <i>Gymnasium</i> <i>/ \$</i>

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required
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10:30 - 11:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June Gym 2 /\$	09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June Gym 1 /\$
10:30 - 11:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June Gym 2 /\$	09:30 - 10:25 Introduction to soccer 3-5 years old (3-5 years) 26 April - 15 June Gym 2 /\$
11:30 - 12:25 Basketball 8-9 years - Level 1 (8-9 years) 5 April - 14 June Gymnasium /\$	10:30 - 11:25 Soccer 6-7 years - Level 1 (6-7 years) 6 April - 15 June Gymnasium /\$
11:30 - 12:25 Basketball 8-9 years - Level 2 (8-9 years) 5 April - 14 June Gymnasium /\$	10:30 - 11:25 Soccer 6-7 years - Level 2 (6-7 years) 6 April - 15 June Gymnasium /\$
11:30 - 12:25 Basketball 8-9 years - Level 1 (8-9 years) 26 April - 14 June Gym 1 /\$	10:30 - 11:25 Soccer 6-7 years - Level 1 (6-7 years) 27 April - 15 June Gym 1 & 2 /\$
11:30 - 12:25 Basketball 8-9 years - Level 2 (8-9 years) 26 April - 14 June Gym 2 /\$	11:30 - 12:25 Soccer 8-9 years - Level 1 (8-9 years) 6 April - 15 June Gymnasium /\$
12:30 - 13:25 Basketball 10-11 years - Level 1 (10-11 years) 5 April - 14 June /\$	11:30 - 12:25 Soccer 8-9 years - Level 2 (8-9 years) 6 April - 15 June Gymnasium /\$

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | BB Baby friendly | ✂️ Registration required | \$ Additional payment required
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12:30 - 13:25
Basketball 10–11
years – Level 2
(10-11 years)
5 April - 14 June
Gymnasium
/\$

11:30 - 12:25
Soccer 8–9 years
– Level 1 (8-9
years)
27 April - 15
June
Gym 1
/\$

12:30 - 13:25
Soccer 10–11
years – Level 1
(10-11 years)
6 April - 15 June
Gymnasium
/\$

12:30 - 13:25
Soccer 10–11
years – Level 2
(10-11 years)
6 April - 15 June
Gymnasium
/\$