



Print date: 2025-04-17

Spring 2016 From 2016-03-28 to 2016-06-19

OPENING HOURS

Monday - Friday: 7 a.m. - 9 p.m.

Saturday - Sunday: 9 a.m. - 9 p.m.

Special schedule

Sunday, April 20 (Easter Sunday): no Group Fitness

Monday, May 19 (National Patriots Day): no Group Fitness

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 Cycling Studio 2 - Boyana	06:30 - 07:15 Y Pump Studio 1 - Patrick	06:30 - 07:30 Cycling Studio 2 - Serge	06:30 - 07:15 Interval Training Studio 1 - Marc	06:30 - 07:15 Cycling Studio 2 - Mary	08:30 - 09:30 Step Studio 1 - Dagmar	09:00 - 09:55 Zumba® Studio 1 - Preetha
08:30 - 09:30 Cycling Studio 2 - Olga	06:30 - 07:30 Yoga Studio 3 - à venir TBA (R)	09:00 - 10:00 Yoga Studio 3 - Lori (R)	09:00 - 09:45 Cycling Studio 2 - Neil	06:30 - 07:30 Yoga Studio 3 - Suzanne (R)	08:30 - 09:30 Cycling Studio 2 - Olga/Randall	09:00 - 10:10 Cycling Studio 2 - Joe
09:00 - 09:55 Step Studio 1 - Patricia	09:00 - 09:45 Cycling Studio 2 - Marc	09:05 - 09:55 Cycling Studio 2 - Olga	09:00 - 09:55 Interval Training Studio 1 - Jenn	09:00 - 10:00 Y Pump Studio 1 - Jennifer \ Tanis	08:50 - 09:50 Yoga Studio 3 - Vinnie (R)	09:00 - 10:30 Power Yoga (12 years +) Studio 3 - Josey/Joanna (R)
09:00 - 10:15 Yoga Studio 3 - Kathy (R)	09:00 - 09:55 Total Sculpt Studio 1 - Jenn	09:05 - 10:00 Step Studio 1 - Nancy E.	10:05 - 11:05 Zumba® Gym 2 - Lisbeth	09:00 - 09:55 Pilates Studio 3 - Donna W. (R)	09:45 - 10:45 Circuit Training Studio 1 - Leslie-Ann	10:00 - 10:30 Step Studio 1 - Cheryl
10:00 - 10:55 Gentle Cardio-Toning Studio 1 - Lynn	09:00 - 09:55 Yoga Studio 3 - Joanna (R)	10:05 - 11:00 Gentle Cardio-Toning Studio 1 - Tanis	10:10 - 11:10 Yoga Studio 3 - Anne (R)	10:05 - 11:05 Cardio-Toning Studio 1 - à venir \ TBA	10:00 - 11:15 Yoga Studio 3 - Anne (R)	
10:30 - 11:30 Pilates Studio 3 - Victoria D. (R)	10:05 - 11:05 Zumba® Gym 2 - Katie	10:15 - 11:15 Yoga Studio 3 - Nancy E. (R)		10:05 - 11:05 Yoga Studio 3 - Stéphanie (R)	10:30 - 11:15 Cycling Studio 2 - Rita/Laura	
	10:05 - 11:20 Yoga – Meditation Studio 3 - Debra (R)					

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 - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Gentle Toning <i>Studio 1 - Diana</i>	11:30 - 12:30 Chair Yoga <i>Studio 3 - Vinnie (R)</i>	11:05 - 12:00 Gentle Toning <i>Studio 1 - Anne D.</i>	11:30 - 12:30 Chair Yoga <i>Studio 3 - Anne (R)</i>	11:15 - 12:00 Stretching <i>Studio 1 - Lesley M.</i>	11:00 - 12:00 Zumba® <i>Studio 1 - Silvia</i>	
12:00 - 13:00 Zumba® <i>Studio 1 - Alexandra</i>	14:00 - 15:15 Gentle Yoga <i>Studio 1 - Sharon (R)</i>	14:00 - 15:00 Tai Chi <i>Studio 1 - Judy</i> \$N	12:10 - 12:55 Total Sculpt <i>Studio 1 - Lori</i>	12:10 - 12:55 Essentrics® <i>Studio 3 - Kadejah</i>		
12:10 - 12:55 Yoga <i>Studio 3 - Crystal (R)</i>			14:00 - 15:15 Gentle Yoga <i>Studio 1 - Sharan (R)</i>			

