



Print date: 2025-04-29

## Spring 2025 From 2025-03-24 to 2025-06-15

### OPENING HOURS

**Monday - Friday:** 6 a.m. - 10 p.m.

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

Special schedule

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

### POOL CLOSURE

Saturday - Sunday: 6:30 p.m.

### Group Fitness - Morning

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|--|--|---|--|--|--|---|
| 06:45 - 07:45<br>Interval Training<br>Studio 2 -<br>Maxime<br>🔥🔥 | 06:45 - 07:45<br>Total Sculpt<br>Gym - Devon<br>🔥🔥 | 09:00 - 10:00<br>Y Pump<br>Studio 2 - Vicky<br>🔥🔥             | 06:45 - 07:30<br>Total Sculpt<br>Studio 2 - Alison<br>🔥🔥 | 08:30 - 09:30<br>Cycling<br>Studio 2 - Leila<br>🔥🔥           | 09:00 - 10:00<br>Cycling<br>Studio 2 - Vicky<br>🔥🔥       | 09:00 - 10:00<br>Cycling<br>Studio 2 -<br>Patrick<br>🔥🔥 |
| 09:00 - 10:00<br>Zumba®<br>Studio 2 -<br>Anabel<br>🔥🔥            | 08:00 - 09:00<br>Cycling<br>Studio 2 - Ross<br>🔥🔥  | 09:00 - 10:00<br>Yang Tai Chi<br>Studio 1 - Steve<br>🔥🔥       | 08:00 - 09:00<br>Cycling<br>Studio 2 - Ross<br>🔥🔥        | 09:00 - 10:00<br>Chen Tai Chi<br>Studio 1 - Steve<br>🔥🔥      | 10:00 - 11:00<br>Zumba®<br>Gym - Lucia<br>🔥🔥             | 10:00 - 11:00<br>Yoga<br>Studio 1 -<br>Kristen<br>🔥🔥    |
| 10:05 - 11:05<br>Yoga<br>Studio 1 - Gala<br>🔥🔥                   | 10:00 - 11:00<br>Pilates<br>Studio 2 - André<br>🔥🔥 | 10:15 - 11:15<br>Gentle Cardio-<br>Toning<br>Gym - Sara<br>🔥🔥 | 10:00 - 11:00<br>Pilates<br>Studio 2 - André<br>🔥🔥       | 10:00 - 11:00<br>Interval Training<br>Studio 2 - Kathy<br>🔥🔥 | 10:00 - 11:00<br>Pilates<br>Studio 1 -<br>Violaine<br>🔥🔥 |   |
|  |  |   |  | 10:15 - 11:15<br>Vinyasa Yoga<br>Studio 1 - Olivia<br>🔥🔥     |  |   |

### Group Fitness - Midday

| Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday   | Saturday  | Sunday  |
|--|--|---|--|--|---|---|
| 11:00 - 12:00<br>Gentle Toning<br>Gym - Trudie<br>🔥🔥 | 11:05 - 12:05<br>Chair Yoga<br>Studio 1 - Cary<br>🔥🔥 | 11:15 - 12:15<br>Yoga<br>Studio 1 - Leila<br>🔥🔥 | 11:05 - 12:05<br>Chair Yoga<br>Studio 1 - Cary<br>🔥🔥     | 11:00 - 12:00<br>Gentle Toning<br>Gym - Helen<br>🔥🔥  | 11:15 - 12:15<br>Bootcamp<br>Gym - Jenny<br>🔥🔥                | 11:15 - 12:15<br>HIIT<br>Studio 2 -<br>Armaghan<br>🔥🔥 |
| 12:30 - 13:30<br>HIIT<br>Studio 2 - Sara<br>🔥🔥       |  |   | 12:15 - 13:15<br>Barre workout<br>Studio 2 - Gayle<br>🔥🔥 | 12:00 - 13:00<br>Yoga<br>Studio 1 -<br>Malcolm<br>🔥🔥 | 12:00 - 13:00<br>Yoga<br>Studio 1 -<br>Violaine/Malcolm<br>🔥🔥 |   |

