

# 2021 Program Schedule

## under COVID Alert Level 2 (Jan 4 - Jun 20)

### Operating Hours:

Mon - Thurs: 5:30 am - 2:00 pm; 3:00 pm - 9:30 pm

Fri: 5:30 am - 2:00 pm; 3:00 pm - 7:30 pm

Sat - Sun: 7:00 am - 2:00 pm; 3:00 pm - 7:30 pm

Holidays: Closed

YMCA of Newfoundland and Labrador  
Ches Penney Family YMCA - 35 Ridge Road, St. John's, NL  
T: 709-726-YMCA (9622) F: 709-576-0410



[ymcanl.com](http://ymcanl.com)

Charitable Registration #108225533RR0001

### Group Fitness (Ages 16+)

Time	Program	Room
<b>MONDAY</b>		
9:00 am - 9:40 am	Aqua Fit	RMP
9:15 am - 10:00 am	PiYo® LIVE	BTS
10:30 am - 11:15 am	Cycle Fit	GYM 1&2
5:30 pm - 6:30 pm	Zumba®	BTS
6:40 pm - 7:20 pm	Aqua Zumba®	RMP
<b>TUESDAY</b>		
6:15 am - 7:15 am	Zumba®	BTS
9:00 am - 9:40 am	Aqua Zumba®	RMP
9:15 am - 10:00 am	Cycle Fit	GYM 1&2
10:30 am - 11:30 am	Yoga	GYM 1&2
1:00 pm - 1:45 pm	Functional Fitness	BTS
5:15 pm - 6:00 pm	Cycle Fit	GYM 1
7:35 pm - 8:15 pm	Aqua Jog	RMP
<b>WEDNESDAY</b>		
6:15 am - 7:00 am	Cycle Fit	GYM 1&2
9:00 am - 9:40 am	Aqua Fit	RMP
9:15 am - 10:00 am	Kettle Bell	GYM 1&2
10:30 am - 11:15 am	Cycle Fit	GYM 1&2
1:00 pm - 1:45 pm	Functional Fitness	BTS
5:45 pm - 6:45 pm	Zumba®	BTS

### Online Registration

Please visit our Online Portal at <https://ymcanl.com/portal/> to register for our programs and activities.

**NOTE:** You will need an online account to access the Online Portal. Please use your email address on file with us to access your account by clicking the "**Forgot your password**" link.

If you wish to confirm your email address on file, please email [info@nl.ymca.ca](mailto:info@nl.ymca.ca) (include your name and date of birth), visit the Welcome Desk or contact us by phone.

### THURSDAY

9:00 am - 9:40 am	Aqua Jog	RMP
9:15 am - 10:00 am	Body Blast	BTS
10:30 am - 11:30 am	Yoga	GYM 1&2
1:00 pm - 1:45 pm	Functional Fitness	BTS
5:15 pm - 6:15 pm	Bars and Plates	BTS
7:35 pm - 8:15 pm	Aqua Fit	RMP

### FRIDAY

6:45 am - 7:30 am	Kettle Bell	BTS
9:00 am - 9:40 am	Aqua Fit	RMP
9:15 am - 9:45 am	HIIT	GYM 1&2
10:30 am - 11:15 am	Cycle Fit	GYM 1&2
1:00 pm - 1:45 pm	Yoga Pilates Fusion	GYM 1&2

### SATURDAY

9:30 am - 10:15 am	Cycle Fit	GYM 1&2
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### SUNDAY

9:45 am - 10:30 am	Yoga	GYM 1&2
11:00 am - 11:45 am	Cycle Fit	GYM 1&2



# Gym & Studio Group Fitness Program Descriptions

## Bars and Plates

A muscle conditioning class using a barbell and weighted plates. Weights are adjusted during class to provide appropriate resistance for various muscle groups. This class can take your strength and endurance training to new levels.

## Body Blast

Muscle toning and conditioning exercises using free weights, body weight and other fitness equipment.

## Cycle Fit / Cycle Express

A challenging, dynamic and fun class that incorporates various drills on a stationary bike.

## Functional Fitness

Strengthen the body to help prevent health problems which occur with aging. Train your body so everyday tasks are performed with ease.

## Yoga Pilates Fusion

A combination of mindful movements and relaxation, while promoting flexibility, strength and balance. Please bring your own yoga mat, straps, blocks, etc.

