



YMCA of Simcoe / Muskoka

WINTER/SPRING
2016

January 2, 2017
– June 18, 2017

MONDAY

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other
	1	2	3	4			Side 1	Side 2			
5:30 AM							Side 1	Side 2			
6:00 AM							Open Gym				
6:30 AM							5:30am-6:45am				
7:00 AM											
7:30 AM											
8:00 AM											
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Tuesday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other		
	1	2	3	4			Side 1	Side 2					
5:30 AM													
6:00 AM													
6:30 AM													
7:00 AM	Lane Swim 6:30am-8:55am				No access during Lane Swim			Open Gym 5:30am-9:15am					
7:30 AM													
8:00 AM													
8:30 AM													
9:00 AM	Lane Swim 9:00am-10:00am	Adult Lessons	Swim Lessons										
9:30 AM	Aquafit 10:15am-11:00am					Zumba 9:30am-10:30am	Y Kids (3-5 years) 9:15am-12:00pm	Parent & Tot Gym 9:15am-12:00pm	Childminding (\$) 9:15am-12:00pm				
10:00 AM							Yoga 10:45-11:45am			*See Y Kids Schedule for details			
10:30 AM													
11:00 AM	Aquatherapy 11:05am-11:50am												
11:30 AM													
12:00 PM	Lane Swim 12:05pm-	Family Swim 12:05pm-12:55pm			Drums Alive Jan. 10-31	Gentle Fit 12:20pm-1:20pm							
12:30 PM					Feb. 4-March 14	TIME Program (\$)							
1:00 PM	Group Booking 1:00pm-3:00pm					Drums Alive Jan. 10-31	1:30pm-2:30pm		Group Booking 12:00pm-4:00pm				
1:30 PM								Feb. 4-March 14		Jan. 3-March 21/April 4-June 30			
2:00 PM													
2:30 PM	Adult Rec. Swim (16+) 3:00pm-4:00pm					Group Booking 2:00pm-4:00pm	Open Gym 3:15pm-4:45pm						
3:00 PM													
3:30 PM	Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details								Advanced Aquatics Booking 4:00pm-6:00pm				
4:00 PM													
4:30 PM													
5:00 PM													Intermediate/ Advanced Leaders
5:30 PM	*See Swim Lesson schedule for details						Y Kids (3-5 years) 5:00pm-8:00pm	Y Kids (6-10 years) 5:00pm-8:00pm	Y Kids 6:00pm-8:00pm				
6:00 PM										*See Y Kids Schedule for details	*See Y Kids Schedule for details	*See Y Kids Schedule for	
6:30 PM									Cardio Kickbox 6:00pm-6:45pm				
7:00 PM	Aquafit 7:10pm-7:55pm					CORE 7:00pm-7:30pm				Triathlon Training (\$) Jan. 3-Feb. 21			
7:30 PM													
8:00 PM	Lane Swim 8:00pm-9:30pm	No access during Lane Swim											
8:30 PM													
9:00 PM	Pool Closes at 9:30pm												
9:30 PM													
10:00 PM							Building closes at 10:00pm						