**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).



## Group Fitness - Evening

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday | Sunday |
|--|--|---|--|---|----------|--------|
| 17:00 - 18:00<br>Vinyasa Yoga<br>Studio 1 - Mahsa<br>🔥🔥🔥 | 17:00 - 18:00<br>Yoga<br>Studio 1 - Corinne<br>🔥🔥🔥 | 17:30 - 18:30<br>Stretching<br>Studio 1 - Rosalind<br>🔥🔥🔥 | 17:00 - 18:00<br>Yoga – Meditation<br>Studio 1 - Rachel<br>🔥🔥🔥 | 17:00 - 18:00<br>Yoga<br>Studio 1 - Gala<br>🔥🔥🔥   |          |        |
| 17:15 - 18:15<br>Total Sculpt<br>Gym - Kimberly<br>🔥🔥🔥   | 18:15 - 19:15<br>Y Pump<br>Studio 2 - Nancy<br>🔥🔥🔥 | 18:00 - 19:00<br>Interval Training<br>Gym - Lauren<br>🔥🔥🔥 | 18:15 - 19:15<br>HIIT<br>Studio 2 - Kimberly-Audrey<br>🔥🔥🔥     | 18:30 - 19:30<br>HIIT<br>Studio 2 - Gaelle<br>🔥🔥🔥 |          |        |
| 18:00 - 19:00<br>Cycling<br>Studio 2 - Scott<br>🔥🔥🔥      | 18:35 - 19:35<br>Zumba®<br>Gym - Anabel<br>🔥🔥🔥     | 18:35 - 19:35<br>Cycling<br>Studio 2 - Jacques<br>🔥🔥🔥     | 18:35 - 19:35<br>Zumba®<br>Gym - Rosario<br>🔥🔥🔥                |   |          |        |
| 18:15 - 19:15<br>Pilates<br>Studio 1 - André<br>🔥🔥🔥      |  |   |  |   |          |        |
| 19:15 - 20:15<br>Cardio-Box<br>Studio 2 - William<br>🔥🔥🔥 |  |   |  |   |          |        |

## Aquatics - Aquafit

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  | Sunday |
|--|---|--|--|--|---|--------|
| 09:35 - 10:25<br>Aquafit<br>Pool - Adam<br>🔥🔥🔥 | 09:35 - 10:25<br>Aquafit<br>Pool - Leila<br>🔥🔥🔥         | 09:35 - 10:25<br>Aqua Cardio<br>Pool - Blanca<br>🔥🔥🔥 | 09:35 - 10:25<br>Gentle Aquafit<br>Pool - Gayle<br>🔥🔥🔥 | 09:35 - 10:25<br>Aquafit<br>Pool - Benjamin<br>🔥🔥🔥 | 08:45 - 09:35<br>Aqua Interval<br>Pool - Azita<br>🔥🔥🔥 |        |
|  | 12:45 - 13:35<br>Aqua Arthritis<br>Pool - Blanca<br>🔥🔥🔥 |  | 12:45 - 13:35<br>Aqua Arthritis<br>Pool - Nadia<br>🔥🔥🔥 |  |   |        |

## Aquatics - Lane Swim

| Monday        | Tuesday              | Wednesday     | Thursday             | Friday               | Saturday      | Sunday               |
|---------------|----------------------|---------------|----------------------|----------------------|---------------|----------------------|
| 11:30 - 14:00 | 06:30 - 09:25<br>(W) | 11:30 - 14:00 | 06:30 - 09:25<br>(4) | 11:30 - 14:00        | 08:00 - 08:40 | 08:00 - 08:30        |
| 19:30 - 21:30 | 11:30 - 12:35        | 20:00 - 21:30 | 11:30 - 12:35        | 17:45 - 19:30<br>(2) |               | 12:35 - 13:40<br>(1) |
|               | 20:10 - 21:30        |               | 20:10 - 21:30        | 19:30 - 21:30        |               | 15:05 - 18:30<br>(2) |