## HIIT

HIIT (high-intensity interval training) gets and keeps your heart rate up through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

## Kettle Bell

Kettle bell training develops strength, flexibility, core control and stamina. Try Kettle bell and watch your energy and your body transform!

## PiYo® LIVE

PiYo® LIVE is an energizing full body workout inspired by yoga and Pilates. The music, and your heart, will be pumping as you flow through high intensity sequences of

low impact moves. Challenge your strength, flexibility and balance all while relying only on your own body weight.

## Yoga

A combination of physical challenge and relaxation, while promoting flexibility, core strength and balance. Please bring your own yoga mat, straps, blocks, etc.

## Zumba®

An exciting, high energy class which uses a combination of dance and aerobics that incorporates salsa, samba, mambo and even belly dancing moves.

## Child, Youth & Family

### MONDAY

9:00 am - 10:15 am	Child Minding (0 - 6)	TD
10:15 am - 11:30 am	Child Minding (0 - 6)	UW

### TUESDAY

9:15 pm - 10:00 am	Active Kids (3-5)	BTS
5:00 pm - 6:30 pm	Child Minding (0-6)	TD

### WEDNESDAY

9:00 am - 10:15 am	Child Minding (0 - 6)	TD
10:15 am - 11:30 am	Child Minding (0 - 6)	UW
5:00 pm - 5:45 pm	Basketball Skills (6-8)	GYM 2
5:45 pm - 6:30 pm	Basketball Skills (9-12)	GYM 2

### THURSDAY

9:15 pm - 10:00 am	Active Kids (3-5)	GYM 1&2
5:00 pm - 6:30 pm	Child Minding (0-6)	TD
6:30 pm - 7:15 pm	Karate Kata Class (8+)	BTS
7:15 pm - 8:00 pm	Karate Kata Class (5-7)	BTS

### FRIDAY

9:00 am - 10:15 am	Child Minding (0 - 6)	TD
10:15 am - 11:30 am	Child Minding (0 - 6)	UW

### SATURDAY

9:30 am - 11:15 am	Indoor Playground	BTS
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### SUNDAY

3:15 pm - 3:45 pm	Dance (6-8)	BTS
4:00 pm - 4:30 pm	Dance (3-5)	BTS

# Child, Youth & Family Program Descriptions

## Basketball Skills

Develop passing, dribbling and many other skills. Build on the fundamentals of good sportsmanship in a fun filled environment. No experience necessary. Indoor footwear required. Staff supervised.

## Dance

Basic jazz and contemporary dance class in a fun and creative environment. Please feel free to select your own clothing. Staff supervised.

## Indoor Play

A fun filled environment that keeps children active. Equipment will be set up in stations for your bubble (children 6 yrs and under) to use. Parent/guardian supervision required.

## Active Kids

A fun filled environment that keeps children (3-5) active. Staff supervised

## Open Gym

Open gymnasium is available when there are no scheduled programs. Please note that **contact sports are not permitted between those not a part of the same bubble.**

3 on 3 basketball is permitted when all participants are a part of the same bubble.

## Attire

Facility users are required to wear full-length tops when participating in non-aquatics related activities. Full-length tops limit direct skin contact with the equipment, contributing to a more hygienic environment. They also assist with sweat absorption, lengthening the life of equipment by minimizing its exposure to moisture.



## Room Codes

(In use throughout the schedule)

### Level 1

<b>CBAC</b>	Captain Robert A. Bartlett Aquatics Centre
<b>RMP</b>	RE/MAX Main Pool
<b>EYC</b>	Ernst & Young Employment and Enterprise Centre
<b>BL</b>	Bruneau Family Lobby
<b>NPE</b>	Northern Property REIT Entrance
<b>RCC</b>	Rotary Child & Family Development Centre
<b>TDR</b>	TD Leadership & Education Room
<b>UWR</b>	United Way Room
<b>MSS</b>	Membership Sales and Service Coast 101.1 Welcome Desk
<b>NLCC</b>	Newfoundland Labrador Liquor Corporation Skylit Corridor

<b>THE</b>	Tim Hortons Entrance
<b>GYM</b>	Gymnasium (full)
<b>GYM 1</b>	Gymnasium (closest to the conditioning centre)
<b>GYM 2</b>	Gymnasium (furthest from the conditioning centre)
<b>AS</b>	RBC Association Services Offices
<b>BTS</b>	Bob Thorburn Studio
<b>GCC</b>	Garland Clarke Conditioning Centre
<b>DCA</b>	ND Dobbin Cardio Area
<b>KMKC</b>	KMK Capital Group Court
<b>SFC</b>	Short Family Court

