



West Island YMCA

230 Brunswick Blvd, Pointe-Claire, Quebec H9R 5N5

Tel. : 514 630-9622

ymcaquebec.org

Print date: 2024-05-19

Fall 2018

From 2018-09-10 to 2018-12-23

OPENING HOURS

Monday - Friday: 7:00 am - 9:00 pm

Saturday - Sunday: 9:00 am - 9:00 pm

December 27th to 30th - Olive-Orquhart Centre OPEN - YMCA activities

CLOSED

March 29: Good Friday / April 1: Easter Monday / May 20: Victoria Day

HOLIDAYS

March 31: Easter (Open)

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$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.



Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Serge	06:30 - 07:30 Circuit Training Studio 1 - Olga	06:30 - 07:30 Cycling Studio 2 - Pascale	06:30 - 07:15 Circuit Training Studio 1 - Jodi	06:30 - 07:15 Cycling Studio 2 - Mary	08:30 - 09:30 Cycling Studio 2 - Olga/Randall	08:00 - 08:45 Y Pump Studio 1 - Laurie
09:00 - 09:45 Cycling Studio 2 - Pascale	06:30 - 07:30 Yoga Studio 3 - Suzanne (R)	08:25 - 09:10 Interval Training Studio 1 - Lesley D.	09:00 - 09:45 Cycling Studio 2 - Lori	06:30 - 07:30 Yoga Studio 3 - Valérie (R)	08:30 - 09:30 Step Studio 1 - Dagmar	09:00 - 10:10 Cycling Studio 2 - Joe
09:00 - 09:55 Step Studio 1 - Patricia	09:00 - 10:00 Y Pump Studio 1 - Victoria L	09:10 - 10:10 Vinyasa Yoga Studio 3 - Lyse (R)	09:00 - 10:00 Interval Training Studio 1 - Ema	09:00 - 10:00 Variable-Intensity Interval Training (VIIT) Studio 1 - Bassel	08:50 - 09:50 Vinyasa Yoga Studio 3 - Vinnie (R)	09:00 - 10:30 Power Yoga Studio 3 - Josey/Joanna (R)
09:00 - 10:15 Yoga Studio 3 - Valérie (R)	09:00 - 09:55 Yoga Studio 3 - Joanna (R)	09:15 - 10:00 Cycling Studio 2 - Susan	10:05 - 11:05 Zumba® Gym 2 - Lisbeth	09:00 - 09:55 Pilates Studio 3 - Donna W. (R)	09:40 - 10:55 Circuit Training Studio 1 - Leslie-Ann	09:00 - 09:55 Zumba® Studio 1 - Preetha
10:00 - 10:55 Gentle Cardio-Toning Studio 1 - Lynn	10:05 - 11:05 Zumba® Gym 2 - Lucia	09:15 - 10:10 Step Studio 1 - Nancy E.	10:05 - 10:50 Tai Chi Studio 1 - Judy ✂ \$N	10:00 - 11:00 Vinyasa Yoga Studio 3 - Stéphanie (R)	10:00 - 11:15 Yoga Studio 3 - Anne (R)	10:00 - 10:35 Step Studio 1 - Cheryl
10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:55 - 11:55 Chair Yoga Studio 1 - Joanna	10:15 - 11:10 Zumba® Gold Studio 1 - Alexandra	10:10 - 11:10 Yogalates Studio 3 - Aysu (R)	10:05 - 11:05 Gentle Cardio-Toning Studio 1 - Susan		10:35 - 11:20 Bootcamp Studio 1 - Cheryl
		10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)				

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Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:50 Gentle Toning <i>Studio 1 - Lesley D.</i>	12:10 - 12:55 Total Sculpt <i>Studio 1 - Lori</i>	11:15 - 12:05 Gentle Toning <i>Studio 1 - Susan</i>	12:10 - 12:55 Interval Training <i>Studio 1 - Lesley D.</i>	11:15 - 12:00 Stretching <i>Studio 1 - Orly (R)</i>	11:00 - 12:00 Zumba® <i>Studio 1 - Lucia</i>	
12:00 - 13:00 Zumba® <i>Studio 1 - Lucia</i>	14:00 - 15:15 Gentle Yoga <i>Studio 3 - Sharon</i>	12:10 - 12:55 Vinyasa Yoga <i>Studio 3 - Kathy (R)</i>	14:00 - 15:15 Gentle Yoga <i>Studio 3 - Sharan</i>	14:00 - 15:00 Chair Yoga <i>Studio 1 - Nadine</i>	11:30 - 12:30 Pilates <i>Studio 3 - Stéphanie (R)</i>	
12:10 - 12:55 Vinyasa Yoga <i>Studio 3 - Crystal (R)</i>						

