



YMCA of Greater Saint John Older Adult Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM - 9:00 AM Deep Warm Swim Regional Y, Therapy Pool	5:30 AM - 9:00 AM Deep Warm Swim Regional Y, Therapy Pool	5:30 AM - 9:00 AM Deep Warm Swim Regional Y, Therapy Pool	5:30 AM - 9:00 AM Deep Warm Swim Regional Y, Therapy Pool	5:30 AM - 9:00 AM Deep Warm Swim Regional Y, Therapy Pool
7:00 AM - 9:00 AM Pickleball Regional Y, Gym 2	9:15 AM - 10:00 AM Aquatfit Regional Y, Leisure Pool	7:00 AM - 9:00 AM Pickleball Regional Y, Gym 2	9:15 AM - 10:00 AM Aquatfit Regional Y, Leisure Pool	9:15 AM - 10:00 AM Aquatfit Regional Y, Leisure Pool
9:15 AM - 10:00 AM Aquatfit Regional Y, Leisure Pool	10:45 AM - 11:30 AM Chair Fit Regional Y, Fitness Studio	9:15 AM - 10:00 AM Aquatfit Regional Y, Leisure Pool	10:30 AM - 11:15 AM Older Adult Yoga Regional Y, Fitness Studio	10:10 AM - 10:50 AM Older Adult Fitness Field House, Multipurpose Room
10:10 AM - 10:50 AM Older Adult Fitness Field House, Multipurpose Room	11:30 AM - 1:00 PM Warm Swim Regional Y, Therapy Pool	10:10 AM - 10:50 AM Older Adult Fitness Field House, Multipurpose Room	11:30 am - 1:00 PM Warm Swim Regional Y, Therapy Pool	10:30 AM - 11:15 AM Dusty Sneakers Regional Y, Gym 1
10:30 AM - 11:15 AM Dusty Sneakers Regional Y, Gym 1	12:00 PM - 2:00 PM Pickleball Regional Y, Gym 2	10:30 AM - 11:15 AM Dusty Sneakers Regional Y, Gym 1	12:00 PM -2:00 PM Pickleball Regional Y, Gym 2	11:30 AM - 1:00 PM Warm Swim Regional Y, Therapy Pool
11:30 AM - 1:00 PM Warm Swim Regional Y, Therapy Pool	4:30 PM - 6:30 PM Warm Swim Regional Y, Therapy Pool	11:30 AM - 1:00 PM Warm Swim Regional Y, Therapy Pool	4:30 PM - 6:30 PM Warm Swim Regional Y, Therapy Pool	12:00 PM - 2:00 PM Pickleball Regional Y, Gym 2
12:00 PM - 2:00 PM Pickleball Regional Y, Gym 2	6:30 PM - 8:00 PM Pickleball Regional Y, Full Gym	12:00 PM - 2:00 PM Pickleball Regional Y, Gym 2		4:30 PM - 6:30 PM Warm Swim Regional Y, Therapy Pool
3:00 PM - 5:00 PM Pickleball Regional Y, Gym 1		4:30 PM - 6:30 PM Warm Swim Regional Y, Therapy Pool		5:00 PM - 6:30 PM Table Tennis Regional Y, Gym 2
4:30 PM - 6:30 PM Warm Swim Regional Y, Therapy Pool		6:00 PM - 8:00 PM Table Tennis Regional Y, Gym 2		
6:30 PM -8:00 PM Pickleball Regional Y, Gym 2	<p style="text-align: center;">Calling All Walkers!</p> <p>The Irving Oil Field House has a 200-meter, 6-lane walking and running track. The Regional Y has designated times to walk the gym while the walking track is temporarily closed.</p>			
7:00 PM - 8:00 PM Aquatfit Regional Y, Leisure Pool				

Program Descriptions

Adult Warm Swim

Come relax, stretch or just float around in our warm pool. Pool depth: 3 feet, 8 inches.

Aquafit

This class is a great way to improve your circulation without stressing your joints. By pushing against the resistance of the water, you can adapt each session to your own level of fitness. It's a great way to add variety to your exercise!

Deep Warm Swim

Enjoy the therapeutic properties of being suspended in warm water. This program is ideal for those with back issues and joint pain. Pool depth: 5 feet.

Dusty Sneakers

This class is designed for anyone starting a fitness program and for active older adults (50+). It includes weights and flexibility.

Intro to Pickleball

Pickleball is a court sport best described as halfway between tennis and ping pong. This is an introductory program for anyone new to the sport. All equipment is provided.

Older Adult Yoga

Suitable for older adults (50+), this class combines strength and flexibility through movement and quiet release. There is a maximum capacity of 30 participants per class for an enjoyable experience.

Pickleball

Pickleball is a court sport best described as halfway between tennis and ping pong. Participate in organized drop-in play for any skill level. All equipment is provided.

Chair Fit

If you're an active older adult who loves Zumba® choreography, but you're looking for a lower intensity, this is the class for you! You still get all the Zumba benefits, including cardiovascular and muscular conditioning and increased flexibility and balance. Join us for a calorie-burning, easy-to-follow dance fitness party choreographed to Latin and international rhythms.

Older Adult Fitness

This class is designed for those new to exercise and active older adults (50+).

Digital Literacy for Older Adults

Learn about computers, mobile phones, and tablets. Improve your digital skills with software and apps, and learn how to stay safe and secure online.

Y Home Delivery

There are many individuals and families here in our community who need a helping hand picking up essentials, like groceries, medication and other critical supplies — so we offer Y Home Delivery!

Table Tennis

Ping Pong has numerous benefits for the mind, body and soul. Come play recreationally or compete with other members in a fun inviting atmosphere. All basic equipment is supplied.

The above programs are not all senior-specific but are a great fit for older adults. We offer a wide variety of programs for all ages and stages. For full program schedules, we invite you to visit us in person or online at the Regional Y (saintjohnny.ymca.ca, 191 Churchill Blvd.) or the Irving Oil Field House (irvingoilfieldhouse.com, 191 McAllister Dr.).

* *Reminder: We are asking members to sign up for programs online at this time. If you need assistance, please reach out to our Welcome Desk team: +1-506-693-9622 (Regional Y), +1-506-717-4080 (Field House).*