<b>CFT</b>	A.C. Crosbie Family Track
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<b>HAP</b>	Hickman Automotive Group Playground
<b>CWT</b>	G. J. Cahill Walking Trails
<b>SLT</b>	SunLife Terrace
<b>SFG</b>	Sobey Foundation Garden

# Participation Guidelines

## General

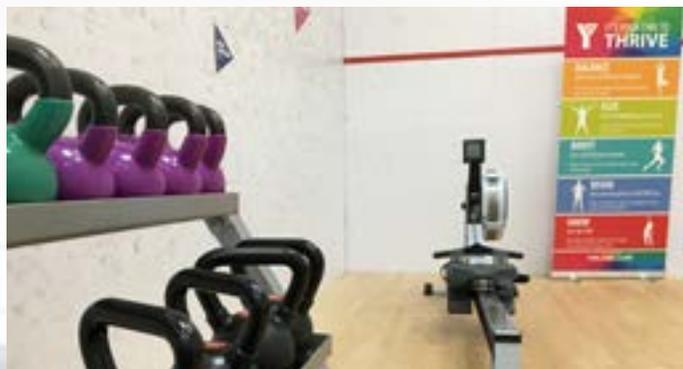
- Please arrive no more than 10 minutes before your scheduled program.
- Please check in at the Welcome Desk to confirm your attendance.
- Parents/guardians must enter the facility with children and stay with them in the facility or place them in a staff supervised program. When picking children up from a staff supervised program, parents/guardians must show the child's membership card to the staff person.
- Parents/guardians who are accompanying children entering the facility regularly for a program (e.g. swim lessons) must obtain a card from the Welcome Desk to scan.
- Members and guests 12-15 years of age accessing the facility must be accompanied and supervised by a parent/guardian (19+ years of age). Alternatively, parents/guardians may sign a one time waiver with their teen in-person at the Welcome Desk. This allows the teen to access and use the facility on their own in the future. The waiver will be kept on file at the facility.
- Limited lockers will be available, please bring a lock. Wipe down lockers before and after use with supplies provided.
- Please arrive dressed for your activity and limit change room use.
- Masks must be worn whenever possible while in the change rooms and at all times when not engaged in physical activity.



# Personal Training

To purchase, visit the Welcome Desk and we'll set you up with one of our expert YMCA personal trainers.

For more information, contact the Welcome Desk or visit us online at <https://ymcanl.com/personal-training.php>.



## YThrive and YThrive at Home

YThrive is an exercise and coaching program that is free with your membership. YThrive programs are designed to support your fitness experience at your YMCA and can be completed in 50-minutes or less. With every YThrive program, you will receive a printable workout card and a video to follow along created by a YMCA certified coach. We can also do appointments by phone and Zoom. Please contact our Welcome Desk to sign up for an appointment today.

## Y Thrive Grow

A program designed to give 10-15 years old the basic foundation in resistance and cardio training. Members will learn how to use the conditioning center is a safe and smart way. Contact the Welcome Desk to make an appointment.



IT'S YOUR TIME TO  
**THRIVE**  
Y THRIVE



## Garland Clarke Conditioning Centre

Cardio equipment, selectorized strength cables, TRX, foam rollers, free weights, plyo pads, kettle bells, sled and more. Adaptive equipment also available. Must be minimum age of 12 to access the conditioning centre.



# Aquatics

## Swim Lessons

Register for Swim Lessons by phone or in-person at the Welcome Desk. Please visit <https://ymcanl.com/files/Y-swim-program-2015.pdf> for details on YMCA swimming lessons.

The following levels require in-water parental participation: Ages 3-5: Bobber, Floater, Glider, Diver, Surfer, Dipper. Ages 6+: Otter, Seal. The instructor will be teaching from the pool deck and will not be in the water.

Progress cards are available electronically upon request. Parents / caregivers are welcome to discuss their child's progress with their instructors or the deck lead.

## Private Swim Lessons

Private and semi-private lessons are available to members. Available for registration online, by phone or in-person at the Welcome Desk. A maximum of three people from the same bubble may be booked into a five lesson-block at no additional charge.