Wednesday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other		
	1	2	3	4			Side 1	Side 2					
5:30 AM													
6:00 AM													
6:30 AM													
7:00 AM	Lane Swim 6:30am-8:55am				No access during Lane Swim			Open Gym 5:30am-6:45am					
7:30 AM											Cycle 7:00am-7:45am	Pickleball 7:00am-9:00am	
8:00 AM												(Drop in - Bring your own equipment)	
8:30 AM													
9:00 AM	Aquafit 9:00am-9:45am					8:00am-8:30am							
9:30 AM							Swim Lessons	Cardio Strength Core 9:30am-10:30am	Y Kids (3-5 years) 9:15am-12:00pm	Parent & Tot Gym 9:15am-12:00pm	Childminding (\$) 9:15am-12:00pm		
10:00 AM	Lane Swim 9:50am-12:25pm	*See Swim Lesson Schedule for details			Pilates 10:45-11:45am	*See Y Kids Schedule for details							
10:30 AM					Zumba 12:05-12:50pm								
11:00 AM	Family Swim 11:30am-12:25pm												
11:30 AM													
12:00 PM	Group Booking 12:30pm-3:00pm					Building Boomers 1:00pm-2:00pm	Group Booking 12:00pm-3:00pm		Group Booking 12:00pm-4:00pm				
12:30 PM								Chair Yoga 2:15pm-3:15pm					
1:00 PM													
1:30 PM	Adult Rec. Swim (16+) 3:00pm-4:00pm					Jan. 11-Feb. 22	Open Gym 3:00pm-4:45pm						
1:30 PM													
2:00 PM	Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details												
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM	*See Swim Lesson schedule for details						Y Kids (3-5 years) 5:00pm-7:00pm	Y Kids (6-10 years) 5:00pm-7:00pm	Y Kids 5:00pm-8:00pm				
4:30 PM										*See Y Kids Schedule for details	*See Y Kids Schedule for details	*See Y Kids Schedule for	
5:00 PM									Cycle 6:00pm-6:45pm				
5:30 PM	Open Swim 7:15pm-8:25pm					Yoga 7:00pm-8:00pm	Wasaga BATS (\$) Co-Ed Volleyball League (Jan. 4-March 29) 7:00pm-9:00pm						
6:00 PM													
6:30 PM	Lane Swim 8:30pm-9:30pm				No access during Lane Swim								
7:00 PM													
7:30 PM	Pool Closes at 9:30pm												
8:00 PM													
8:30 PM													
9:00 PM													
9:30 PM													
10:00 PM							Building closes at 10:00pm						

Adult Fitness Programs
 Registered Programs
 Child & Youth Programs
 Open Time
 (\$) Extra Fee

Thursday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other	
	1	2	3	4			Side 1	Side 2				
5:30 AM												
6:00 AM												
6:30 AM												
7:00 AM	Lane Swim 6:30am-8:55am				No access during Lane Swim			Open Gym 5:30am-9:15am				
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM												
9:30 AM	Lane Swim 9:00am-10:00am	Adult Lessons *See Swim Lesson Schedule for	Swim Lessons			Step 9:15am-10:00am	Y Kids (3-5 years) 9:15am-12:00pm *See Y Kids Schedule for details	Parent & Tot Gym 9:15am-12:00pm	Childminding (\$) 9:15am-12:00pm			
10:00 AM	Aquafit 10:15am-11:00am					Yoga 10:10-11:10am						
10:30 AM	Aquatherapy 11:05am-11:50am					On the Move 11:20-12:05pm						
11:00 AM												
11:30 AM												
12:00 PM	Lane Swim 12:05pm-	Family Swim 12:05pm-12:55pm										
12:30 PM												
1:00 PM	Group Booking 1:00pm-3:00pm						Group Booking 12:00pm-3:00pm		Group Booking 12:00pm-4:00pm			
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM	Adult Rec. Swim (16+) 3:00pm-4:00pm						Open Gym 3:00pm-5:00pm					
4:00 PM												
4:30 PM												
5:00 PM	Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details											
5:30 PM												
6:00 PM						Zumba 6:00pm-6:45pm		Y Kids (3-5 years) 5:15pm-8:15pm *See Y Kids Schedule for details	Y Kids (6-10 years) 5:15pm-8:15pm *See Y Kids Schedule for details	Y Kids 5:15pm-8:15pm *See Y Kids Schedule for details	Yoga - Wasaga BATS (\$) Wasaga Stars Arena 7:00pm-8:00pm Jan. 5-March 30	
6:30 PM												
7:00 PM	Aquafit 7:10pm-7:55pm											
7:30 PM												
8:00 PM												
8:30 PM	Lane Swim 8:00pm-9:30pm				No access during Lane Swim			Open Gym 8:15pm-10:00pm				
9:00 PM												
9:30 PM	Pool Closes at 9:30pm											
10:00 PM							Building closes at 10:00pm					

