



Print date: 2019-04-21

Winter 2019	From 2019-01-07 to 2019-03-24
OPENING HOURS	Week: 6:00 to 22:00 Week-end : 7:00 to 19:00
HOLIDAYS	<p>April 19: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium</p> <p>May 20: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium</p>

Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 STRONG by Zumba® Studio 1 - Amberley <input type="checkbox"/>	06:30 - 07:30 Total Sculpt Studio 1 - Devon <input type="checkbox"/>	09:00 - 09:55 Total Sculpt Studio 1 - Linda <input type="checkbox"/>	09:00 - 10:00 BOSU Studio 1 - Diana ◆	09:00 - 10:00 Toning with Barre Studio 1 - Livia <input type="checkbox"/>	09:00 - 10:00 Aero-Chance Gym - Equipe/Team <input type="checkbox"/>	10:00 - 11:00 Total Sculpt Studio 1 - Livia <input type="checkbox"/>
09:00 - 10:00 Total Sculpt Gym - Diana <input type="checkbox"/>	09:00 - 10:00 Power Toning Gym - Beth <input type="checkbox"/>	10:00 - 11:00 Aero-Kickboxing Gym - Sule <input type="checkbox"/>	09:00 - 10:00 Interval Training Gym - Véronique <input type="checkbox"/>	09:00 - 10:00 Bootcamp Gym - Jane ◆	10:05 - 11:05 Interval Training Gym - Lauren ◆	10:00 - 11:00 Bootcamp Gym - Sule ◆
12:05 - 13:00 Total Sculpt Studio 1 - Sylvie <input type="checkbox"/>	11:15 - 12:15 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB ⓈN <input type="checkbox"/>	12:05 - 13:00 Total Sculpt Studio 1 - Alison <input type="checkbox"/>	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène <input type="checkbox"/>	10:05 - 11:05 Y Pump (16+) Studio 2 - Amberly <input type="checkbox"/>	11:15 - 12:15 Toning with Barre Studio 2 - Livia <input type="checkbox"/>	11:05 - 12:05 Y Pump (16+) Studio 2 - Kimberly <input type="checkbox"/>
18:15 - 19:00 Power Toning Studio 1 - Diana <input type="checkbox"/>	17:15 - 18:15 Y Pump (16+) Studio 2 - Kimberly <input type="checkbox"/>	17:00 - 18:00 Toning with Barre Studio 1 - Livia <input type="checkbox"/>	18:05 - 19:05 Y Pump (16+) Studio 2 - Laurie <input type="checkbox"/>	12:00 - 13:00 Total Sculpt Studio 1 - Sylvie <input type="checkbox"/>		
	18:05 - 19:00 Step Studio 1 - Diana/David ◆	18:00 - 19:00 Bootcamp Gym - Sule ◆				
	19:25 - 20:25 Boxing Studio 2 - Chokri <input type="checkbox"/>					

Levels : All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | ⓈN Additional fee for non-members | Ⓢ Activity open to City of Montréal residents | ⓈW Activity open to City of Westmount residents | ⓈD Activity sponsored by Desjardins | 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/activities.



Group Fitness - Cycling

Table with 7 columns (Monday to Sunday) and 2 rows of cycling classes. Includes times, activity names, studio names, and instructor names.

Group Fitness - Mind and Body

Table with 7 columns (Monday to Sunday) and 10 rows of mind and body classes. Includes times, activity names, studio names, and instructor names.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✍ Registration required | 💰 Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (S) Activity sponsored by Desjardins | 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/activities.



Group Fitness - Dance

Table with 7 columns (Monday to Sunday) and 3 rows of dance classes including Zumba, Aero-Dance, and Zumba Gold.

Group Fitness - Martial Arts

Table with 7 columns (Monday to Sunday) and 2 rows of martial arts classes including Kickboxing, Tai chi, and Capoeira.

Group Fitness - Gentle Fitness

Table with 7 columns (Monday to Sunday) and 2 rows of gentle fitness classes including Gentle Aerobics, Chair yoga, and Gentle Pilates.

Aquatics - Aquafit

Table with 7 columns (Monday to Sunday) and 2 rows of aquatics classes including Aquafit and Aqua arthritis.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (S) Activity sponsored by Desjardins | 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/activities.



Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 ⑤ □	06:15 - 08:40 ⑤ □	07:30 - 08:15 ⑤ □	06:15 - 08:40 ⑤ □	07:30 - 08:15 ⑤ □	07:15 - 08:50 ⑤ □	07:15 - 08:45 ⑤ □
09:30 - 10:30 ① □	08:45 - 09:30 ② □	09:30 - 10:30 ① □	08:45 - 09:30 ② □	09:30 - 10:30 ① □	14:40 - 15:25 ② □	08:45 - 09:25 ④ □
10:30 - 11:30 ③ □	09:30 - 10:30 ① □	10:30 - 11:30 ③ □	09:30 - 10:30 ① □	10:30 - 11:30 ③ □	15:30 - 16:45 ⑤ □	13:05 - 14:25 ④ □
11:30 - 14:55 ⑤ □	10:30 - 11:30 ② □	11:30 - 13:40 ⑤ □	10:30 - 11:30 ② □	11:30 - 14:55 ⑤ □		14:30 - 16:00 ② □
15:00 - 16:55 ③ □	11:30 - 13:10 ⑤ □	13:45 - 15:55 ③ □	11:30 - 13:10 ⑤ □	15:00 - 16:55 ③ □		
18:15 - 19:25 ⑤ □	14:30 - 15:15 ② □	18:40 - 19:25 ⑤ □	14:30 - 15:15 ② □	18:15 - 19:00 ② □		
19:30 - 21:45 ② □	15:15 - 15:55 ③ □	19:30 - 21:45 ② □	15:15 - 15:55 ③ □	20:15 - 21:45 ⑤ □		
	18:15 - 19:00 ③ □		18:15 - 19:00 ③ □			
	20:15 - 21:45 ⑤ □		20:15 - 21:45 ⑤ □			