**Cost:** \$125 (+HST) for five 30-minute lessons

## Advanced Aquatics Certifications

### Bronze Star

Saturdays 5:45 – 7:15 (pool)

- Jan 9 – Feb 13
- Feb 20 - Mar 27
- Apr 24 - May 29

### Bronze Medallion with Emergency First Aid

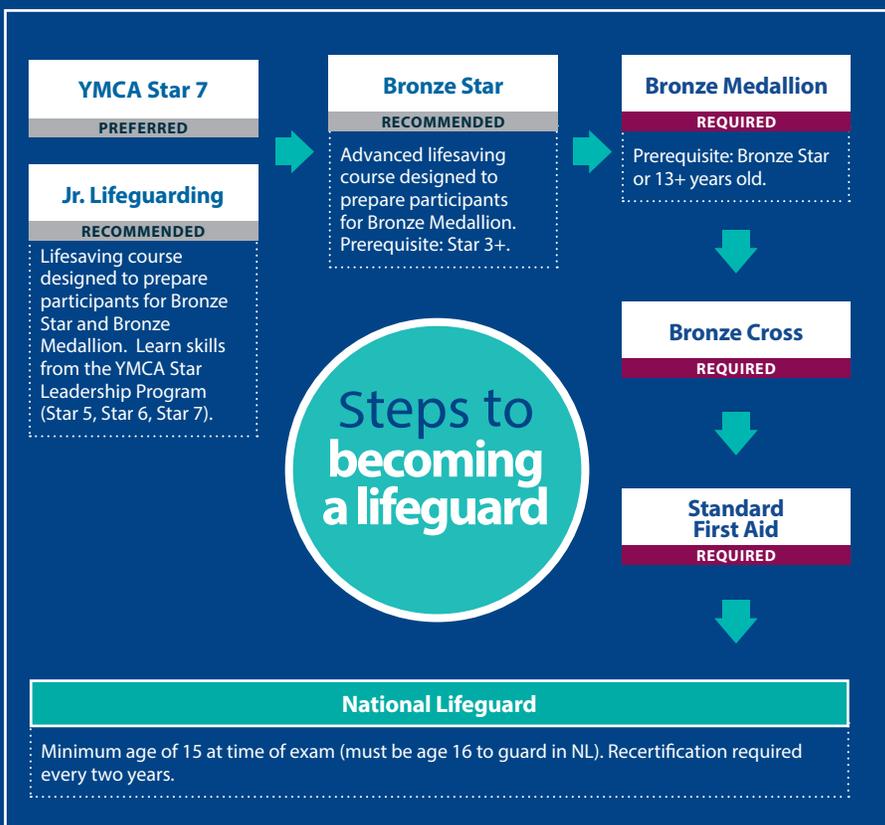
Sundays, 3:15 – 5:15 (classroom), 5:30 – 7:15 (pool)

- Jan 10 – Feb 14
- Feb 21 - Mar 28
- Apr 25 - May 30

### Bronze Cross

Wednesdays, 5:00 – 7:30 pm (pool)

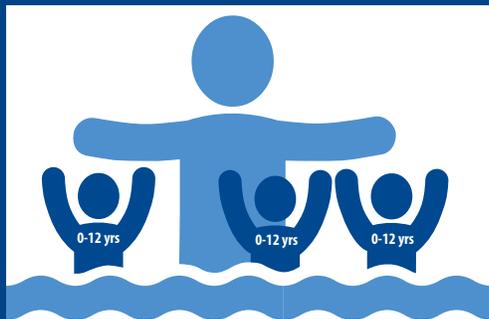
- Jan 13 – Feb 17
- Feb 24 - Mar 31
- Apr 28 - Jun 2



# Participation Guidelines

## Aquatic Programs

- A short, warm, soapy shower must be taken before entering the aquatics center.
- After your class / program you may take a quick rinse and exit as soon as possible. If using the inclusive change room, please remain in your swim suit while showering.
- Children 12 and under must be accompanied in the water by an adult (19+) who must remain at arm's length (maximum of 3 children per adult). Adults are responsible to ensure physical distancing.
- You are not required to register for lane or open swims at this time. Participation will be on a first come, first served basis.



# Aquatic Program Descriptions

## Aqua Fit

Water provides a safe environment to help you stay in shape. This class allows for building muscle, cardiovascular training and stretching.

## Aqua Jog

Aqua Jog mimics the movement of jogging but without the impact. This class may take place in deep or shallow areas of the main pool.

## Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

## Lane Swim

Participation on a first come, first served basis. Lanes are available for swimming. Maximum of 4 people per lane.