**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 | (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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Aquatics - Open Swim

| Monday             | Tuesday            | Wednesday          | Thursday           | Friday   | Saturday   | Sunday   |
|--------------------|--------------------|--------------------|--------------------|--|--|--|
| 10:30 - 11:30<br>② | 10:30 - 11:30<br>② | 10:30 - 11:30<br>② | 10:30 - 11:30<br>② | 10:25 - 11:25<br>Family Open<br>Swim (City) (For<br>all ages)<br>② (W) | 14:00 - 15:30<br>Family Open<br>Swim (City) (For<br>all ages)<br>② (W) | 08:30 - 10:00<br>Family Open<br>Swim (City) (For<br>all ages)<br>② (W) |
| 14:00 - 15:55<br>② | 13:35 - 15:55<br>② | 14:00 - 15:55<br>② | 13:35 - 15:55<br>② | 14:00 - 17:45<br>②   |  |  |

## Aquatics - Swimming Clubs

| Monday                                | Tuesday                               | Wednesday                             | Thursday                              | Friday                                | Saturday | Sunday                                |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|----------|---------------------------------------|
| 06:30 - 07:45<br>Masters Swim<br>Club | 18:50 - 20:05<br>Masters Swim<br>Club | 06:30 - 07:45<br>Masters Swim<br>Club | 18:50 - 20:05<br>Masters Swim<br>Club | 06:30 - 07:45<br>Masters Swim<br>Club |          | 13:45 - 15:00<br>Masters Swim<br>Club |
| 08:00 - 09:15<br>Masters Swim<br>Club |                                       | 08:00 - 09:15<br>Masters Swim<br>Club |                                       | 08:00 - 09:15<br>Masters Swim<br>Club |          |                                       |

**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 | (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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).



## Sports and Recreation - Sports

| Monday  | Tuesday   | Wednesday                                       | Thursday  | Friday  | Saturday  | Sunday   |
|---|---|---|---|---|---|--|
| 10:15 - 11:45<br>Open Studio<br><i>Studio 2</i> | 09:15 - 10:45<br>Open Studio<br><i>Studio 1</i>             | 10:30 - 13:30<br>Open Studio<br><i>Studio 2</i> | 12:30 - 14:00<br>Open Studio<br><i>Studio 1</i>             | 11:00 - 12:00<br>Open Studio<br><i>Studio 2</i>         | 13:15 - 16:00<br>Open Studio<br><i>Studio 2</i> | 12:30 - 13:25<br>Supervised<br>Badminton<br><i>Gym</i><br> |
| 13:15 - 16:15<br>Open Studio<br><i>Studio 2</i> | 12:45 - 13:40<br>Pickleball<br><i>Gym</i><br>               | 12:30 - 13:30<br>Open Studio<br><i>Studio 1</i> | 17:00 - 18:00<br>Open Studio<br><i>Studio 2</i>             | 12:45 - 13:40<br>Pickleball<br><i>Gym</i><br>           | 13:15 - 16:00<br>Open Studio<br><i>Studio 1</i> | 13:30 - 14:25<br>Supervised<br>Badminton<br><i>Gym</i><br> |
| 19:30 - 21:00<br>Open Studio<br><i>Studio 1</i> | 13:45 - 14:40<br>Pickleball<br><i>Gym</i><br>               | 18:45 - 19:45<br>Open Studio<br><i>Studio 1</i> | 18:15 - 20:00<br>Open Studio<br><i>Studio 1</i>             | 13:45 - 14:40<br>Pickleball<br><i>Gym</i><br>           | 14:45 - 15:40<br>Pickleball<br><i>Gym</i><br>   | 14:30 - 15:25<br>Supervised<br>Badminton<br><i>Gym</i><br> |
| 19:45 - 21:45<br>Open Basketball<br><i>Gym</i>  | 14:45 - 15:45<br>Pickleball<br><i>Gym</i><br>               |   | 19:45 - 21:45<br>Supervised<br>Volleyball<br><i>Gym</i><br> | 14:45 - 15:45<br>Pickleball<br><i>Gym</i><br>           | 15:00 - 18:00<br>Open Studio<br><i>Studio 2</i> | 16:15 - 19:00<br>Open Studio<br><i>Studio 1</i>            |
|   | 19:45 - 21:45<br>Supervised<br>Volleyball<br><i>Gym</i><br> |   |   | 20:15 - 21:45<br>Supervised<br>Soccer<br><i>Gym</i><br> | 15:00 - 18:00<br>Open Studio<br><i>Studio 1</i> |  |
|   |   |   |   |   | 15:45 - 16:40<br>Pickleball<br><i>Gym</i><br>   |  |
|   |   |   |   |   | 16:45 - 17:45<br>Pickleball<br><i>Gym</i><br>   |  |

