

Personal Training

Get certified personal training
for as low as \$40 per session
for members!

Book your appointment today!



Special Hours

January 12 7 AM–5 PM

Kelowna Family Y Full Facility Schedule January 6–February 2

Hours of Operation

Monday–Friday	5:30 AM–10:30 PM
Saturday	7 AM–9 PM
Sunday	9 AM–7 PM (Pool closed 5 PM)
Holidays	9 AM–5 PM (classes cancelled)

Kelowna Family YMCA

375 Hartman Rd, Kelowna BC V1X 2M9

250-491-9622

ymcaokanagan.ca



Monday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time				
											1	2	3	4	5	6	7	8							
5:30											Public Swim 5:30 AM – 4:15 PM Public Swim 5:30 AM – 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Public Swim 7:00 PM – 10:30 PM										5:30				
6:00																								6:00	
6:30					Small Group Training 6:00-6:45																				6:30
7:00																									7:00
7:30		Bootcamp 7:30-8:30					Before School Care 6:30-8:30																		7:30
8:00																									8:00
8:30																									8:30
9:00		Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00																						9:00
9:30	Music & Movement (3-5 yrs) 9:00-9:45 & 10:00-10:45		Intro Yoga 10:15-11:15																						9:30
10:00																									10:00
10:30							Child Minding (0-5 yrs) 8:30-1:15										10:30								
11:00		Zumba Gold 11:15-12:00		Healthy Hips & Knees 10:30-12:00							Pre School 8:45-3:00						11:00								
11:30																	11:30								
12:00			Flow Yoga 12:00-1:00		Small Group Training 12:00-12:45												12:00								
12:30																	12:30								
1:00	Adult Drop-in Competitive Pickleball 12:30-3:00		Intro Tai Chi 1:15-2:00	Healthy Hearts 12:30-2:00													1:00								
1:30																	1:30								
2:00																	2:00								
2:30																	2:30								
3:00																	3:00								
3:30	Active Kids (5-7 yrs) 3:30-5:00	Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30														3:30								
4:00				Youth Orient. (10-13 yrs) 4:00-4:45													4:00								
4:30																	4:30								
5:00																	5:00								
5:30		Group Strength 5:30-6:20	PiYo 5:45-6:45														5:30								
6:00					Small Group Training 6:00-6:45												6:00								
6:30	Boys in Action 6:30-7:30						Boys in Action (7-9 yrs) 5:30-7:30										6:30								
7:00			Cycle 7:00-7:50						Zoned In (6-10 yrs) 4:30-7:30		Child Minding (0-5 yrs) 4:30-7:30						7:00								
7:30																	7:30								
8:00	Adult Drop-in Recreational Pickleball 7:30-9:30		Flow Yoga 8:00-9:00														8:00								
8:30																	8:30								
9:00																	9:00								
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:30																9:30								
10:00																	10:00								
10:30																	10:30								

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



Family Friendly Classes ages 10+; 10-11-yr-olds must be accompanied by someone 16 yrs or older.

LEGEND:

Adults	Open Swim	Birthday Parties	Youth	Group Fitness	Swim Lessons	Childminding	Specialized Training	Registered	Children + Family	Small Group Training	Register Weekly
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Tuesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
5:30																					5:30	
6:00		Intro Group Strength			Small Group Training																6:00	
6:30		6:00-6:45			6:00-6:45																6:30	
7:00			Stretch & Roll																		7:00	
7:30			7:00-7:45																		7:30	
8:00																					8:00	
8:30																					8:30	
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00	Intense Group Strength	Yoga																		9:00	
9:30		9:00-10:00	9:00-10:00																			9:30
10:00		Group Strength																				10:00
10:30		10:15-11:10																				10:30
11:00				Healthy Hips & Knees																	11:00	
11:30		Fit for Life 50+		10:30-12:00																	11:30	
12:00		11:30-12:15																			12:00	
12:30		Cycle			Small Group Training																12:30	
1:00	Adult Drop-in Recreational Pickleball 12:30-3:00																				1:00	
1:30		School Rental		Healthy Aging																	1:30	
2:00				12:30-2:00																		2:00
2:30																					2:30	
3:00																					3:00	
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15	Youth Open Gym Time (10+ yrs) 3:00-5:30																			3:30	
4:00																						4:00
4:30				Youth Orient. (10-13 yrs)																	4:30	
5:00				4:00-4:45																	5:00	
5:30																					5:30	
6:00	Boys in Action 6:00-7:00				Small Group Training																6:00	
6:30		Group Kick		Prenatal Yoga		6:00-6:45															6:30	
7:00		6:30-7:30																			7:00	
7:30	Family Drop-in Badminton 7:30-9:30		Bootcamp																		7:30	
8:00			7:00-8:00																		8:00	
8:30																						8:30
9:00																					9:00	
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:30																				9:30	
10:00																					10:00	
10:30																						10:30

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Youth Orientations: 10-11yr Olds - Mandatory orientation with Adult 16+. Parent/Guardian or approved adult that will be attending with youth in Conditioning Room.

12-13yr Olds - Must have an orientation.

Shoe tag must be worn at all times while in the Conditioning Room

Wednesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time										
											1	2	3	4	5	6	7	8													
5:30											Public Swim 5:30 AM – 4:15 PM										5:30										
6:00		Intro Step 6:15-6:45			Small Group Training 6:00-6:45																							6:00			
6:30							Before School Care 6:30-8:30																					Deep 6:30-7:30	6:30		
7:00																														7:00	
7:30		Bootcamp 7:30-8:30																													7:30
8:00																															8:00
8:30							Child Minding (0-5 yrs) 8:30-1:15																							8:30	
9:00		Barre 9:00-10:00	Chair Yoga II 9:00-10:00	Healthy Hearts 9:00-11:00																										Deep Aqua 9-10	9:00
9:30	Mamas 4 Mamas Community Connect 9:30-11:30		TRX 10:15-11:00																	Mamas 4 Mamas Community Connect 9:30-11:30											
10:00		Heathy Hearts																											Walk Lane	Shallow Aqua 10:15-11:00	
10:30																								10:30							
11:00																						11:00									
11:30																						11:30									
12:00			Yoga 12:00-1:00		Small Group Training 12:00-12:45																	12:00									
12:30			Chair Tai Chi 1:15-2:00	Healthy Hearts 12:30-2:00																		12:30									
1:00	Adult Drop-in Lawn Bowling (16+ yrs) 12:30-3:00	School Rental																					1:00								
1:30																						1:30									
2:00																						2:00									
2:30																						2:30									
3:00																						3:00									
3:30	Jr. NBA (5-7 yrs) 3:15-4:00 & 4:15-5:00	Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30																			3:30									
4:00																						4:00									
4:30			Gentle Yoga 4:45-5:45		Youth Orient. (10-13 yrs) 4:00-4:45																	4:30									
5:00																						5:00									
5:30																						5:30									
6:00		Group Strength 5:30-6:20																				6:00									
6:30	Girls Unite (7-9 yrs) 6:30-7:30	Bootcamp 6:30-7:30	Cycle 6:00-6:50		Small Group Training 6:00-6:45																	6:30									
7:00																						7:00									
7:30			Flow Yoga 7:00-8:00																			7:30									
8:00	Adult Drop-in Basketball (16+ yrs) 7:30-10:30																					8:00									
8:30																							8:30								
9:00																							9:00								
9:30																								9:30							
10:00																								10:00							
10:30	Lanes used may be different than shown																		10:30												

