



GAC AQUATICS, GROUP EXERCISE & Indoor Group Cycling SCHEDULES

POOL SCHEDULE WINTER & SPRING 2020

January 6 – June 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
New Time Lengths 7:00 – 8:55 am	Maintenance	New Time Lengths 7:00 – 8:55 am	Maintenance	New Time Lengths 7:00 – 8:55 am		Private Lessons – members only
New Time Aquafit 9:00 – 9:50 am		New Time Aquafit 9:00 – 9:50 am		New Time Aquafit 9:00 – 9:50 am		@Aquafit 8:00 – 8:50 am
Rec. Swim 10:00 – 11:00 am	Rec. Swim 10:00 – 11:00 am	Rec. Swim 10:00 – 11:00 am	Rec. Swim 10:00 – 11:00 am	Rec. Swim 10:00 – 11:00 am	New Time Lengths 1:10 – 2:40 pm	
Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm		
Lengths 12:00 – 1:30 pm	New Time Lengths 12:00 – 1:25 pm	New Time Lengths 12:00 – 1:25 pm	New Time Lengths 12:00 – 1:25 pm	Lengths 12:00 – 1:30 pm	New Time Family Swim+ 2:40 – 3:45 pm	Lengths 1:00 – 2:30 pm
	New Time Aquafit 1:35 – 2:25 pm	New Time Aquafit 1:35 – 2:25 pm	New Time Aquafit 1:35 – 2:25 pm		POOL CLOSED* 3:45 – 4:00pm	Family Swim+ 2:30 – 3:45 pm
Family Swim+ 7:00 – 7:30 pm	Lengths 4:30 – 6:00 pm	Family Swim+ 7:00 – 7:30 pm	New Time Lengths 4:30 – 6:00 pm	Rec. Swim 7:00 – 8:30 pm	Lengths 4:00 – 5:30 pm	POOL CLOSED* 3:45 – 4:00pm
	NO Family Swim		Family Swim+ 7:00 – 7:30 pm		Lengths 4:00 – 5:30 pm	
Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm		Aug 22/19 v.1	

* The pool will be closed between Family and Lengths swim. Do not come early to swim lengths.

+ Lengths will NOT be permitted during Family Swim. Please do not come early and expect to be admitted, as you will be asked to wait until 7:30pm during the week. No exceptions. Thank you.

@ Aquafit: Saturday classes will not run on long weekends.

Please note: To accommodate the Lifesaving Bronze exams, the following swim times will be cancelled:

Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, March 24 & March 31, 2020

Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, June 9 & June 16, 2020

*Pool will close from 3:30 to 3:45pm to put in laneropes and tidy up deck etc. Do not come to swim expecting to swim during this time. Thank you.

Statutory Holiday Swim Times ((times subject to change)

Senior Swim 11:00am – 12:00pm	Lengths Swim 12:00 – 2:00pm	Family Swim 2:00 – 3:30pm*	Lengths Swim *3:45 – 5:30pm
----------------------------------	--------------------------------	-------------------------------	--------------------------------

* Please refer to our website at www.glendon.yorku.ca/gac for a detailed 2019–2020 brochure which includes information about all of our aquatics, fitness and racquets classes and programs, including class descriptions, instructional program information, registration dates and membership information.

UPDATED: January 9, 2020



GAC GROUP EXERCISE SCHEDULE

Winter & Spring 2020

January 3 – June 30, 2020 ** No classes July 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training 6:30 – 7:15 am Karine		*Step & Sculpt 6:30 – 7:15 am Karine				
Weight Training 8:30 – 9:25 am Alona	Lo Impact 8:30 – 9:25 am Edgar	Body Blast 8:30 – 9:25 am Alysha	Essentrics™ 8:30 – 9:25 am Nancy	Weight Training 8:30 – 9:25 am Rachel/Alysha	Stability Ball 8:30 – 9:25 am Edgar	
Pilates 9:30 – 10:25 am Alona	Fusion Ball 9:30 – 10:25 am Ann	Zumba 9:30 – 10:25 am Joanna	Pilates 9:30 – 10:25 am Alona	NEW!! Dance Groove 9:30 – 10:25 am Rachel/Alysha	Lo Impact 9:30 – 10:25 am Edgar	
Light & Lively 10:30 – 11:25 am Alona	Pilates 10:30 – 11:30 am Ann	Yoga 10:30 – 11:30 am Ann	Light & Lively 10:30 – 11:30 am Alona	Stretch 10:30 – 11:30 am Rachel/Alysha		Yoga 10:30 – 11:30 am Ada
Latin Cardio 12:15 – 1:10 pm Edgar	Body Blast 12:15 – 1:10pm Sharon	Lo Impact 12:15 -1:10 pm Rachel		Kick'n Boot Camp 12:15 – 1:10 pm Andre	Yoga 11:40 – 12:40 Dianne	
NEW! STRONG By Zumba 6:00 – 6:55 pm Edgar	Fusion Ball 6:00 – 6:55 pm Jennifer	Zumba 6:15 – 7:10 pm Edgar	Pilates 6:00 – 7:00 pm Jennifer			
Weight Training 7:00 – 7:55 pm Andre	Pilates 7:00 – 8:00 pm Jennifer	Yoga 7:15 – 8:15 pm Dianne	NEW! Mindful Meditation 7:00 – 8:00 pm Jennifer			
Tai Chi 8:00 – 9:00 pm Linda						v. Jan. 9/2020

*Please note: The first Wednesday of every month will be a "Group Cycle Class" with Karine

*Classes may be discontinued due to low attendance.

INDOOR GROUP CYCLING SCHEDULE

Winter & Spring 2020

January 3 – June 30, 2020 ** No classes July 1st

(Classes held in the Cycling Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		*6:30 am Karine				
9:30 am Peter		9:30 am Neil		9:30 am Neil	9:30 am Peter	9:00 am (1.5 hours) Carmen
6:30 pm Liz		6:30 pm Donna	7:00 pm Andre			

*Please note: The first Wednesday of every month will be a "Group Cycle Class" with Karine