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 BB □	13:15 - 14:30 Open Swim (65+) Ⓜ □	10:30 - 11:30 BB □	10:30 - 11:30 BB □	10:30 - 11:30 BB □	14:40 - 15:25 BB □	14:30 - 16:00 Family Open Swim (City) (For all ages) ② BB Ⓜ □
15:00 - 16:55 BB □	15:15 - 15:55 BB □	13:45 - 15:55 BB □	13:15 - 14:30 Open Swim (65+) Ⓜ □	15:00 - 16:55 BB □		
			15:15 - 15:55 BB □			

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | ⚖ Activity open to City of Montréal residents | Ⓜ Activity open to City of Westmount residents | Ⓜ Activity sponsored by Desjardins | 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/activities.



Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐	19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐	06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐	19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐	06:15 - 07:30 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐		16:05 - 17:20 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐
		08:15 - 09:30 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐		08:15 - 09:30 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐		
		17:00 - 18:15 Swim Club (6-17 yrs) 17 September - 14 June Pool ✂️\$☐	17:25 - 18:40 Swim Club (6-17 yrs) 17 September - 14 June Pool ✂️\$☐	17:00 - 18:15 Swim Club (6-17 yrs) 17 September - 14 June Pool ✂️\$☐		
				19:00 - 20:15 Masters Swim Club (18+) 17 September - 30 August Pool ✂️\$☐		

Levels : ☐ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✂️ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | 🏠 Activity sponsored by Desjardins | 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/activities.



Health and fitness - Sports and Recreation

Table with 7 columns (Monday to Sunday) and multiple rows of activity listings including Open Gym, Open Studio, Pickleball, and Volleyball. Each entry includes time, location, and a checkbox.

Health and fitness - Small Group Training

Table with 7 columns (Monday to Sunday) and rows of small group training activities like Dao Yin, TRX, ELDOA Method, and Restorative Yoga. Includes checkboxes and pricing symbols.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (S) Activity sponsored by Desjardins | 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/activities.



Parent & Baby / Family Activities - Parent & Baby Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:15 - 12:15 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB Ⓜ \$N □					

Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						14:30 - 16:00 Family Open Swim (City) (For all ages) Pool Ⓜ BB Ⓜ □

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				18:30 - 21:45 Basketball - Teens Gym - Alrick ✍ □		



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Karibou Cheeky Chicks (12-20 months) 14 January - 25 March <i>Palestre - À venir/TBA</i> \$N ●	09:20 - 10:10 Karibou Bouncing Bunnies (12-20 months) 15 January - 26 March <i>Palestre - Gail</i> \$N □	09:15 - 10:15 Kindergym (6-15 months) 16 January - 27 March <i>Palestre - Gail</i> \$ ●	09:20 - 10:10 Karibou Rascally Racoons (20 months - 2.5 years) 17 January - 28 March <i>Palestre - Gail</i> \$N ●	16:30 - 17:15 Jr. NBA (5-7 yrs) 11 January - 15 March <i>Gym - Vonrick</i> / \$ □	08:45 - 09:35 Karibou Rascally Racoons (20 months - 2.5 years) 17 January - 28 March <i>Palestre - À venir/TBA</i> \$N ●	08:45 - 09:35 Karibou Bouncing Bunnies (12-20 months) 15 January - 26 March <i>Palestre - À venir/TBA</i> \$N □
13:05 - 14:35 Soccer Plus (3-5 yrs) 14 January - 26 March <i>1/2 Gym - À venir/TBA</i> \$N ●	13:05 - 14:35 Soccer Plus (3-5 yrs) 15 January - 26 March <i>1/2 Gym - À venir/TBA</i> \$N ●	13:05 - 14:35 Gym and Swim (3-5 yrs) 16 January - 27 March <i>1/2 gym / Pool - À venir/TBA</i> \$N ●	13:05 - 14:35 Lil' Chefs (3-5 yrs) 17 January - 28 March <i>Classroom 2 - À venir/TBA</i> \$N ●	16:30 - 17:30 Bootcamp – Children (8-11 yrs) 11 January - 15 March <i>Studio 2 - Sule</i> / \$ □		11:15 - 12:00 Badminton - Child (6-8 yrs) 13 January - 17 March <i>Gym - Robert</i> / \$ □
16:00 - 16:45 Soccer - Children (5-6 yrs) 7 January - 11 March <i>Gym - Felipe</i> / \$ ●	16:00 - 16:45 Basketball - Children (8-11 yrs) 8 January - 12 March <i>Gym - Dean</i> / \$ □	16:00 - 17:00 Martial arts - Children (6-12 yrs) 9 January - 13 March <i>Studio 2 - Anthony</i> / \$ □	16:00 - 17:00 Soccer - Children (9-12 yrs) 10 January - 14 March <i>Gym - Felipe</i> / \$ □			12:00 - 12:45 Badminton - Child (9-12 yrs) 13 January - 17 March <i>Gym - Robert</i> / \$ □
16:00 - 17:00 Capoeira - Children (6-12 yrs) 7 January - 11 March <i>Studio 2 - Stephane</i> / \$ □	17:00 - 17:45 Basketball - Children (8-11 yrs) 8 January - 12 March <i>Gym - Dean</i> / \$ □					
17:00 - 17:45 Soccer - Children (7-8 yrs) 7 January - 11 March <i>Gym - Felipe</i> / \$ ●						

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | 🏠 Activity sponsored by Desjardins | 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/activities.