

Print date: 2025-04-28

## Spring 2023 From 2023-03-20 to 2023-06-18

### OPENING HOURS

**Monday - Friday:** 6 a.m. - 10 p.m.

**Saturday - Sunday:** 7:30 a.m. - 7&nbsp;p.m.

Special schedule

**Monday, May 19 (National Patriots Day):** no Group Fitness

### Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	06:30 - 07:00 ⊗	07:00 - 08:00	06:30 - 07:00 ⊗	08:00 - 08:55	08:00 - 08:55 ⊗	08:00 - 08:55 ③
08:00 - 08:55	07:00 - 08:00 ⊗	08:00 - 09:00	07:00 - 08:00 ⊗	11:00 - 12:00 ⊗		
10:00 - 11:00 ⊗	08:00 - 08:55 ⊗	09:00 - 09:55	08:00 - 08:55 ⊗	12:00 - 13:00 ⊗		
11:00 - 12:00 ⊗	11:00 - 12:00	11:00 - 12:00 ⊗	11:00 - 12:00 ⊗	20:00 - 21:00 ⊗		
12:00 - 13:00 ⊗	12:00 - 13:00	13:00 - 14:00 ⊗	12:00 - 13:00 ⊗			
13:00 - 14:00 ⊗	16:00 - 16:55 ⊗	14:00 - 15:00 ⊗	13:00 - 14:00 ⊗			
14:00 - 15:00 ⊗			14:00 - 15:00 ⊗			
17:00 - 17:55 ⊗			16:00 - 16:55			
20:00 - 21:00						

**Intensity :** Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | \$N Additional fee for non-members | 🏊 Activity open to City of Montréal 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities).