



Print date: 2025-05-01

Spring 2017 From 2017-03-27 to 2017-06-18

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
08:00 - 08:50 Cycling Studio 2 - André (R)	07:30 - 08:00 Stretching Studio 1 - Devon	08:00 - 08:50 Cycling Studio 2 - Mark (R)	08:00 - 08:50 Cycling Studio 2 - Cassandra (R)	06:30 - 07:30 Yogalates Studio 1 - Tammy	09:00 - 10:00 Pilates Studio 2 - Tammy	09:00 - 10:00 Cycling Studio 2 - Patrick (R)
09:00 - 09:55 Total Sculpt Gym - Diana	08:00 - 08:50 Cycling Studio 2 - Cassandra (R)	09:00 - 09:55 Total Sculpt Studio 1 - Linda	09:00 - 10:00 Interval Training Gym - Véronique	08:00 - 08:50 Cycling Studio 2 - André (R)	10:05 - 11:05 Interval Training Gym - Lauren	09:45 - 10:45 Total Sculpt Studio 1 - Livia
10:00 - 10:55 Zumba® Gym - Rivky	10:00 - 11:00 Pilates Studio 2 - André	10:00 - 10:55 Chair Yoga Studio 1 - Réal	10:00 - 11:00 Zumba® Studio 1 - Amberly	09:00 - 10:00 Bootcamp Gym - Andrew	10:05 - 11:05 Cycling Studio 2 - Mark (R)	10:00 - 11:00 Bootcamp Gym - Sule
10:00 - 11:00 Yoga Studio 2 - Diana	10:05 - 11:05 Zumba® Gym - Cynthia		10:00 - 11:00 Tai Chi Studio 2 - Ron	09:00 - 10:00 Zumba® Studio 1 - Cynthia		
10:00 - 11:00 Stretching Studio 1 - Julian L.			10:05 - 11:05 Stretching Gym - Chitra	09:00 - 10:00 Pilates Studio 2 - André		
				10:05 - 11:05 Chair Yoga Studio 1 - Don		

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.



Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Zumba® Gold (65+) Studio 1 - Rivky	11:00 - 12:00 Tai Chi Studio 1 - Ron	11:00 - 12:00 Yoga Studio 1 - Don	11:00 - 12:00 Qi Gong/Chi Kung Studio 2 - Ron	12:00 - 13:30 Yoga Studio 2 - Cary	11:10 - 12:10 Zumba® Gym - Sandra/Ginett	11:00 - 12:00 Stretching Gym - Alison
12:05 - 13:00 Total Sculpt Studio 1 - Trudie	12:00 - 13:00 Qi Gong/Chi Kung Studio 1 - Ron	12:05 - 13:00 Total Sculpt Studio 1 - Trudie		12:05 - 13:00 Total Sculpt Studio 1 - Nicolas		12:05 - 13:05 Zumba® Studio 2 - Gany
		14:00 - 15:00 Strength and Mobility (65 years +) Studio 1 - Nicolas				13:00 - 14:15 Yoga Studio 1 - Réal

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 18:00 Pilates Studio 1 - André	17:00 - 18:00 Total Sculpt Studio 2 - Kimberly	17:00 - 18:00 Yoga Studio 2 - Gorana	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène	17:00 - 18:00 Yoga Studio 1 - Teaghan		
18:00 - 19:00 Bootcamp Gym - Diana	17:00 - 18:00 Yoga Studio 1 - Chitra	18:00 - 19:00 Cycling Studio 2 - Mark (R)	18:00 - 19:00 HIIT Gym - Diana	18:15 - 19:15 Cardio-Latino Studio 1 - Yuly		
18:00 - 19:00 Zumba® Studio 1 - Gany	18:00 - 19:00 Cycling Studio 2 - Patrick (R)	18:00 - 19:00 Step Studio 1 - Diana	18:00 - 19:00 Pilates – Ball Studio 1 - Réal			
18:00 - 19:00 Cycling Studio 2 - Cassandra (R)	18:15 - 19:00 Circuit Training Gym - Julie	20:05 - 21:05 Kickboxing (18+) Studio 2 - Sule	19:05 - 20:20 Yoga Studio 1 - Don			
19:00 - 20:00 Yoga Studio 1 - Cary						
19:05 - 20:05 Kickboxing (18+) Studio 2 - Eric/Guy						

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.



Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 PiYo® Studio 2 - Silvia	09:00 - 10:00 Equalizer© Training Gym - Beth	09:00 - 10:00 Aero-Kickboxing Gym - Jean	09:00 - 10:00 BOSU Studio 1 - Diana	10:05 - 11:05 Toning with Barre Studio 2 - Livia		
	09:00 - 10:00 Gentle Aerobics Studio 1 - Lilian		09:00 - 10:00 Gentle Aerobics Studio 2 - Lilian			

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					11:15 - 12:30 Yoga Ashtanga Studio 1 - Yaelle	

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:00 - 19:00 Tabata Gym - Nicolas				

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:00 - 18:15 Jump Rope Gym - Julie	09:10 - 09:55 TRX® (18+) 5 April - 7 June Studio 2 - Diana /\$				
	19:05 - 20:05 Boxing Studio 2 - Chokri					

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.



Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Gui ①	09:00 - 09:50 Aqua Bootcamp Pool - Andrew	09:35 - 10:25 Aquafit Pool - Teaghan ①	09:05 - 09:55 Aquafit Pool - Chelsea L ①	09:35 - 10:25 Aqua Interval Pool - Kevin	09:00 - 09:50 Aqua Cardio Pool - Azita	08:35 - 09:25 Aquafit Pool - Kevin ①
	13:15 - 14:00 Aqua Arthritis Pool - Kevin / (W) \$N		13:15 - 14:00 Aqua Arthritis Pool - Sharon / (W) \$N			

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 ⑤	06:30 - 07:15 ③	07:30 - 08:15 ⑤	06:30 - 09:00 ⑤	07:30 - 08:15 ⑤	07:00 - 08:55 ⑤	07:00 - 08:30 ⑤
09:30 - 10:30 ①	07:15 - 09:00 ⑤	09:30 - 10:30 ①	09:00 - 10:00 ①	09:30 - 10:30 ①	08:55 - 09:50 ①	08:30 - 09:25 ②
10:30 - 11:30 ③	09:00 - 10:00 ①	10:30 - 11:30 ③	10:00 - 11:30 ③	10:30 - 11:30 ③	14:00 - 15:30 ③	12:00 - 13:00 ②
11:30 - 15:00 ⑤	10:00 - 11:30 ③	11:30 - 14:30 ⑤	11:30 - 13:10 ⑤	11:30 - 15:00 ⑤	15:30 - 16:30 ⑤	13:00 - 14:45 ⑤
15:00 - 16:30 ③	11:30 - 13:10 ⑤	14:30 - 16:00 ③	14:30 - 16:00 ③	15:00 - 16:30 ③		14:45 - 16:00 ②
18:00 - 19:30 ⑤	14:30 - 16:00 ③	18:15 - 19:30 ⑤	18:30 - 19:00 ⑤	16:30 - 18:00 ②		
19:30 - 20:15 ②	18:00 - 19:00 ⑤	19:30 - 20:15 ②	20:30 - 21:45 ⑤	18:00 - 19:00 ⑤		
	20:30 - 21:45 ⑤			20:15 - 21:45 ⑤		

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30 ③	13:15 - 14:30	10:30 - 11:30 ③	13:15 - 14:30	10:30 - 11:30 ③	14:00 - 15:30 ③	12:00 - 13:00 ②
15:00 - 16:30 ③	15:15 - 16:00 ③	14:30 - 16:00 ③	15:15 - 16:00 ③	15:00 - 16:30 ③		14:45 - 16:00 Family Open Swim (City) ② BB (W)

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.



Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 07:30 Masters Swim Club (18+) <i>Pool</i> ✂ \$	06:15 - 07:15 Swim Club (6-17 yrs) <i>Pool</i> ✂ \$	06:15 - 07:30 Masters Swim Club (18+) <i>Pool</i> ✂	17:15 - 18:30 Swim Club (6-17 yrs) <i>Pool</i> ✂ \$	06:15 - 07:30 Masters Swim Club (18+) <i>Pool</i> ✂		16:00 - 17:15 Masters Swim Club (18+) <i>Pool</i> ✂
08:15 - 09:30 Masters Swim Club (18+) <i>Pool</i> ✂	19:00 - 20:30 Masters Swim Club (18+) <i>Pool</i> ✂	08:15 - 09:30 Masters Swim Club (18+) <i>Pool</i> ✂	19:00 - 20:30 Masters Swim Club (18+) <i>Pool</i> ✂	08:15 - 09:30 Masters Swim Club (18+) <i>Pool</i> ✂		
16:30 - 18:00 Swim Club (6-17 yrs) <i>Pool</i> ✂ \$		17:15 - 18:45 Swim Club (6-17 yrs) <i>Pool</i> ✂ \$		16:30 - 18:00 Swim Club (6-17 yrs) <i>Pool</i> ✂ \$		
				19:00 - 20:15 Masters Swim Club (18+) <i>Pool</i> ✂		

Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:00 - 14:30 Pickleball (18+) <i>Gym - Paul</i>	19:15 - 21:45 Open Volleyball (18+) <i>Gym - Habib</i>	19:45 - 21:45 Open Cosom Hockey (18+) <i>Gym - Chris</i> ✂	19:15 - 21:45 Open Basketball (18+) <i>Gym - Kevin</i>	19:30 - 21:30 Open Studio <i>Studio 2</i>	12:15 - 14:15 Open Basketball (18+) <i>Gym - Davion</i>	16:30 - 18:45 Futsal (18+) <i>Gym - Stephane</i>
14:30 - 16:00 Open Studio <i>Studio 2</i>			19:30 - 21:30 Open Studio <i>Studio 2</i>		14:00 - 16:00 Open Studio <i>Studio 2</i>	16:30 - 18:30 Open Studio <i>Studio 2</i>
19:15 - 21:45 Open Basketball (18+) <i>Gym - Michael</i>					16:15 - 18:45 Open Volleyball (18+) <i>Gym - Casey</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.



Sports and Recreation - Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	06:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	06:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	06:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	06:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	07:00 - 08:45 Open Gym (All ages!) <i>Gym</i>	07:00 - 09:45 Open Gym (All ages!) <i>Gym</i>
11:15 - 12:45 Open Gym (All ages!) <i>Gym</i>	11:15 - 13:00 Open Gym (All ages!) <i>Gym</i>	10:15 - 15:30 Open Gym (All ages!) <i>Gym</i>	17:00 - 17:45 Open Gym (All ages!) <i>1/2 Gym</i>	10:15 - 16:00 Open Gym (All ages!) <i>Gym</i>		12:15 - 14:45 Open Gym (All ages!) <i>Gym</i>
		19:15 - 19:30 Open Gym (All ages!) <i>Gym</i>				14:45 - 16:15 Open Gym (All ages!) <i>1/2 Gym</i>

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					14:30 - 16:00 Family Open Gym (For all ages) <i>Gym - Jennifer</i> BB \$N	

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30 - 18:00 After School for Teens 27 March - 18 June <i>Teen Zone</i>	16:30 - 18:00 Cooking workshop for teens 27 March - 18 June <i>Teen Zone</i> ✍	16:30 - 18:00 Arts and Discussion 27 March - 18 June <i>Teen Zone</i>	16:30 - 18:00 Poetry workshop 27 March - 18 June <i>Teen Zone</i>	16:30 - 18:30 Music lessons <i>Teen Zone</i>	18:30 - 20:00 Skating (12-17) <i>Teen Zone</i> Ⓜ	
				19:00 - 21:45 Basketball for Teens <i>Gym - Alrick</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.



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Magic the Gathering (8-12 yrs) 3 April - 12 June <i>Drop-in Child Care</i> - À venir/TBA / \$	10:15 - 11:15 Kindergym (6 - 12 months with parents) 4 April - 6 June <i>Palestre</i> - Gail BB / \$	10:15 - 11:15 Kindergym (12-18 months with parents) 5 April - 7 June <i>Palestre</i> - Gail BB / \$	10:15 - 11:15 Kindergym (18-26 months with parents) 6 April - 8 June <i>Palestre</i> - Gail BB / \$	16:00 - 17:00 Little Builders (5-7 yrs) 7 April - 16 June <i>Drop-in Child Care</i> - Jon / \$	09:10 - 09:55 Zumba® Kids (6-12 yrs) 22 April - 24 June <i>Studio 1 - Isabel</i> / \$	
16:00 - 16:45 Soccer for Kids (7-8 yrs) 3 April - 19 June <i>Gym</i> - Stephane / \$	13:05 - 14:35 Soccer for Kids (3-5 yrs) 4 April - 6 June <i>1/2 Gym</i> - Jon / \$	13:05 - 14:35 Lil' Chefs (3-5 yrs) 5 April - 7 June <i>Classroom 2</i> - À venir/TBA / \$	13:05 - 14:05 Mind & Movement (3-5 yrs) 6 April - 8 June <i>Palestre</i> - À venir/TBA / \$	16:15 - 17:00 Jr. NBA (5-7 yrs) 21 April - 23 June <i>Gym</i> - Alex / \$		
16:45 - 17:30 Soccer for Kids (5-6 yrs) 3 April - 19 June <i>1/2 Gym</i> - Stephane / \$	16:00 - 17:00 Basketball for Kids (8-11 yrs) 4 April - 10 June <i>Gym</i> - Dean / \$	16:00 - 17:00 Big Builders (8-12 yrs) 5 April - 7 June <i>Drop-in Child Care</i> - Jon / \$	16:00 - 17:00 Soccer for Kids (9-12 yrs) 6 April - 8 June <i>Gym</i> - Stephane / \$			

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.