



Print date: 2021-11-28

Fall 2021

From 2021-09-06 to 2021-12-19

OPENING HOURS

Monday - Friday: 6:30 am - 9 pm

Saturday - Sunday: 7:45 am - 4:30 pm

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:25 - 10:25 Zumba® (12+) Gym - Andrea ✂ □	06:45 - 07:45 Total Sculpt (12+) Gym - Devon ✂ □	08:55 - 09:55 Total Sculpt (12+) Gym - Vicky ✂ □	06:45 - 07:30 Cycle 'n Sculpt (12+) Studio 2 - Caroline ✂ □	09:45 - 10:45 HIIT (12+) Gym - Olena ✂ □	08:00 - 09:00 Cycling (12+) Studio 2 - Vicky ✂ □	09:00 - 10:00 Cycling (12+) Studio 2 - Patrick ✂ □
10:00 - 11:00 Yoga (12+) Studio 1 - Gala ✂ □	08:05 - 09:05 Cycling (12+) Studio 2 - Ross ✂ □	10:15 - 11:15 Gentle Aero-Toning (12+) Gym - Lilian ✂ □	08:05 - 09:05 Cycling (12+) Studio 2 - Ross ✂ □		10:00 - 11:00 HIIT Kickboxing (12+) Gym - Bassel ✂ □	10:00 - 11:00 Yoga (12+) Studio 1 - Kristen ✂ □
	09:25 - 10:25 Pilates (12+) Gym - André ✂ □		09:25 - 10:25 Pilates (12+) Gym - André ✂ □		10:05 - 11:00 Step (12+) 25 September - 19 December Studio 1 - Nathalie ✂ ◆	
			10:45 - 11:45 Interval Training (12+) Gym - Lori ✂ □			

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05 - 13:05 Gentle Toning (12+) Gym - Trudie ✂ □	12:05 - 13:05 Total Sculpt (12+) Gym - Alison ✂ □	11:15 - 12:15 Yoga (12+) Studio 1 - Lori ✂ □		12:05 - 13:05 Yoga (12+) Studio 1 - Aditi ✂ □	11:15 - 12:15 Bootcamp (12+) Gym - Bassel ✂ □	

Levels : □ All levels | ● Beginner | ◆ Advanced | ✂ 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 | (W) 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/activities.



Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:05 - 18:05 Total Sculpt (12+) <i>Gym - Kimberly</i> ✍️ <input type="checkbox"/>	17:05 - 18:05 Yoga (12+) <i>Studio 1 - Corinne</i> ✍️ <input type="checkbox"/>	17:00 - 18:00 Stretching (12+) <i>Studio 1 - Sarah</i> ✍️ <input type="checkbox"/>	17:05 - 18:05 Yoga (12+) <i>Studio 1 - Rachel</i> ✍️ <input type="checkbox"/>	17:00 - 18:00 Yoga (12+) <i>Studio 1 - Gala</i> ✍️ <input type="checkbox"/>		
18:00 - 18:45 Cycling (12+) <i>Studio 2 - Scott</i> ✍️ <input type="checkbox"/>	18:35 - 19:35 Zumba® (12+) <i>Gym - Kimberly</i> ✍️ <input type="checkbox"/>	18:00 - 19:00 Interval Training (12+) <i>Gym - Lauren</i> ✍️ <input type="checkbox"/>	18:35 - 19:35 Zumba® (12+) <i>Gym - Yvette</i> ✍️ <input type="checkbox"/>			
18:10 - 19:10 Pilates (12+) <i>Studio 1 - Sarah</i> ✍️ <input type="checkbox"/>		18:35 - 19:35 Cycling (12+) <i>Studio 2 - Karine</i> ✍️ <input type="checkbox"/>				
18:35 - 19:35 Bootcamp (12+) <i>Gym - Karine</i> ✍️ <input type="checkbox"/>						

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:45 - 10:35 Aquafit (12+) <i>Pool - Mary</i> ✍️ <input type="checkbox"/>	09:45 - 10:35 Aquafit (12+) <i>Pool - Teaghan</i> ✍️ <input type="checkbox"/>	09:45 - 10:35 Aquafit (12+) <i>Pool - Teresa</i> ✍️ <input type="checkbox"/>	09:45 - 10:35 Aquafit (12+) <i>Pool - Rose</i> ✍️ <input type="checkbox"/>	09:45 - 10:35 Aquafit (12+) <i>Pool - Teaghan</i> ✍️ <input type="checkbox"/>	08:45 - 09:35 Aquafit (12+) <i>Pool - Azita</i> ✍️ <input type="checkbox"/>	
	12:45 - 13:35 Aqua arthritis (65+) <i>Pool - Teresa</i> Ⓜ️ <input type="checkbox"/>		12:45 - 13:35 Aqua arthritis (65+) <i>Pool - Nadia</i> Ⓜ️ <input type="checkbox"/>			



Aquatics - Lane Swim

Table with 7 columns (Monday to Sunday) and multiple rows of swim lane schedules including times, dates, and registration symbols.

Aquatics - Open Swim

Table with 7 columns (Monday to Sunday) and multiple rows of open swim schedules including times, dates, and registration symbols.

Levels : □ All levels | ● Beginner | ◆ Advanced | ✂ 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 | (W) 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/activities.



Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 08:00 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		06:45 - 08:00 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		06:45 - 08:00 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		
08:15 - 09:30 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		08:15 - 09:30 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		08:15 - 09:30 Masters Swim Club (18+) 7 September - 19 December Pool \$◆		

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:30 - 14:20 Open Gym (12+) Gym /□	13:30 - 14:20 Open Gym (12+) 1/2 Gym /□	12:30 - 13:20 Open Gym (12+) Gym /□	13:30 - 14:20 Open Gym (12+) 1/2 Gym /□	12:45 - 13:35 Pickleball (12+) Gym - Marie-Josée /□	12:30 - 13:30 Supervised Basketball (18+) Gym /□	11:20 - 12:10 Open Gym (12+) Gym /□
14:30 - 15:20 Open Gym (12+) Gym /□	14:30 - 15:20 Open Gym (12+) 1/2 Gym /□	13:30 - 14:20 Open Gym (12+) Gym /□	14:30 - 15:20 Open Gym (12+) 1/2 Gym /□	13:45 - 14:35 Pickleball (12+) Gym - Marie-Josée /□	13:30 - 14:30 Supervised Basketball (18+) Gym /□	12:30 - 13:30 Supervised Badminton (18+) Gym /□
		14:30 - 15:20 Open Gym (12+) Gym /□			14:40 - 16:15 Supervised Volleyball (18+) Gym /□	13:30 - 14:30 Supervised Badminton (18+) Gym /□

Health and fitness - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						15:00 - 16:30 Family Open Gym (0-11) Gym BB /□

Levels : □ All levels | ● Beginner | ◆ Advanced | / 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 | (W) 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/activities.



Children's activities (0-12 years)

Table with 7 columns: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday. Rows list activities like 'Lil' Chefs', 'Soccer Plus', 'Crafty Stories', 'Multisports for Kids', 'Basketball', and 'Badminton for Kids' with dates, times, and registration symbols.

Levels : □ All levels | ● Beginner | ◆ Advanced | ✂ 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 | (W) 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/activities.