



Westhills Y Printable Program Schedules

*These schedules are subject to change, please refer to Online Calendars
(QR Codes included) for schedules that are updated daily as required
with Class Cancellations and Schedule Changes.*



Hours of Operation

M-F 6:15am-8:30pm
Sat 7:15am-5:30pm | Sun 7:15am-4:30pm
Statutory Holidays: Closed Jul 1/Aug 3

Pool



Scan the QR code for Current Schedule

Swim Type	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Lane Swim *adult only	7:30am - 3pm 3 - 4:30pm*	6:15 - 9:45am 11:15am - 6:15pm 7:30 - 8:30pm*	6:15 - 9:45am 11:15am - 7:30pm 7:30 - 8:30pm*	6:15 - 9:45am 11:15am - 6:15pm 7:30 - 8:30pm*	6:15 - 9:45am 11:15am - 6:15pm 7:30 - 8:30pm*	6:15am - 8:30pm	7:30am - 4pm 4 - 5:30pm*
Adult Therapy / Water Walking (Therapy Pool)	7:30 - 8:45am 3 - 4:30pm	6:15 - 10am 2:30 - 4:30pm 7:30 - 8:30pm	6:15 - 10am 2:30 - 4:30pm 7:30 - 8:30pm	6:15 - 9am 2:30 - 4:30pm 7:30 - 8:30pm	6:15 - 10am 2:30 - 4:30pm 7:30 - 8:30pm	6:15 - 10am 2:30 - 4:30pm	7:30 - 9am 4 - 5:30pm
Adult Therapy / Water Walking (Leisure Pool)		6:15 - 8:30am		6:15 - 8:30am		6:15 - 8:30am	
All Ages Access (Therapy Pool)	9am - 3pm	10am - 2:30pm 4:30 - 7:30pm	10am - 2:30pm 6:30 - 7:30pm	10am - 2:30pm 4:30 - 7:30pm	10am - 2:30pm 6:30 - 7:30pm	10am - 2:30pm 4:30 - 8:30pm	9am - 4pm
Kid Splash (Leisure Pool)		10am - 12:30pm (with River)	10am - 12:30pm (with River)	10am - 12:30pm (with River)	10am - 12:30pm (with River)	10am - 12:30pm (with River)	
Family Swim (Slides & Waves)	12 - 3pm	1-4pm 4:30-7:30pm	1-4pm 4:30-7:30pm	1-4pm	1-4pm 4:30-7:30pm	1-4pm 4:30-8:30pm	12 - 4pm
Aquafit		10:05 - 10:55am 6:30 - 7:20pm	10:05 - 10:55am	10:05 - 10:55am 6:30 - 7:20pm	10:05 - 10:55am 6:30 - 7:20pm	9:05 - 9:55am	8:30 - 9:15am (Aqua Circuit)

Registered & Drop-in Aquatic Programs

The Westhills Y's aquatic programs help swimmers of all ages build water safety skills and confidence through high-quality lessons led by certified YMCA and Lifesaving instructors. We offer progressive programs for preschoolers, children, teens, and adults, including Parent & Tot, Adult/Teen lessons, Aquatic Leader in Training, and private or semi-private options.

Membership includes group swim lessons at no additional cost. Scan the QR code for a full list of programs.



Pool Admission Criteria

Age	Supervision Requirements	The YMCA-YWCA of Vancouver Island is committed to providing a safe and enjoyable aquatic experience. The following aquatic admission criteria allow us to meet both provincial and industry regulations and standards. All children under the age of 10 must be accompanied by a responsible adult 16+ years of age at all times. *Y members who are under the age of 10 and are competitive swimmers or practicing for an advanced aquatic certification wishing to attend a lane swim time must contact your branch's Aquatic Leadership Team in advance.
Under 7 years	In the water within arm's reach of all children at all times. Maximum 3:1 ratio	
7-9 years	On deck viewing area, not required to be in water within arms reach unless swimming ability of child necessitates it for safety. Maximum 8:1 ratio.	
10 years and older	Can use the pool unaccompanied unless swimming ability of child necessitates supervision for safety.	