## Main Pool Open Swim

One to two lanes are available for swimming. Up to 6 individuals may use the deep end, and 6 individuals in the shallow end. Or various combinations of bubbles. Main pool and play pool combined may not have more than 30 people.

## Play Pool Open Swim

Participation on a first come, first served basis. The play pool may accommodate 8 individuals, or 6 small groups of adults with 2-3 children, or 2 bubbles of 6 people. Or a number of other combinations of individuals and bubbles. Main pool and play pool combined may not have more than 30 people.

## Lane / Open Swim Female Only

Two lanes are available in the main pool. Two lanes and play pool are available for general recreation. Play pool and whirlpool are open. See Lane Swim and Play Pool Open Swim for description.

## NEW! Pool Rental

**Book online today** to celebrate a special occasion for you and your bubble. This rental includes exclusive access to the aquatics centre and United Way Room.

**Time:** Sundays, 11:25 am - 1:25 pm

**Cost:** Members \$250 (+HST)  
Non-members \$300 (+HST)



# Captain Robert A. Bartlett Aquatics Centre Schedule (Effective January 4 - June 20)

Mon- Fri, 6 :00am - 1:45 pm

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Main	Play	WP	Main	Play	WP	Main	Play	WP	Main	Play	WP	Main	Play	WP
6:00a	4			4 Lanes			4			4			4		
6:30a	Lanes						Lanes			Lanes			Lanes		
7:45a	CLOSED														
8:00a	4			4 Lanes			4			4			4		
8:15a	4			4 Lanes			4			4			4		
8:30a	Lanes						Lanes			Lanes			Lanes		
8:45a															
9:00a	Aqua			Aqua			Aqua			Aqua			Aqua		
9:15a	Fit*			Zumba®*			Fit*			Jog*			Fit*		
9:30a															
9:45a	CLOSED														
10:00a															
10:15a															
10:30a															
10:45a	2			2			2			2			2		
11:00a	L			L			L			L			L		
11:15a															
11:30a															
11:45a	CLOSED														
12:00p															
12:15p															
12:30p	2			2			2			2			2		
1:15p	L			L			L			L			L		
1:30p															
1:45p	CLOSED														

The blue and white colours indicate the space is open for general use.

\*Indicates registration required.

# Captain Robert A. Bartlett Aquatics Centre Schedule (Effective January 4 - June 20)

Mon- Thurs, 3:15pm - 9:15 pm  
Fri, 3:15 - 7:15 pm

	Monday			Tuesday			Wednesday			Thursday			Friday			
	Main	Play	WP	Main	Play	WP	Main	Play	WP	Main	Play	WP	Main	Play	WP	
3:15p																
3:30p				2			2			2			2			
3:45p				L			L			L			L			
4:00p	2			Swim Lessons*			Swim Lessons*			Swim Lessons*			Swim Lessons*			
4:15p	L															
4:30p																
4:45p																
5:00p																
5:15p	CLOSED															
5:30p																
5:45p	2			Swim Lessons*			Swim Lessons*			Swim Lessons*						
6:00p	L															
6:15p																
6:30p	Aqua Zumba®															
6:45p																
7:00p																
7:15p	CLOSED															
7:30p	CLOSED			Aqua Jog			CLOSED			Aqua Fit			CLOSED			
7:45p	4 Lanes															
8:00p																
8:15p							CLOSED					CLOSED				
8:30p							4			4		4				
8:45p							Lanes			Lanes		Lanes				
9:00p																
9:15p	CLOSED															

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# Captain Robert A. Bartlett Aquatics Centre Schedule (Effective January 4 - June 20)

Sat - Sun, 7:15 am - 1:45 pm

	Saturday			Sunday			
	Main	Play	WP	Main	Play	WP	
7:15a	4 Lanes			4 Lanes			
7:30a							
7:45a							
8:00a							
8:15a							
8:30a							
8:45a				CLOSED			
9:00a	Swim Lessons*			2 L			
9:15a							
9:30a							
9:45a							
10:00a							
10:15a							
10:30a							
10:45a							
11:00a							
11:15a							Rental* (If there is no rental: main pool 2 lanes and 2 lanes open, play pool and WP open)
11:30a							
11:45a							
12:00p							
12:15p				CLOSED			
12:30p	2 L			2 L			
12:45p							
1:00p					Female Only Swim		
1:15p							
1:30p							
1:45p	CLOSED						

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# Captain Robert A. Bartlett Aquatics Centre Schedule (Effective January 4 - June 20)