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Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:10 Circuit Training Studio 1 - Leslie-Ann	15:30 - 16:00 Qi Gong/Chi Kung Studio 1 - Robert ✍	15:30 - 16:30 Tai Chi Studio 1 - Judy\Robert ✍ \$N	17:55 - 18:55 Pilates Studio 3 - Stéphanie (R)	16:45 - 17:40 Y Pump Studio 1 - Lori L.		
17:45 - 18:55 Cycling Studio 2 - Joe	16:00 - 17:00 Tai Chi Studio 1 - Judy\Robert ✍ \$N	17:45 - 18:55 Pilates Studio 3 - Orly (R)	18:05 - 19:05 Bootcamp Studio 1 - MJ	17:45 - 18:55 Cycling Studio 2 - Joe		
17:45 - 18:55 Pilates Studio 3 - Nancy R. (R)	17:30 - 18:30 Essentrics® Studio 3 - Lori L. (R)	18:00 - 19:00 Cycling Studio 2 - Randall \ Nathalie	19:05 - 20:20 Yoga Studio 3 - Suzanne (R)	18:55 - 19:55 Zumba® Studio 1 - Patrick		
18:20 - 19:05 POUND® Studio 1 - Cheryl	18:00 - 19:00 Cycling Studio 2 - Christopher	18:20 - 19:20 Step Studio 1 - Dagmar	19:10 - 20:10 Cardio-Belly Dancing Studio 1 - Abeer			
19:05 - 20:20 Yoga Studio 3 - Elishia (R)	18:05 - 19:05 HIIT Studio 1 - Bassel	19:05 - 20:20 Yoga Studio 3 - Joanna (R)				
19:15 - 20:15 Zumba® Studio 1 - Donna M.	18:50 - 19:50 Zumba® Gym 2 - Rosario	19:30 - 20:30 Zumba® Studio 1 - Shayan				
	19:00 - 20:15 Yoga Studio 3 - Sophie (R)					

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:05 - 11:20 Kripalu Yoga Studio 3 - Debra (R)		10:55 - 11:55 Chair Qi Gong Studio 1 - Vinnie	06:05 - 06:25 Meditation Studio 3 - Valérie	08:30 - 10:00 Aikido (16+) Gym 1 - Marty ✍	

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Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				12:10 - 12:55 PLYOGA® Studio 1 - Lori		

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	17:15 - 18:00 PILOXING SSP® Studio 1 - Ema	17:30 - 18:15 PLYOGA® Studio 1 - Lori	17:15 - 18:00 PILOXING SSP® Studio 1 - Ema			

18:30 - 20:00
Aikido (16+)
Gym 2 - Marty



Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			08:00 - 08:45 TRX® Studio 1 - Anthony			11:30 - 12:15 TRX® Studio 1 - Denis
			✂\$			✂\$

