

Hours of OperationMonday to Friday
6:00 a.m.-10:30 p.m.

Saturday, Sunday & Holidays

7:00 a.m. – 8:00 p.m.



YMCA - YWCA

We build strong kids,
strong families, strong communities.

Elmwood Kildonan

454 Kimberly Avenue

Winnipeg, MB

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www.ywinnipeg.ca**Break Week August 30 – September 12, 2010****OPEN POOL TIMES**

MAIN POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rec. Swim	10:00-11:30 1:00-6:45 7:30-10:30	10:00-11:30 1:00-6:45 7:30-10:30	10:00-11:30 1:00-6:45 7:30-10:30	10:00-11:30 1:00-6:45 7:30-10:30	10:00-11:30 1:00-10:30	9:00-8:00	9:00-8:00
Lane Swim	6:00-9:00 11:30-1:00	6:00-9:00 11:30-1:00	6:00-9:00 11:30-1:00	6:00-9:00 11:30-1:00	6:00-9:00 11:30-1:00	7:00-9:00	7:00-9:00

FAMILY POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	6:00-10:30	6:00-10:30	6:00-10:30	6:00-10:30	6:00-10:30	7:00-8:00	7:00-8:00

Children 7 years and under must be within arms' reach of an adult at all times. Please see the membership sales and service desk for a copy of the YMCA-YWCA Aquatic admission guidelines

OPEN GYM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Side 1	6:00-9:00 12:00-10:30	6:00-9:00 12:00-10:30	6:00-9:00 12:00-10:30	6:00-9:00 12:00-10:30	6:00-9:00 12:00-10:30	7:00-8:00	7:00-8:00
Side 2	10:00-10:30	10:00-10:30	10:00-10:30	10:00-10:30	10:00-10:30		

FITNESS AND AQUATIC FITNESS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit		
9:15	Body Sculpt	Cardio Combo	Body Link	Step	Bootcamp		
6:00	Bootcamp	Body Sculpt	Step	Body Link			
6:45	Aquafit	Aquafit	Aquafit	Aquafit			

Member Information

Schedule in effect from
August 30 – September 12,
2010

- **Holiday Building Hours:**
September 6
7:00 am to 8:00 pm
- The Summer Schedule will commence on August 30, 2010
- **Babysitting Hours:**
Monday to Thursday
9:00 a.m. to 11:30 a.m.
- **BOLD** times indicate morning classes
- Children 7 and under must be within arm's reach of an adult/guardian unless they are participating in Y programs.
- We recommend that all children 12 and under be supervised by a parent or guardian
- **Preschool Play Time**
Monday to Friday
9:00 a.m. to 12:00 p.m.
- **ALL SCHEDULES MAY BE SUBJECT TO CHANGE**

