



Print date: 2024-10-06

## Fall 2024

From 2024-09-02 to 2024-12-22

### OPENING HOURS

Monday - Friday: 6 a.m. - 9:30 p.m.

Saturday - Sunday: 7:30 a.m. - 6 p.m.

### HOLIDAYS

September 2: No group classes and aquafit courses / October 14: No group classes and aquafit courses

## Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 07:45 Interval Training Studio 2 - Maxime 🔥🔥🔥	06:45 - 07:45 Total Sculpt Gym - Devon 🔥🔥🔥	09:00 - 10:00 Y Pump Studio 2 - Vicky 🔥🔥🔥	06:45 - 07:30 Total Sculpt Studio 2 - Alison 🔥🔥🔥	09:00 - 10:00 Chen Tai Chi Studio 1 - Steve 🔥🔥🔥	09:00 - 10:00 Cycling Studio 2 - Vicky 🔥🔥🔥	09:00 - 10:00 Cycling Studio 2 - Patrick 🔥🔥🔥
09:00 - 10:00 Cardio-Dance Studio 2 - Nancy 🔥🔥🔥	08:00 - 09:00 Cycling Studio 2 - Ross 🔥🔥🔥	09:00 - 10:00 Yang Tai Chi Studio 1 - Steve 🔥🔥🔥	08:00 - 09:00 Cycling Studio 2 - Ross 🔥🔥🔥	10:00 - 11:00 Interval Training Studio 2 - Kathy 🔥🔥🔥	10:00 - 11:00 Zumba® Gym - Lucia 🔥🔥🔥	10:00 - 11:00 Yoga Studio 1 - Kristen 🔥🔥🔥
10:00 - 11:00 Yoga Studio 1 - Gala 🔥🔥🔥	10:00 - 11:00 Yoga Studio 1 - Malcolm 🔥🔥🔥	10:15 - 11:15 Gentle Cardio-Toning Gym - Sara 🔥🔥🔥	10:00 - 11:00 Pilates Studio 1 - Violaine 🔥🔥🔥		10:00 - 11:00 Pilates Studio 1 - Violaine 🔥🔥🔥	

## Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Gentle Toning Gym - Trudie 🔥🔥🔥	11:05 - 12:05 Chair Yoga Studio 1 - Cary 🔥🔥🔥	11:15 - 12:15 Yoga Studio 1 - Leila 🔥🔥🔥	11:05 - 12:05 Chair Yoga Studio 1 - Cary 🔥🔥🔥	11:00 - 12:00 Gentle Toning Gym - Helen 🔥🔥🔥	11:15 - 12:15 Bootcamp Gym - Jenny 🔥🔥🔥	11:00 - 12:00 HIIT Studio 2 - Armaghan 🔥🔥🔥
12:00 - 13:00 HIIT Studio 2 - Nancy 🔥🔥🔥	12:00 - 13:00 Total Sculpt Studio 2 - Armaghan 🔥🔥🔥		12:15 - 13:15 Barre workout Studio 2 - Gayle 🔥🔥🔥	12:00 - 13:00 Yoga Studio 1 - Malcolm 🔥🔥🔥		

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 🌿 Outdoor Classes | ✂ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏡 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 18:00 Pilates Studio 1 - Yona 🔥🔥🔥	17:00 - 18:00 Yoga Studio 1 - Corinne 🔥🔥🔥	17:30 - 18:30 Stretching Studio 1 - Rosalind 🔥🔥🔥	17:00 - 18:00 Yoga – Meditation Studio 1 - Rachel 🔥🔥🔥	17:00 - 18:00 Yoga Studio 1 - Gala 🔥🔥🔥		
17:15 - 18:15 Total Sculpt Gym - Kimberly 🔥🔥🔥	18:15 - 19:15 HIIT Studio 2 - Aïda 🔥🔥🔥	18:00 - 19:00 Interval Training Gym - Lauren 🔥🔥🔥	18:15 - 19:15 HIIT Studio 2 - Kimberly-Audrey 🔥🔥🔥	18:30 - 19:30 Circuit Training Studio 2 - Gaelle 🔥🔥🔥		
18:00 - 19:00 Cycling Studio 2 - Scott 🔥🔥🔥	18:35 - 19:35 Zumba® Gym - Anabel 🔥🔥🔥	18:35 - 19:35 Cycling Studio 2 - Leila 🔥🔥🔥	18:35 - 19:35 Zumba® Gym - Rosario 🔥🔥🔥			

## Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Valérie 🔥🔥🔥	09:35 - 10:25 Aquafit Pool - Leila 🔥🔥🔥	09:35 - 10:25 Aqua Cardio Pool - Teresa 🔥🔥🔥	09:35 - 10:25 Gentle Aquafit Pool - Gayle 🔥🔥🔥	09:35 - 10:25 Aquafit Pool - Benjamin 🔥🔥🔥	08:45 - 09:35 Aqua Interval Pool - Azita 🔥🔥🔥	
	12:45 - 13:35 Aqua Arthritis Pool - Teresa 🔥🔥🔥		12:45 - 13:35 Aqua Arthritis Pool - Nadia 🔥🔥🔥			

## Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 - 14:00 16 September - 22 December	06:30 - 09:30 16 September - 22 December	12:30 - 14:00 16 September - 22 December	06:30 - 09:30 16 September - 22 December	11:30 - 14:00 16 September - 22 December	07:30 - 08:40 16 September - 22 December	07:30 - 08:30 16 September - 22 December
	19:30 - 21:00 16 September - 22 December	19:40 - 21:00 16 September - 22 December	11:30 - 12:40 16 September - 22 December	18:00 - 19:30 16 September - 22 December		
	20:10 - 21:00 16 September - 22 December		20:10 - 21:00 16 September - 22 December	19:30 - 21:00 16 September - 22 December		

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 🌞 Outdoor Classes | ✂ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏠 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:25 - 11:25 16 September - 22 December ②	10:25 - 11:25 16 September - 22 December ②	10:25 - 11:25 16 September - 22 December ②	10:25 - 11:25 16 September - 22 December ②	10:25 - 11:25 Family Open Swim (City) (For all ages) 16 September - 22 December ② ①	14:00 - 15:30 Family Open Swim (City) (For all ages) 16 September - 22 December ①	08:30 - 10:00 Family Open Swim (City) (For all ages) 16 September - 22 December ② ①
14:00 - 15:55 16 September - 22 December ②	13:35 - 15:55 16 September - 22 December ②	11:30 - 12:30 Family Open Swim (City) (For all ages) 16 September - 22 December ② ①	13:35 - 15:55 16 September - 22 December ②	14:00 - 17:55 16 September - 22 December ②		
		14:00 - 15:55 16 September - 22 December ②				

## Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:45 Masters Swim Club (18+) 16 September - 22 December Pool /\$	18:50 - 20:05 Masters Swim Club (18+) 16 September - 22 December Pool /\$	06:30 - 07:45 Masters Swim Club (18+) 16 September - 22 December Pool /\$	18:50 - 20:05 Masters Swim Club (18+) 16 September - 22 December Pool /\$	06:30 - 07:45 Masters Swim Club (18+) 16 September - 22 December Pool /\$		13:45 - 15:00 Masters Swim Club (18+) 16 September - 22 December Pool /\$
08:00 - 09:15 Masters Swim Club (18+) 16 September - 22 December Pool /\$		08:00 - 09:15 Masters Swim Club (18+) 16 September - 22 December Pool /\$		08:00 - 09:15 Masters Swim Club (18+) 16 September - 22 December Pool /\$		