Sat-Sun, 3:15pm - 7:15 pm

	Saturday			Sunday		
	Main	Play	WP	Main	Play	WP
3:15p	2 L			Swim Lessons*		
3:30p						
3:45p						
4:00p						
4:15p						
4:30p						
4:45p	CLOSED					
5:00p	Aquatic Leadership*	CLOSED				
5:15p						
5:30p						
5:45p						
6:00p						
6:15p				CLOSED		
6:30p						
6:45p						
7:00p						
7:15p	CLOSED					

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# Gym and Bob Thorburn Studio Schedule (Effective January 4 - April 5, 2021)

Mon- Fri, 5:45am - 1:45 pm

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS
6:00a										
6:15a			Rock Sports B-ball SJ Boys U14*		Cycle Fit					
6:30a										
6:45a				Zumba®*						Kettle Bell*
7:00a										
7:15a										
9:00a										
9:15a				Cycle Fit	Active Kids (3-5)	Kettle Bell	Active Kids (3-5)	Body Blast*	HIIT	
9:30a		PiYo LIVE*								
9:45a										
10:00a										
10:15a										
10:30a	Cycle Fit		Yoga		Cycle Fit		Yoga		Cycle Fit	
10:45a										
11:00a										
11:15a										
11:30a										
11:45a										
12:00p										
12:15p										
12:30p										
12:45p										
1:00p					Func- tional Fitness*		Func- tional Fitness*		Func- tional Fitness*	Yoga Pilates Fusion
1:15p										
1:30p										
1:45p	Closed									

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Rock Sports Academy please register at <https://www.sjmb.ca>

# Gym and Bob Thorburn Studio Schedule (Effective January 4 - April 5, 2021)

Mon- Thurs, 3:15pm - 9:15 pm  
Fri, 3:15 - 7:15 pm

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS	Gym 1/2	BTS
3:15p										
3:30p										
3:45p										
4:00p										
4:15p										
4:30p										
4:45p										
5:00p										
5:15p	Rock Sports B-Ball SJ Boys U10*				YMCA B-ball (6-8)		Rock Sports B-Ball SJ Girls U14*			
5:30p			Cycle Fit					Bars & Plates*		
5:45p		Zumba®*			YMCA B-ball (9-12)					
6:00p			<b>CLOSED</b>			Zumba®*	Rock Sports B-ball Rock Elite Senior Boys*			
6:15p	Rock Sports B-Ball SJ Boys U14*									
6:30p			Rock Sports B-Ball SJ Girls U10*					Karate Kata (8+)		
6:45p										
7:00p										
7:15p										
7:30p			Rock Sports B-Ball SJ Girls U12*					Karate Kata (5-7)		
7:45p										
8:00p										
8:15p										
8:30p										
8:45p										
9:00p										
9:15p	<b>Closed</b>									

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# Gym and Bob Thorburn Studio Schedule (Effective January 4 - April 5, 2021)

Sat - Sun, 7:15 am - 1:45 pm

	Saturday		Sunday	
	Gym 1/2	BTS	Gym 1/2	BTS
7:15a				
7:30a				
9:00a				
9:15a				
9:30a	Cycle Fit	Indoor Playground	Yoga	
9:45a				
10:00a				
10:15a				
10:30a				
10:45a	Rock Sports B-Ball P Boys U10*			Cycle Fit
11:00a				
11:15a				
11:30a				
11:45a	Rock Sports B-Ball P Boys U12*		Rock Sports Kindergarten - Grade 2 Coed*	
12:00p				
12:15p				
12:30p				
12:45p	Rock Sports B-Ball P Boys U14*			
1:00p				
1:15p				
1:30p				
1:45p	CLOSED			
2:00p				
2:15p				

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Rock Sports Academy please register at <https://www.sjmb.ca>

# Gym and Bob Thorburn Studio Schedule (Effective January 4 - April 5, 2021)

Sat-Sun, 3:15pm - 7:15 pm

	Saturday			Sunday		
	Gym 1/2		BTS	Gym 1/2		BTS
3:00p						
3:15p						
3:30p				Rock Sports B-Ball Rock Elite Junior Boys*		Dance (6-8)
3:45p						
4:00p						Dance (3-5)
4:15p						
4:30p	Rock Sports B-Ball SJ Boys U12*					
4:45p						
5:00p						
5:15p						
5:30p						
5:45p						
6:00p						
6:15p						
6:30p						
6:45p						
7:00p						
7:15p	<b>CLOSED</b>					

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