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:10 Circuit Training <i>Studio 1 - Leslie-Ann</i>	15:25 - 16:25 Tai Chi <i>Studio 1 - Judy</i>	17:10 - 18:15 Y Pump <i>Studio 1 - Laurie</i>	18:00 - 18:55 Prenatal Yoga <i>Studio 3 - Sharan (R)</i> \$N	16:55 - 17:40 Y Pump <i>Studio 1 - Laurie</i>		16:00 - 17:00 Cardio-Toning <i>Studio 1 - Lynn</i>
17:45 - 18:55 Cycling <i>Studio 2 - Joe</i>	17:45 - 18:45 Cycling <i>Studio 2 - Ashley</i>	17:45 - 18:55 Pilates <i>Studio 3 - Orly (R)</i>	19:05 - 20:05 Zumba® <i>Studio 1 - Sandra</i>	17:45 - 18:40 Zumba® <i>Studio 1 - Patrick</i>		
17:45 - 18:55 Pilates <i>Studio 3 - Orly (R)</i>	17:55 - 18:55 Yoga <i>Studio 3 - Suzanne (R)</i>	18:00 - 19:00 Cycling <i>Studio 2 - Randall/Mary</i>	19:05 - 20:20 Yoga <i>Studio 3 - Suzanne (R)</i>	17:45 - 18:55 Cycling <i>Studio 2 - Joe</i>		
18:15 - 19:15 Bootcamp (12 years +) <i>Studio 1 - Veronica</i>	18:05 - 18:55 Total Sculpt <i>Studio 1 - Deborah</i>	18:20 - 19:20 Step <i>Studio 1 - Dagmar</i>				
19:05 - 20:20 Yoga <i>Studio 3 - Elishia (R)</i>	19:00 - 20:00 Zumba® <i>Gym 2 - Lisbeth</i>	19:00 - 20:15 Yoga <i>Studio 3 - Kathy (R)</i>				
19:30 - 20:30 Zumba® <i>Studio 1 - Donna M.</i>	19:00 - 20:15 Yoga <i>Studio 3 - Sophie (R)</i>	19:15 - 20:08 Cycling <i>Studio 2 - Serge</i>				

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Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30 - 11:30 Parent-Baby Cycling Studio 2 - Christine BB / \$N	10:30 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley M. BB / \$N			08:30 - 10:00 Aikido Gym 1 - Marty	

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:30 - 20:00 Aikido Gym 1 - Marty		19:30 - 21:00 Aikido Gym 2 - Marty			

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						11:30 - 12:30 Yoga Introduction Studio 3 - Lori L. / \$

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Kim	09:00 - 09:55 Aquafit Pool - Mirella	09:00 - 09:55 Aquafit Pool - Lesley M.	09:00 - 09:55 Aquafit Pool - Donna W.	09:00 - 09:55 Aquafit Pool - Jaclyne	08:00 - 08:55 Aquafit Pool - Barbara/Jaclyne/Nga	
10:00 - 10:55 Aquafit Pool - Donna W.	10:00 - 10:55 Aquafit Pool - Sandy	13:00 - 13:45 Aqua Arthritis Pool - Caroline	18:00 - 18:55 Aqua Bootcamp Pool - Katherine	10:00 - 10:55 Aquafit Pool - Sandy		
13:00 - 13:45 Aqua Arthritis Pool - Donna L.	17:30 - 18:10 Prenatal Aqua Pool - Donna L. / \$N	17:30 - 18:25 Aquafit Pool - Carolyn		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy / \$N		
17:30 - 18:25 Aqua Bootcamp Pool - Jaclyne	18:15 - 19:10 Aquafit Pool - Jaclyne			13:15 - 14:00 Aqua Arthritis Pool - Jaclyne		

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West Island YMCA

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Tel. : 514 630-9622

ymcaquebec.org

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	06:30 - 08:55 ③	07:00 - 07:55 ③	07:00 - 08:55 ③
11:00 - 12:55 ③	11:00 - 15:55 ③	11:00 - 12:55 ③	10:00 - 15:55 ③	12:00 - 13:10 ③		16:00 - 16:55 ①
14:00 - 15:55 ②	16:00 - 17:25 ①	14:00 - 15:55 ③	16:00 - 17:55 ①	14:00 - 15:25 ③		
14:00 - 15:55 Lane Swim (65+) ①	19:15 - 21:25 ①	16:00 - 17:25 ①	20:30 - 21:25 ①			
16:00 - 17:25 ①		20:30 - 21:25 ①				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 20:30 ③			14:30 - 16:00 ③	14:30 - 16:00 ③