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏠 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:45 - 21:15 Supervised Basketball (18+) Gym 🏀	12:45 - 13:40 Pickleball Gym 🏓		19:45 - 21:15 Supervised Volleyball Gym 🏐	12:45 - 13:40 Pickleball Gym 🏓	14:45 - 15:40 Pickleball Gym 🏓	12:30 - 13:25 Supervised Badminton Gym 🏸
	13:45 - 14:40 Pickleball Gym 🏓			13:45 - 14:40 Pickleball Gym 🏓	15:45 - 16:40 Pickleball Gym 🏓	13:30 - 14:25 Supervised Badminton Gym 🏸
	14:45 - 15:45 Pickleball Gym 🏓			14:45 - 15:45 Pickleball Gym 🏓	16:45 - 17:45 Pickleball Gym 🏓	
	19:45 - 21:15 Supervised Volleyball Gym 🏐					

## Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:45 - 15:45 Open Gym Gym		07:00 - 10:00 Open Gym Gym	14:00 - 16:25 Open Gym Gym			
18:30 - 19:30 Open Gym Gym		11:30 - 13:45 Open Gym Gym				
		16:30 - 17:45 Open Gym 1/2 Gym				

## Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				18:30 - 20:00 TeenZone Drop-in		14:45 - 17:45 TeenZone Drop-in

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 🌞 Outdoor Classes | ✍ Registration required | 💰 Additional payment required | 💵 Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 🏠 Online reservation | 🏠 Activity open to City of Montréal residents | 🏠 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 16:55 Introduction to sports 3-5 years old 16 September - 8 December Gym / \$	09:30 - 10:25 Introduction to sports 3-5 years old 16 September - 8 December Gym / \$	16:20 - 17:15 Martial Arts for Kids (6-8 yrs) 16 September - 8 December Studio 2 / \$	16:30 - 17:25 Soccer 8-9 years - Level 1 16 September - 8 December Gym / \$	16:20 - 17:15 Hip-hop for kids (6-8 years) 16 September - 8 December Studio 2 / \$	12:30 - 13:25 Basketball 6-7 years - Level 1 16 September - 8 December Gym / \$	09:30 - 10:25 Soccer 6-7 years - Level 1 16 September - 8 December Gym / \$
	16:30 - 17:25 Basketball 8-9 years - Level 1 16 September - 8 December Gym / \$	17:20 - 18:15 Martial Arts for Kids 16 September - 8 December Studio 2 / \$	16:30 - 17:25 Soccer 8-9 years - Level 2 16 September - 8 December Gym / \$	16:30 - 17:25 Soccer 6-7 years - Level 1 16 September - 8 December Gym / \$	12:30 - 13:25 Basketball 6-7 years - Level 2 16 September - 8 December Gym / \$	09:30 - 10:25 Soccer 6-7 years - Level 2 16 September - 8 December Gym / \$
	16:30 - 17:25 Basketball 8-9 years - Level 2 16 September - 8 December Gym / \$		17:30 - 18:25 Soccer 10-11 years - Level 1 16 September - 8 December Gym / \$	16:30 - 17:25 Soccer 6-7 years - Level 2 16 September - 8 December Gym / \$	13:30 - 14:25 Basketball 8-9 years - Level 1 16 September - 8 December Gym / \$	11:30 - 12:25 Badminton 10-11 years old 16 September - 8 December Gym / \$
	17:30 - 18:25 Basketball 10-11 years - Level 1 16 September - 8 December Gym / \$		17:30 - 18:25 Soccer 10-11 years - Level 2 16 September - 8 December Gym / \$	17:20 - 18:15 Hip-hop for kids (9-11 years) 16 September - 8 December Studio 2 / \$	13:30 - 14:25 Basketball 8-9 years - Level 2 16 September - 8 December Gym / \$	
	17:30 - 18:25 Basketball 10-11 years - Level 2 16 September - 8 December Gym / \$			17:30 - 18:25 Basketball 10-11 years - Level 1 16 September - 8 December Gym / \$		
				17:30 - 18:25 Basketball 10-11 years - Level 2 16 September - 8 December Gym / \$		

**Intensity :** Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 🏠 Activity open to City of Montréal residents | 🏡 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).