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Thursday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
5:30																					5:30	
6:00			Bootcamp 6:00-6:45																		6:00	
6:30																					6:30	
7:00			Stretch & Roll 7:00-7:45																		7:00	
7:30																					7:30	
8:00																					8:00	
8:30																					8:30	
9:00		Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																		9:00	
9:30																					9:30	
10:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00	Group Strength 10:15-11:10																			10:00	
10:30																					10:30	
11:00																						11:00
11:30		Fit for Life 50+ 11:30-12:15		Healthy Hips & Knees 10:30-12:00																	11:30	
12:00			Cycle 12:00-12:50		Small Group Training 12:00-12:45																12:00	
12:30																					12:30	
1:00	Adult Drop-in Recreational Pickleball 12:30-3:00			Healthy Aging 12:30-2:00																	1:00	
1:30			School Rental																		1:30	
2:00					Breathe Well 2:00-3:00																	2:00
2:30																					2:30	
3:00																					3:00	
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15																				3:30	
4:00		Active Kids (5-7 yrs) 3:30-5:00	Gentle Yoga 4:00-4:50	Youth Orient. (10-13 yrs) 4:00-4:45																	4:00	
4:30																						4:30
5:00																					5:00	
5:30		Step/Strength 5:30-6:30																			5:30	
6:00	Girls Unite 6:00-7:00		Yoga 6:00-6:50		Small Group Training 6:00-6:45																6:00	
6:30																					6:30	
7:00			Intense Bootcamp 7:00-8:00	Prenatal Fitness (Pool) 7:15-8:00																	7:00	
7:30																					7:30	
8:00	Adult Drop-in Volleyball (16+ yrs) 7:30-10:00																				8:00	
8:30																					8:30	
9:00																						9:00
9:30																						9:30
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Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Please note: 7:15-8:00 p.m. Prenatal Fitness takes place in Dive Tank

Friday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time		
											1	2	3	4	5	6	7	8					
5:30																						5:30	
6:00																							6:00
6:30			Flow Yoga 6:00-7:00																				6:30
7:00																							7:00
7:30		Bootcamp 7:30-8:30																					7:30
8:00																							8:00
8:30																							8:30
9:00		Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00																				9:00
9:30				Healthy Hearts 9:00-11:00																			9:30
10:00																							10:00
10:30																							10:30
11:00	Pre School 11:00-11:45	Zumba Gold 11:15-12:00	School Rental	Healthy Hips & Knees 10:30-12:00																			11:00
11:30																							11:30
12:00			Yoga 12:00-1:00																				12:00
12:30																							12:30
1:00	Adult Drop-in Competitive Pickleball (16+ yrs) 12:30-3:00		Advanced Tai Chi 1:15-2:00																				1:00
1:30																							1:30
2:00																							2:00
2:30																							2:30
3:00																							3:00
3:30	Youth Open Gym Time (10+ yrs) 3:00-5:30		Cycle/HIIT 3:30-4:30																				3:30
4:00				Youth Orient. (10-13 yrs) 4:00-4:45																			4:00
4:30																							4:30
5:00																							5:00
5:30			Intro to Meditation 5:30-6:15																				5:30
6:00																							6:00
6:30																							6:30
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10:30																							10:30

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Saturday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time
											1	2	3	4	5	6	7	8			
7:00																					7:00
7:30																					7:30
8:00																					8:00
8:30		Bootcamp 8:30-9:30																			8:30
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00		Flow Yoga 9:15-10:15																		9:00
9:30																					9:30
10:00			Barre II 10:00-11:00																		
10:30			Cycle 10:30-11:30																		10:30
11:00																					11:00
11:30																					11:30
12:00																					12:00
12:30																					12:30
1:00																					1:00
1:30																					1:30
2:00	Birthday Parties (0-12 yrs) 12:30-2:30 1:30-3:30 3:30-5:30																				2:00
2:30																					2:30
3:00																					3:00
3:30																					3:30
4:00																					
4:30				Youth Orient. (10-13 yrs) 4:00-4:45																	4:30
5:00																					5:00
5:30																					5:30
6:00	Family Gym Time (Children under 10 yrs must be accompanied by a parent) 6:00-9:00																				6:00
6:30																					6:30
7:00																					7:00
7:30																					7:30
8:00																					8:00
8:30																					8:30
9:00																					9:00

