

Week at a Glance

March 19 - June 17, 2012

MONDAY

Drop-In Programs

Pool	Studio	Gym	Sky Harbour Room	Wellness/ Track	Ice
Adult Swim 5:45-9:30am 10:30-3:30pm	Step 9:00-10:00am		Play Zone 8:30-11:00am 6:00-7:30pm		
Aquafit 9:30-10:15am	Definition Workout 10:15-10:45am				Parent & Tot Skate 9:30-10:50am
	Zumba Gold 11:15-12:00pm				Senior Skate 11:00-12:00pm
Parent & Tot Swim 10:00-12:00pm	Muscle Works 3:00-4:00pm				
Open Swim 3:30-4:30/ 7-8:30pm		Indoor Playground 4:30-6:00pm	Creative Connections 6:15-7:15pm		Huff n' Puff 1:45-3:30pm
Adult Swim 8:30-9:45pm	Step 6:00-7:00pm				Free Skate 4:00-5:00pm
	Yoga 6:30-7:30pm				

TUESDAY

Pool	Studio	Gym	Sky Harbour Room	Wellness/ Track	Ice
Adult Swim 5:45-9:30am 10:00-3:30pm	Bootcamp 7:15-8:00am		Play Zone 8:30-11:00am		
Aqua Zumba 8:30-9:15am	Interval Training 9:00-10:00am				
Gentlefit 9:30-10:00am	Light & Lively 10:15-11:15am				
Parent & Tot Swim 10:00-12:00pm					
Parent & Tot Lessons 11:00-11:30am		Tumble Time 5:15-6:00pm			
Open Swim 3:30-4:30 7:00-8:30pm	All Ages Zumba 4:15-5:00pm	Dance Mix 6:00-7:00pm		Youth Circuit Training 6:30-7:30pm	Shinny 4:00-5:00pm
Aquafit 7:00-7:45pm	Cycling 5:45-7:00pm				
Adult Swim 8:30-9:45pm		Shinai-do Ju Jitsu 8:00-9:30pm			

WEDNESDAY

Pool	Studio	Gym	Sky Harbour Room	Wellness/ Track	Ice
Adult Swim 5:45-9:30am 10:30-3:30pm	Ball Workout 9:00-10:00am		Play Zone 8:30-11:00am		
Aquafit 9:30-10:15am	Pilates 10:15-11:00am				Senior Skate 11:00-12:00pm
Parent & Tot Swim 10:00-12:00pm	Muscle Works 12:00-1:00pm	Indoor Playground 4:30-6:00pm			
Adult Lessons 11:00-11:30am	Zumba/Bootcamp 4:30-5:30pm	Play Fit 6:00-6:30pm			Huff n' Puff 1:45-3:30pm
Open Swim 3:30-4:30/7-8:30pm	TurboKick 6:00-6:45pm	Hot Gym Cool Swim 6:30-7:30pm			

THURSDAY

Pool	Studio	Gym	Sky Harbour Room	Wellness/ Track	Ice
Adult Swim 5:45-9:30am 10:00-3:30pm	Step 9:00-10:00am		Play Zone 8:30-11:00am		
Gentlefit 9:30-10:00am	Light & Lively 10:15-11:15am				
Parent & Tot Swim 10:00-12:00pm		Indoor Playground 4:30-5:30pm			Parent & Tot Skate 2:30-3:50pm
Open Swim 3:30-4:30pm 7:00-8:30pm	Bootcamp 4:15-5:00pm		Icky Play 6:00-6:45pm		Free Skate 4:00-5:00pm
Aquafit 7:00-7:45pm	Yoga 5:30-6:30pm	Shinaido Ju Jutsu 7:00-8:30pm	Y Kids Club 6:45-8:00pm		
Adult Swim 8:30-9:45pm	Cycling 7:00-8:00pm				

FRIDAY

Pool	Studio	Gym	Sky Harbour Room	Wellness/ Track	Ice
Adult Swim 5:45-9:30am 10:30-3:30pm	Muscle Works 9:00-10:00am		Play Zone 8:30-11:00am		
Aquafit 9:30-10:15am	Definition Workout 10:15-11:00am				
Parent & Tot Swim 10:00-12:00pm	Muscle Works 12:00-1:00pm				Senior Skate 11:00-12:00pm
Deep Water Aquafit 10:30-11:15am					
Open Swim 3:30-4:30pm 6:30-8:30pm	Zumba 5:00-5:45pm	Kidz Zone 6:00-8:30pm			Shinny 4:00-5:00pm
Adult Swim 4:30-6:30pm 8:30-9:45pm		Youth Zone 6:00-8:30pm		Family Wellness 6:30-8:30pm	

SATURDAY

Pool	Studio	Gym	Sky Harbour Room	Ice
Adult Swim 7:00-9:00am 12:00-1:00pm	Cardio Challenge 8:30-9:30am	Zumba 8:15-9:15am	Play Zone 8:15-11:00am	
Open Swim 1:00-4:00pm 6:00-7:45pm		Indoor Playground 9:30-12:00pm		Open Skate 2:00-2:50pm
Adult Swim 4:00-6:00pm				

SUNDAY

Pool	Studio	Gym	Wellness/ Track	Ice
Adult Swim 8:00-1:00pm		Open Gym 8:00-4:00pm	Meditation 10:30-11:30am	
Parent & Tot Swim 10:00-12:00pm			Family Wellness 10:00-12:00pm	
Open Swim 1:00-4:45pm			Family Track 10:00-2:00pm	

Visitor Pass

(One Time Use)

Family	\$16.75
Adult (18 yrs +)	\$8.50
Student (14-25 yrs)	\$7.00
Child (0-13 yrs)	\$5.00

10 Pass

Family	\$130.00
Adult (18 yrs +)	\$70.00
Student (14-25 yrs)	\$55.00
Child (0-13 yrs)	\$42.00

One adult free admission with the purchase of one child visitor pass during Parent & Tot Swim and Skate only.



Goderich-Huron YMCA

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If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.