Swim Descriptions

Swim Type

Lane Swim *indicates adult only	For members ages 10 years and older. Circle swimming will be in effect; members are asked to follow signage posted at each lane. Aquatics staff will endeavour to ensure there is an appropriate distribution of abilities throughout the available lanes and may request that members relocate to another lane to ensure like abilities are in the same lane.
All Ages Access (Therapy Pool)	During All Ages Access the Therapy Pool is available to all members. If there is significant usage, pool may be intermittently closed to ensure lifeguard safety ratios are maintained. Aquatics Admission Criteria applies.
Adult Therapy / Water Walking (Therapy Pool)	For members ages 16 years and older. Therapy Pool is dedicated to users water walking and working on therapy exercises; users are expected to share the space. During Therapy/Water Walking availability that coincides with Adult Lane Swim all hot areas are also reserved for users 16 years and older.
Adult Therapy / Water Walking (Leisure Pool)	For members ages 16 years and older. Therapy Pool is dedicated to users water walking and working on therapy exercises; users are expected to share the space. During Adult Lane Swim all hot areas are also reserved for users 16 years and older. For Adult Therapy/Water Walk during the week from 2:30 - 4:30, hot areas are open for all ages.
Parent & Tot Splash (Leisure Pool)	The Leisure Pool is a shared space during this swim- water walkers are welcome to use the deeper areas of pool and families with small children can enjoy the shallower beach access area with splash features. Users are reminded to be respectful of each other and share the space.
Kid Splash (Leisure Pool)	For members of all ages! Kid Splash is an opportunity for families to enjoy the Leisure Pool and it's splash features (lazy river is unavailable, unless otherwise noted in the activity name).
Family Swim (Slides & Waves)	For members of all ages! Family Swim is an opportunity for families to enjoy all the most fun features – waterslides, lazy river, waves and all splash features will be operating, unless otherwise noted in the activity name. A Leisure Lane is available in the Lane Pool for swimmers wanting to practice dives and deep water play (the Leisure Lane may not be available during all swims due to other programming).
Aquafit	Cardio training, strength exercises and stretching. Go at your own pace – or be challenged by our instructors. Deep water optional. Class style subject to change.

Fitness Centre & Personal Coaching

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Fitness Centre Hours	7:30am - 5pm	6am - 9pm	6am - 9pm	6am - 9pm	6am - 9pm	6am - 9pm	7:30am - 6pm
Statutory Holidays: Closed July 1/August 6				Notice: Fitness Centre Maintenance Closure Sept 3/4			
Personal Coaching & Small Group Training	Looking to reach a new goal or learn a new exercise? Get a personalized program for your fitness goals with one of our personal trainers or sign up for our Small Group Training to get a great workout with more focus from your instructor. For Personal Coaching information, please contact whpc@vancouverislandy.ca or the scan the QR Code to access the Online Service Portal for the next Small Group Training registration						





Group Fitness



Statutory Holidays: Closed July 1/August 6
Classes cancelled Sept 1 / 2 for maintenance

Scan QR Code for Current Schedule

All other classes in the fitness studio ▲ = in AR 2 ● = in AR 3

Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Barre Fusion *Reserve online		9:15 - 10:05am					
Body Fusion	11:15am - 12:05pm						
Bootcamp	9:15 - 10:05am	5:30 - 6:20pm			5:30 - 6:20pm	9:15 - 10:05am	
Baby & Me Bootcamp		10:15 - 11:05am		10:15 - 11:05am			
Cardio Dance	10:15 - 11:05am			5:30 - 6:20pm	Did you know rooms on the 3 rd floor can be used by members when a class is not in session?		
Cardio Dance Low Impact			10:15 - 11:05am				
Chair Yoga *Reserve online			12:15 - 1:05pm			12:15 - 1:05pm	
Choreographed Strength						5 - 6:15pm	
Core Strength			9:15 - 10:05am				
Cyclefit *Reserve online	9:15 - 10:05am	9:20 - 10:10am		5:30 - 6:20pm	9:15 - 10:05am	9:15 - 10:05am	9:15 - 10:05am
Cycle & Strength *Reserve online			6:30 - 7:20pm				
Deep Stretch						10:15 - 11:05am	
Functional Fitness			11:15am - 12:05pm				
Gentle Fit					11:15am - 12:05pm		
Glutes & Core Fusion					9:15 - 10:05am		
Pilates			5:30 - 6:20pm				
Strength & Sculpt				9:15 - 10:05am			
Stretch Fit		11:15am - 12:05pm		11:15am - 12:05pm			
Total Body Strength			6:30 - 7:20pm		8:15 - 9:05am		9:15 - 10:05am
Walk Fit						11:15am - 12:05pm	
Yoga	8:15 - 9:05am	10:15 - 11:05am 6:30 - 7:20pm		10:15 - 11:05am 6:30 - 7:20pm	6:30 - 7:20pm		8:15 - 9:05am
Zumba *Reserve online		6:50 - 7:40pm	6:50 - 7:40pm		6:50 - 7:40pm		10:15 - 11:05am