Lanes used may be different than shown

Sunday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time
											1	2	3	4	5	6	7	8			
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00																				9:00
9:30			Step/Strength 9:30-10:30																		9:30
10:00																					
10:30																					10:30
11:00																					11:00
11:30			Meditation 11:30-12:30																		11:30
12:00																					12:00
12:30																					12:30
1:00	Jr. Tennis (6-14 yrs) 1:00-1:45 2:00-2:45 & 3:00-3:45																				1:00
1:30																					1:30
2:00																					2:00
2:30																					2:30
3:00																					3:00
3:30																					3:30
4:00	Youth Basketball 4:00-5:00pm		Bootcamp 3:30-4:30	Youth Orient. (10-13 yrs)																	4:00
4:30																					4:30
5:00	Adult Drop-In Basketball (16+ yrs) 5:00-7:00																				5:00
5:30																					5:30
6:00																					6:00
6:30																					6:30
7:00																					7:00

Lanes used may be different than shown

This month at the Kelowna Family Y...

Aquatics

Aquatic Certifications

Become a lifeguard! Ask us about upcoming courses at the Kelowna Family Y and H₂O.

Private Swim Lessons Available

Sundays 9:30 AM

Adult private lessons: email tzimmerman@ymcaokanagan.ca

Volunteer

Grow with us

The YMCA of Okanagan is seeking passionate community minded volunteers to join our team. Whatever your age, interests, or schedule, there is an opportunity for you.

When volunteering with the YMCA of Okanagan, you will learn from a skilled team, while contributing to the growth and potential of those attending, and yourself.

Children & Families

Spring Break Camps

Registration is open!

You won't want to miss these fun, active camps for kids ages 3–12!

Winter Programs

Registration is open!

Karate, basketball, tennis, art, dance, music and more! Active programs at the YMCA will keep your children warm this winter.

YMCA Playing to Learn Preschool

Our professionally developed, nationally recognized preschool curriculum helps children build healthy relationships and develop school-readiness skills.

Before and After School Care

Children will have fun, find support and make friends while participating in our professionally developed, nationally recognized curriculum.

Health & Fitness

Choose to Move

Info Sessions Jan 16 & 23, 11:00-12:00

Choose to Move is a six-month choice based physical activity program, based on the best research evidence, that helps break down barriers to physical inactivity. Working with a certified activity coach, participants design a personalized physical activity program based on their interests, goals and abilities.

To register contact Adriane at adriane.long@ymcaokanagan.ca or call 250-491-9622 ext 224

YMCA Healthy Aging

Tuesdays & Thursdays 12:30-2:00

If you are physically inactive and live with chronic pain or a chronic condition this program is the perfect program to start your journey to a healthier lifestyle.

For more info contact Adriane at adriane.long@ymcaokanagan.ca or call 250-491-9622 ext 224

Please note:

Individuals aged 19+ must present a membership card or photo ID to access YMCA facilities.

This is a typical weekly schedule for the current month. Actual daily schedules may be different. Check with member services for the detailed daily schedule.

Set-up and take-down times are not reflected on this schedule. Facilities may need to be closed as much as half an hour before or after scheduled program times.

Children under 10 years of age must either be signed into a Y program or under the direct supervision of a parent or adult guardian while at the Kelowna Family Y. Children under 8 must have a responsible care-giver with them at all times, and within arm's reach when in the pool. Children under age 10 participating in any instructor-led program (including swim lessons) must be accompanied by their caregiver to and from the program.

The gymnasium, group fitness studio, health zone, and conditioning room are open for drop-in use when not scheduled for programs.

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



For more information or to register for any of the above, please visit member services.

Kelowna Family YMCA, 375 Hartman Rd, Kelowna BC V1X 2M9 | 250-491-9622 | www.ymcaokanagan.ca