

Print date: 2025-08-06

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 p.m.

Special schedule

Monday, September 1 (Labour 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.