

Stratford Y

Program Schedule | Effective October 5, 2020

Building Hours

Monday – Friday: 6:00 AM – 8:00 PM

Vulnerable Person Hours (Mon – Fri): 1:00 PM – 3:00 PM

Saturday: 7:00 AM – 3:00 PM

Sunday: 7:00 AM – 12:00 PM

Holiday Hours for October 12, 2020: 7:00 AM – 12:00 PM

You are why **we're here for good.**



MONDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Holiday Hours: Monday, Oct 12, 2020 (Stat Holiday): 7:00 AM – 12:00 PM

Time	Multi-Purpose Studio	Pool	Kidzone	Courts
Morning (6:00 AM – 12:00 PM)	*Group Power (6:15 – 7:00) *Body Blast (9:30 – 10:30) *Yoga (11:00 – 12:00)	*Lane Swim (7:00 – 9:00) *Water Fitness (9:15 – 10:00) *Lane Swim (10:15 – 1:00)	***Child Minding (9:15 – 12:15)	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:30 PM Two squash courts and one racquetball court are available for booking.
Afternoon (12:00 PM – 4:00 PM)	*Cardio Sculpt (12:15 – 12:45)	*Adult Rec Swim (1:00 – 2:00)		
Evening (4:00 PM – 8:00 PM)	*Group Power (5:30 – 6:30)		**Kidzone (4:30 – 7:30)	

*Please register via Game Time

**Programming begins on Oct 13th, registration details coming Oct 2nd

***New registration process details coming Oct 2nd



TUESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Multi-Purpose Studio	Pool	Kidzone	Courts
Morning (6:00 AM – 12:00 PM)		*Cycle Fit (6:15 – 7:00) *Core Class (9:30 – 10:30) *Yoga (11:00 – 12:00)	*Lane Swim (7:00 – 9:00) *Water Fitness (9:15 – 10:00) *Lane Swim (10:15 – 1:00)	****Child Minding (9:15 – 12:15)	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:30 PM Two squash courts and one racquetball court are available for booking.
Afternoon (12:00 PM – 4:00 PM)		*Step (12:15 – 12:45)	*Adult Rec Swim (1:00 – 2:00)		
Evening (4:00 PM – 8:00 PM)	***Gymnastics (5:00 – 8:00)	*Group Power (6:30 – 7:30)		**Kidzone (4:30 – 7:30)	

*Please register via Game Time

**Programming begins on Oct 13th, registration details coming Oct 2nd

***Programming begins on Oct 19th, registration details coming Oct 2nd

****New registration process details coming Oct 2nd



WEDNESDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Gymnasium	Multi-Purpose Studio	Pool	Kidzone	Courts
Morning (6:00 AM – 12:00 PM)		*Bounce Class (6:15 – 7:00) *Body Blast (9:30 – 10:30) *Yoga (11:00 – 12:00)	*Lane Swim (7:00 – 9:00) *Water Fitness (9:15 – 10:00) *Lane Swim (10:15 – 1:00)	****Child Minding (9:15 – 12:15)	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:30 PM Two squash courts and one racquetball court are available for booking.
Afternoon (12:00 PM – 4:00 PM)		*Strength (12:15 – 12:45)	*Adult Rec Swim (1:00 – 2:00)		
Evening (4:00 PM – 8:00 PM)	***Gymnastics (5:00 – 8:00)	*Group Power (6:30 – 7:30)		**Kidzone (4:30 – 7:30)	

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***Programming begins on Oct 19th, registration details coming Oct 2nd

****New registration process details coming Oct 2nd



THURSDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Multi-Purpose Studio	Pool	Kidzone	Courts
Morning (6:00 AM – 12:00 PM)	*Cycle Fit (6:15 – 7:00) *Body Blast (9:30 – 10:30) *Yoga (11:00 – 12:00)	*Lane Swim (7:00 – 9:00) *Water Fitness (9:15 – 10:00) *Lane Swim (10:15 – 1:00)	***Child Minding (9:15 – 12:15)	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:30 PM Two squash courts and one racquetball court are available for booking.
Afternoon (12:00 PM – 4:00 PM)	*Full Body (12:15 – 12:45)	*Adult Rec Swim (1:00 – 2:00)		
Evening (4:00 PM – 8:00 PM)	*Group Power (6:30 – 7:30)		**Kidzone (4:30 – 7:30)	

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FRIDAY

Building Hours: 6:00 AM – 8:00 PM | Vulnerable Person Hours: 1:00 PM – 3:00 PM

Time	Multi-Purpose Studio	Pool	Kidzone	Courts
Morning (6:00 AM – 12:00 PM)	*Bounce Class (9:30 – 10:30)	*Lane Swim (7:00 – 9:00) *Water Fitness (9:15 – 10:00) *Lane Swim (10:15 – 1:00)	***Child Minding (9:15 – 12:15)	*Bookable for 45-minute Single or Family Use sessions from 6:15 AM – 7:30 PM Two squash courts and one racquetball court are available for booking.
Afternoon (12:00 PM – 4:00 PM)	*Cardio Sculpt (12:15 – 12:45)	*Adult Rec Swim (1:00 – 2:00)		
Evening (4:00 PM – 8:00 PM)			**Kidzone (4:30 – 7:30)	

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SATURDAY

Building Hours: 7:00 AM – 3:00 PM

Time	Multi-Purpose Studio	Pool	Kidzone	Courts
<p style="text-align: center;">Morning (7:00 AM – 12:00 PM)</p>	<p style="text-align: center;">*Zumba (10:30 – 11:30)</p>	<p style="text-align: center;">*Lane Swim (8:00 – 8:45)</p> <p style="text-align: center;">*Aqua Zumba (9:00 – 9:45)</p> <p style="text-align: center;">*Lane Swim – <i>ending Oct 17</i> <i>due to swim lessons</i> (10:00 – 2:30)</p>	<p style="text-align: center;">**Family Play Time (9:00 – 11:45)</p>	<p style="text-align: center;">*Bookable for 45-minute Single or Family Use sessions from 7:15 AM – 2:15 PM</p> <p style="text-align: center;">Two squash courts and one racquetball court are available for booking.</p>
<p style="text-align: center;">Afternoon (12:00 PM – 3:00 PM)</p>				

SUNDAY

Building Hours: 7:00 AM – 12:00 PM

Time	Multi-Purpose Studio	Courts
<p style="text-align: center;">Morning (7:00 AM – 12:00 PM)</p>	<p style="text-align: center;">*Bounce Class (8:00 – 9:00)</p> <p style="text-align: center;">*Group Power (10:30 – 11:30)</p>	<p style="text-align: center;">*Bookable for 45-minute Single or Family Use sessions from 7:15 AM – 11:45 AM</p> <p style="text-align: center;">Two squash courts and one racquetball court are available for booking.</p>

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