## Sports and Recreation - Open Gym

| Monday                                  | Tuesday | Wednesday | Thursday                                | Friday | Saturday | Sunday                                  |
|---|---------|-----------|---|--------|----------|---|
| 18:30 - 19:30<br>Open Gym<br><i>Gym</i> |         |           | 14:00 - 16:25<br>Open Gym<br><i>Gym</i> |        |          | 16:00 - 18:45<br>Open Gym<br><i>Gym</i> |

**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).



## Fitness and Aquatic Activities - Parent & Baby / Family Activities

| Monday        | Tuesday       | Wednesday     | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|---------------|----------|--------|----------|--------|
| 13:45 - 15:45 | 09:30 - 12:30 | 11:30 - 13:45 |          |        |          |        |
| Family Open   | Family Open   | Family Open   |          |        |          |        |
| Gym           | Gym           | Gym           |          |        |          |        |
| Gym           | Gym           | 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).



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

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|---|---|--|---|---|---|---|
| 16:00 - 16:55<br>Introduction to sports 3-5 years old<br>31 March - 15 June<br>Gym<br>/\$ | 16:30 - 17:25<br>Basketball 8-9 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$   | 16:20 - 17:15<br>Martial Arts for Kids (6-8 yrs)<br>31 March - 16 June<br>Studio 2<br>/\$    | 16:30 - 17:25<br>Soccer 8-9 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$   | 16:00 - 16:55<br>Soccer 6-7 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$               | 12:30 - 13:25<br>Basketball 6-7 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$ | 10:15 - 11:15<br>Soccer 6-7 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$ |
|   | 16:30 - 17:25<br>Basketball 8-9 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$   | 17:20 - 18:15<br>Martial Arts for Kids (9-11 years)<br>31 March - 15 June<br>Studio 2<br>/\$ | 16:30 - 17:25<br>Soccer 8-9 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$   | 16:00 - 16:55<br>Soccer 6-7 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$               | 12:30 - 13:25<br>Basketball 6-7 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$ | 10:15 - 11:15<br>Soccer 6-7 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$ |
|   | 17:30 - 18:25<br>Basketball 10-11 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$ |  | 17:30 - 18:25<br>Soccer 10-11 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$ | 16:20 - 17:15<br>Hip-hop for kids 6-8 years old<br>31 March - 15 June<br>Studio 2<br>/\$      | 13:15 - 14:10<br>Yoga for Kids (6-8 years)<br>31 March - 15 June<br>Studio 1<br>/\$ | 11:30 - 12:25<br>Badminton 10-11 years old<br>31 March - 15 June<br>Gym<br>/\$  |
|   | 17:30 - 18:25<br>Basketball 10-11 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$ |  | 17:30 - 18:25<br>Soccer 10-11 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$ | 17:00 - 17:55<br>Basketball 6-7 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$           | 13:30 - 14:25<br>Basketball 8-9 years – Level 1<br>31 March - 15 June<br>Gym<br>/\$ |   |
|   |   |  |   | 17:00 - 17:55<br>Basketball 6-7 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$           | 13:30 - 14:25<br>Basketball 8-9 years – Level 2<br>31 March - 15 June<br>Gym<br>/\$ |   |
|   |   |  |   | 17:20 - 18:15<br>Hip-hop for kids 9-11 years old<br>31 March - 15 June<br>Studio 2<br>new /\$ |   |   |

**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).