Group Fitness Class Descriptions

Body Fusion	A little bit of this (balls, and bars) a little bit of that (body mind connection) and a whole lot of (fun).
Bootcamp	Challenge yourself in a high-intensity interval workout that uses your own body weight and a variety of fitness equipment to work cardio and increase your strength while improving your core strength, balance, coordination, and body awareness. Modifications are available.
Baby & Me Bootcamp	A functional total body workout designed to build your strength and endurance while keeping baby by your side. Included modifications and considerations for post-partum bodies. All ages of children welcome.
Cardio Dance	Get a great cardio workout while dancing to popular music. Learn various routines while you sweat.
Cardio Dance Low Impact	This low impact class is designed to improve coordination and cardiovascular fitness by incorporating a variety of dance styles, upbeat music, and easy to follow choreography to create a full body workout. All fitness levels are welcome.
Chair Yoga *Reserve online	Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It is an accessible class suitable for those with limited mobility or flexibility who still want to enjoy the benefits of yoga. This class will focus on gentle movements that help ease stiffness, improve range of motion, build strength, stability, and balance.
Choreographed Strength	A dynamic weight training class that combines the power of compound exercises with the rhythm of music. Each muscle group is targeted with choreographed movements set to a specific song, ensuring a full-body workout that's as fun as it is effective. Move, lift, and sweat to the beat while improving strength, coordination, and endurance in this energizing and unique class.
Core Strength	Strengthen and tone your core using weights, stability balls, and your own body as resistance for the ultimate full body workout.
Cyclefit *Reserve online	Join us for the ultimate intensive workout combining both aerobic and anaerobic exercise through drill training and speed work. Build strength, endurance and flexibility in a fun environment that lets you modify your own intensity! Please bring a water bottle and towel.
Cycle & Strength *Reserve online	This high energy class will get your heart rate up and your cardio in with the class beginning on the cycle bikes. The second part of class will have you lifting weights.
Deep Stretch	Engage in a deep stretching practice that targets your muscles, helping to increase flexibility, release tension, and promote relaxation.
Functional Fitness	This mild to moderate program builds and maintains functional muscle power that supports everyday movements and daily activities. The class emphasizes strength, endurance, balance and core stability, making it suitable for all ages and fitness abilities. Seated options are available
Gentle Fit	For the beginner to fitness – safe, effective, low-impact strength and cardio to increase muscle conditioning and fitness.
Glutes & Core Fusion	Build stronger glutes, tighten your core, and improve your posture in this dynamic, full body strengthening class.
Pilates	This low impact class focuses on improving full body strength with emphasis on creating strength, stability, and awareness and connection to the core and pelvic floor while also improving posture, balance, and flexibility. All fitness levels welcome; please bring your own mat.
Strength & Sculpt	A weight training class focusing on compound exercises to sculpt and enhance your strength. This class will teach correct form with a focus on how to safely use free weights. Come join us to get a full body workout in a fun and supportive environment. Whether you are picking up a weight for the first time or training to lift heavier this class is for you!
Stretch Fit	The first half of this class will involve low-moderate intensity training to improve both core and balance. The second half of this class will focus on a deeper full body stretch that leaves you feeling energized and refreshed! This class is suitable for Healthy Living participants.
Total Body Strength	A free weight class featuring strength and resistance exercises that will get your muscles working and body sweating, without hard-to-follow choreography! Suitable for all levels. It's a strength class like no other.
Walk Fit	A walking-based cardio workout with low to medium intensity. Enjoy easy-to-follow moves, all set to the beat of the music. Perfect for all fitness levels!
Yoga	Flow through a series of postures that work to stretch, strengthen and tone your muscles while calming and connecting the mind, body and spirit. Engage in a Yoga practice that is right for you by modifying or intensifying postures to fit your comfort level. Easy to follow format, all levels welcome. Please bring your own mat.
Zumba	Combines Latin and International music with a fun and effective cardio workout.