Aquatics - Triathlon - Swimming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:15 - 20:15 Triathlon - Swimming Pool ② \$N					

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Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:50 - 10:40 Squash Clinic - Women (18 years +)	11:00 - 13:30 Supervised Badminton (18+) Gym 1 ②	18:30 - 20:00 Supervised Soccer Gym 1 & 2	11:00 - 13:30 Supervised Badminton (18+) Gym 1 ②		14:00 - 14:50 Squash Clinic (8- 11)	10:00 - 11:00 Supervised Badminton (18+) Gym 1 & 2 ③
10:40 - 11:30 Squash Clinic - Women (18 years +)	19:00 - 19:50 Squash Clinic 	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④	18:30 - 21:00 Supervised Volleyball Gym 1 ①		14:00 - 14:50 Squash Clinic (8- 11 years) 	11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④
18:30 - 20:00 Supervised Soccer Gym 1 & 2	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④		21:00 - 22:30 Supervised Basketball Gym 1 & 2		14:50 - 15:40 Squash Clinic (12-17) 	16:30 - 18:00 Supervised Cosom Hockey Gym 1 & 2
19:00 - 19:50 Squash Clinic 					14:50 - 15:40 Squash Clinic 	18:00 - 19:30 Supervised Soccer Gym 1 & 2
20:00 - 22:30 Supervised Volleyball Gym 1 ①					17:30 - 19:30 Supervised Badminton (18+) Gym 1 ②	
20:00 - 22:30 Supervised Volleyball Gym 2 ①						

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:30 - 11:30 Parent-Baby Cycling Studio 2 - Christine BB \$N	10:30 - 11:30 Parent & Baby Interval Training Gym 2 - Lesley M. BB \$N		11:00 - 11:55 Aqua Parent & Baby Pool - Sandy \$N	12:30 - 14:00 Family Open Gym Gym 2	10:00 - 11:00 Family Badminton Gym 1 ①
					17:30 - 19:30 Family Badminton Gym 2 ②	

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Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:30 Basketball for Teens Gym 2	16:00 - 18:45 Basketball for Teens Gym 2	16:00 - 17:30 Basketball for Teens Gym 2	16:00 - 17:30 Basketball for Teens Gym 1 & 2	17:30 - 18:30 Volleyball for Teens Gym 1	14:00 - 15:00 TeenZone Gym 1 ✍	09:00 - 10:00 Badminton for Teens Gym 2 ✍ \$N
	16:00 - 17:00 TeenZone Gym 1 ✍	16:00 - 17:30 TeenZone Gym 1 ✍	20:15 - 21:15 Boxing for Teens Studio 1 - Shady	19:30 - 22:30 Teen Night Gym 1 & 2 ✍ \$		
				20:00 - 22:30 Teen Night Studio 1 ✍ \$		

Programs for children (0-12 years) - After School Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				17:00 - 19:00 Y-pod: After School Program Gym 2 ✍		

Programs for children (0-12 years) - Drop-in Child Care

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	08:30 - 12:00 Drop-In Child Care \$	

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:30 Soccer (6-11) Gym 1 & 2 / \$N	17:00 - 18:00 Martial Arts for Kids Gym 1 / \$N	17:30 - 18:30 Soccer (6-11) Gym 1 & 2 / \$N	17:30 - 18:30 Basketball (6-11) Gym 2 / \$N		09:00 - 12:00 Weekend Club \$	09:00 - 10:00 Badminton for Kids Gym 1 / \$N
	18:00 - 19:00 Martial Arts for Kids Gym 1 / \$N		18:30 - 19:30 Basketball (6-11) Gym 2 / \$N		10:30 - 11:30 Martial Arts for Kids Gym 1 / \$N	
					11:30 - 12:30 Martial Arts for Kids Gym 1 / \$N	
					11:30 - 12:30 Cosom Hockey for Kids Gym 2 / \$N	
					14:00 - 14:50 Squash Clinic (8-11) /	

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