

Hours of Operation
Monday 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.

West Portage
3550 Portage Avenue
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August 30 – September 12, 2010

OPEN POOL TIMES

MAIN POOL		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Swim	Children 7 and under must be within arm's reach of an adult at all times.*	9:45 – 12:00 1:00 – 7:00 7:45 – 10:30	9:45 – 12:00 1:45 – 7:00 7:45 – 10:30	9:45 – 12:00 1:00 – 7:00 7:45 – 10:30	9:45 – 12:00 1:45 – 7:00 7:45 – 10:30	9:45 – 12:00 1:00 – 10:30	9:00 – 8:00	9:45 – 8:00
Lane Swim		6:00 – 9:00 12:00 – 1:00	6:00 – 9:00 D 12:00 – 1:00	6:00 – 9:00 12:00 – 1:00	6:00 – 9:00 D 12:00 – 1:00	6:00 – 9:00 D 12:00 – 1:00	7:00 – 9:00	7:00 – 9:00
D=deep water swim								

FAMILY POOL

Recreation Swim	6:00 – 10:00 10:30–1:00 1:30 – 7:00	6:00 – 10:00 10:30–1:00 1:30 – 7:00	6:00 – 10:00 10:30 – 1:00 1:30 – 7:00	6:00 – 10:00 10:30–1:00 1:30 – 7:00	6:00 – 10:30	7:00 – 8:00	7:00 – 8:00
Family Swim	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45			9:00-9:45

*Please see the Membership sales and service desk for a copy of the YMCA-YWCA aquatic admission guidelines.
Family Swim: During Family Swim a parent or guardian must be in the pool with their child(ren) of any age at all times.

OPEN GYM TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
North Gym	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
South Gym	6:00 – 10:00 12:00 – 10:30	6:00 – 10:00 12:00 – 10:30	6:00 – 10:00 12:00 – 10:30	6:00 – 10:00 12:00 – 10:30	6:00 – 10:00 12:00 – 10:30	7:00 – 12:00 4:00 – 8:00	7:00 – 12:00 4:00 – 8:00

OPEN CLIMBING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Consent forms must be complete for all children						3:00 – 4:30	3:00 – 4:30

BABYSITTING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Paid card \$12.50 for 10 ½ hour visits	9:00 – 12:00 5:00 – 8:30	9:00 – 12:00 5:00 – 8:30	9:00 – 12:00	9:00 – 12:00	9:00 – 12:00	9:00 – 12:00	

DROP IN PROGRAMS

0-5 years ☺ Parent participation required.	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 11:30	☺ Bouncer & Preschool Play	☺ Bouncer & Preschool Play	☺ Bouncer & Preschool Play	☺ Bouncer & Preschool Play	☺ Bouncer & Preschool Play		

Teen and Adult	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00	Aquafit	Deep Water	Aquafit	Deep Water	Deep Water		Deep Water
	9:15	Step	Bosu Blast	Cardio Combo	Circuit Training	Step & Sculpt		
	10:00	Body Sculpt	Body Link	On The Ball	Orientation		Orientation	Orientation
	10:45		Orientation					
	1:00		Aquafit		Aquafit			
	6:00	Cardio Combo	Step & sculpt	Cardio Combo	Bosu Blast	Personalized Exercise Program Call 889.8052 or email wpprog@ymcaywca.mb.ca to arrange an appointment.		
	6:45	Body Sculpt Orientation	Studio Cycle Orientation	Orientation	Orientation			
	7:00	Deep Water	Aquafit	Deep Water	Aquafit			