Children & Families



Statutory Holidays: Closed Jul 1/Aug 3

Scan the QR code for Current Schedule

Activity	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Y Childminding 0-9yrs	8:45 - 11:30am	8 - 11:30am 4:45 - 7:45pm	8 - 11:30am 4:45 - 7:45pm	8 - 11:30am 4:45 - 7:45pm	8 - 11:30am 4:45 - 7:45pm	8 - 11:30am	8:45 - 11:30am
Create & Play* 5-12 yrs	9 - 10:30am			5 - 6:30pm	5 - 6:30pm		9 - 10:30am
Afterschool Basketball		3 - 5pm	3 - 5pm		3 - 4:30pm	3 - 5pm	
Y-Hoops				3 - 5pm			
Family Playground	10:30am - 12pm						
Pickleball Social 13+ years old							11:30am - 1pm
Y Childminding and Create & Play are member only programs. Parents must stay in the building at all times and there is a limit of 1.5 hours per child/day.							

Children's Registered Programs

Did you know Home Alone & Babysitting courses are now being offered? Check out the QR Code for our current course listings!

Healthy Living Programs

Healthy Living is a program designed to support individuals living with one or more chronic health conditions through recreation therapy-based programs that promote physical, social, cognitive, leisure, and emotional well-being.

Breath Fit *Registered	A small group maintenance program for people living with heart and lung conditions. Programs are designed to be tailored to each condition and each member. This class is both engaging through exercise and social connection. Registration and assessment is required to join. Please contact healthyliving@vancouverislandy.ca to register for the waitlist.
Small Steps for Big Changes	Small Steps for Big Changes is a evidence-based behaviour-change counselling program designed to help prevent the development of type 2 diabetes. Please contact healthyliving@vancouverislandy.ca or visit smallstepsforbigchanges for eligibility and to complete the survey.
Fit for Bones *Registered	Fit for Bones: A small group maintenance program for people living with chronic bones and joint conditions. Programs are designed to be tailored to each condition and each member. This class is both engaging through exercise and social connection. Registration and assessment is required to join. Please contact healthyliving@vancouverislandy.ca to register for the waitlist.
Healthy Living Social Walk *Drop-in	Come join us as we explore some of the wonderful trails the Westshore has to offer in our Social Walk! These walks have an emphasis on being socially connected with other, while maintaining a relaxed pace. Walks occur rain or shine, please dress appropriately for the outdoors. Please contact healthyliving@vancouverislandy.ca for the location of the walk and the meeting place. Drop-in Mon 9:45-10:45am.
Stretch Fit *Drop-in	The first 20 minutes of this workout will involve low-moderate intensity training to improve both core and balance. The final 20 minutes of this class will focus on a deeper full body stretch that leaves you feeling energized and refreshed! Drop-in Mon/Wed 11:15 - 12:05pm.



Membership & Daypass Information



Scan the QR code for Membership Purchase Options

Type	Continuous (+GST)	Yearly (+GST)	Daily** (+GST)
Child 0 - 12	\$28	\$336	\$5
Teen 13 - 17	\$35	\$420	\$10
Young Adult 18 - 24	\$42	\$504	
Adult 25 - 79	\$51	\$612	\$15
Older Adult 80+	\$42	\$504	
Family with Dependents age 0-12***	\$91	\$1092	\$25
Family with Dependents age 0-24***	\$101	\$1212	\$25

Notes:
Langford residents receive a discount on all memberships & day passes.
Adults 18yrs+ are required to provide government issued ID when purchasing a day pass or membership or replacing a lost or stolen pass.
**Daily pass purchases allow in and out privileges, come to the facility more than once in the day!
**Families consist of up to 2 adults and all dependents' ages 0-24 in one household.



Did you know? The Y offers financial assistance to individuals and families that otherwise would not be able to participate. Y members can add a donation through their online portal or directly through the Y website to support their neighbours!

Activity Room 3 Bookings



Did you know Activity Room 3 can be booked out by members up to 2 weeks in advance? Book it to play pickleball, shoot some hoops, or practice for an upcoming dance recital! Scan the QR code above to book.
*All attendees must be Vancouver Island Y Members.