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Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Aqua Zumba Pool - Laurie	09:00 - 10:00 Aquafit Pool - Isabelle	09:00 - 09:55 Aquafit Pool - Lesley M.	09:00 - 10:00 Aqua Zumba Pool - Laurie	09:00 - 09:55 Aquafit Pool - Martine	08:00 - 08:55 Aquafit Pool - Nga	
13:00 - 13:45 Aqua Arthritis Pool - Donna L.	18:05 - 19:05 Aquafit Pool - Jaclyne	10:00 - 10:55 Aquafit Pool - Sandy	18:00 - 18:55 Aqua Zumba Pool - Laurie	10:00 - 10:55 Aquafit Pool - Sandy		
17:35 - 18:20 Aqua Interval Pool - Donna W.		13:00 - 13:45 Aqua Arthritis Pool - Helen		11:00 - 11:45 Aqua Arthritis Pool - Sandy		
		17:35 - 18:25 Aquafit Pool - Margot				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 08:55 17 September - 23 December ③	06:30 - 08:55 17 September - 23 December ③	06:30 - 08:55 17 September - 23 December ③	06:30 - 08:55 17 September - 23 December ③	06:30 - 08:55 17 September - 23 December ③	07:00 - 07:55 17 September - 23 December ③	07:00 - 08:55 17 September - 23 December ③
10:05 - 12:55 17 September - 23 December ③	10:05 - 15:55 17 September - 23 December ③	11:00 - 12:55 17 September - 23 December ③	11:05 - 15:55 17 September - 23 December ③	12:00 - 16:25 17 September - 23 December ③	17:00 - 18:45 17 September - 23 December ①	
14:00 - 15:55 17 September - 23 December ③	16:00 - 17:55 17 September - 23 December ①	14:00 - 15:55 17 September - 23 December ③	16:00 - 17:15 17 September - 23 December ①			
16:00 - 17:25 17 September - 23 December ①		16:00 - 17:25 17 September - 23 December ①	19:05 - 20:00 17 September - 23 December ①			
18:30 - 20:25 17 September - 23 December ①		20:30 - 21:15 17 September - 23 December				
20:30 - 21:15 17 September - 23 December ③						

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Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 20:25 17 September - 23 December			15:05 - 16:55 17 September - 23 December	15:05 - 16:55 17 September - 23 December

Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:15 - 20:25 Triathlon - Swimming 18 September - 23 December <i>Pool</i> ③					

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Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:30 Pickleball (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	11:30 - 13:30 Pickleball (18+) Gym 1 & 2	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④	09:50 - 11:30 Squash Clinic - Women (18+) ②	09:00 - 11:30 Squash - Round Robin (18+) ②
18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	13:30 - 15:30 Pickleball (18+) Gym 2	18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2	13:30 - 15:30 Pickleball (18+) Gym 2	20:00 - 22:30 Open Basketball (18+) Gym 1 & 2	17:30 - 19:30 Supervised Badminton (18+) Gym 1 ②	10:00 - 11:00 Supervised Badminton (18+) Gym 1 ③
20:00 - 22:30 Supervised Volleyball (16+) Gym 2 ①	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	18:30 - 21:00 Supervised Volleyball (18+) Gym 1 ①			11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④
20:00 - 22:30 Supervised Volleyball (18+) Gym 1 ①			19:30 - 21:00 Supervised Volleyball (16+) Gym 2 ①			13:00 - 14:30 Pickleball (18+) Gym 1 & 2
			21:00 - 22:30 Open Basketball (18+) Gym 1 & 2			16:30 - 18:00 Supervised Cosom Hockey (18+) Gym 1 & 2
						18:00 - 19:30 Supervised Soccer (18+) Gym 1 & 2

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Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					12:30 - 15:00 Family Open Gym (5 yrs+ with parents) Gym 2	10:00 - 11:00 Family Badminton (6 yrs+ with parents) Gym 2 ①
					17:30 - 19:30 Family Badminton (6 yrs+ with parents) Gym 2 ②	

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 17:25 Basketball for Teens Gym 1		15:30 - 17:25 Basketball for Teens Gym 1 & 2	15:30 - 18:25 Basketball for Teens Gym 1	15:30 - 17:40 Basketball for Teens Gym 1	12:30 - 16:00 Basketball for Teens Gym 1	09:00 - 10:00 Badminton for Teens Gym 2 ① ✂ \$
						14:30 - 16:25 Basketball for Teens Gym 1



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:30 - 18:30 Soccer for Kids Gym 1 & 2 / \$	18:00 - 18:45 Basketball for Kids Gym 2 / \$	17:45 - 18:45 Volleyball for Kids (6-14 yrs) Gym 1 \$	10:00 - 11:30 Cosom Hockey for Kids Gym 2 / \$	09:00 - 10:00 Badminton for Kids Gym 1 ① / \$N
			18:45 - 19:30 Basketball for Kids Gym 2 / \$		10:30 - 11:30 Martial Arts for Kids Gym 1 / \$	
					10:30 - 11:30 Cosom Hockey for Kids Gym 2 / \$	
					11:30 - 12:30 Martial Arts for Kids Gym 1 / \$	