Friday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other	
	1	2	3	4			Side 1	Side 2				
5:30 AM												
6:00 AM												
6:30 AM												
7:00 AM	Lane Swim 6:30am-8:55am				No access during Lane Swim			Open Gym 5:30am-9:00am				
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM												
9:30 AM	Aquafit 9:00am-9:45am											
10:00 AM	Aquatherapy 10:00am-10:45am											
10:30 AM												
11:00 AM	Lane Swim 10:45am- 12:25pm	Family Swim 10:45am-12:25pm				Pilates 10:45-11:45am Jan. 6 - March 24/April 7-June 23			Childminding (\$) 9:15am-12:00pm			
11:30 AM												
12:00 PM												
12:30 PM	Group Booking 12:30pm-3:00pm						Group Booking 12:00pm-3:00pm		Group Booking 12:00pm-4:00pm			
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	Adult Rec. Swim (16+) 3:00pm-4:00pm						Open Gym 3:00pm-5:30pm					
3:30 PM												
4:00 PM												
4:30 PM	Swim Lessons 4:15pm-6:45pm *See Swim Lesson schedule for details											
5:00 PM												
5:30 PM						LEHIIT (\$) 5:00pm-6:00pm Jan. 13-Feb. 3		Leaders in Training (Drop in) 5:45pm-6:30pm	Junior Leaders (Registered) 5:45pm-6:30pm			
6:00 PM												
6:30 PM												
7:00 PM	Youth night/Open swim 6:45pm-8:30pm							Youth night drop in 6:30pm-8:30pm				
7:30 PM												
8:00 PM												
8:30 PM	Lane Swim 8:30pm-9:30pm				No access during Lane Swim			Open Gym 8:30pm-10:00pm				
9:00 PM												
9:30 PM	Pool Closes at 9:30pm											
10:00 PM							Building closes at 10:00pm					

Adult Fitness Programs
 Registered Programs
 Child & Youth Programs
 Open Time
 (\$) Extra Fee

Saturday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other		
	1	2	3	4			Side 1	Side 2					
7:00 AM							Open Gym						
7:30 AM							**Subject to closures/bookings						
8:00 AM	Lane Swim				No access during		7:00am-9:00am						
8:30 AM	8:00am-8:55am		Aquafit		Lane Swim								
9:00 AM	Swim Lessons 9:00am-12:00pm *See Swim Lesson schedule for details					Cycle							
9:30 AM													
10:00 AM									POWER 9:30am-10:30am	Y Kids (3-5 years) 9:00am-12:00pm	Y Kids (6-10 years) 9:00am-12:00pm		
10:30 AM									Yoga	*See Y Kids Schedule for details	*See Y Kids Schedule for details		
11:00 AM													
11:30 AM													
12:00 PM	Lane Swim				No access during								
12:30 PM	12:05pm-12:55pm				Lane Swim								
1:00 PM	Free Community Open Swim Sponsored by the Rotary Club of Wasaga Beach 1:00pm-3:00pm												
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM	Family Swim 3:00pm-4:55pm												
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM	Adult Rec. Swim (16+) 5:00pm-6:30pm												
5:30 PM													
6:00 PM													
6:30 PM													
6:30 PM	Pool Closes at 6:30pm												
7:00 PM							Building closes at 7:00pm						

Sunday

	Lap Pool				Leisure Pool	Studio	Gymnasium		MPR	Outdoors	Other	
	1	2	3	4			Side 1	Side 2				
7:00 AM												
7:30 AM												
8:00 AM	Lane Swim				No access during							
8:30 AM	8:00am-9:30am				Lane Swim							
9:00 AM	Swim Lessons 9:45am-12:00pm *See Swim Lesson schedule for details					Cycle						
9:30 AM												
10:00 AM									Strength			
10:30 AM									Yoga			
11:00 AM												
11:30 AM												
12:00 PM	Lane Swim		Adult Youth Lessons		No access during							
12:30 PM	12:05pm-12:55pm				Lane Swim							
1:00 PM	Open Swim 1:00pm-3:30pm											
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	Adult Rec. Swim (16+) 3:30pm-4:30pm											
3:30 PM												
4:00 PM												
4:30 PM												
4:30 PM	Pool Closes at 4:30pm											
5:00 PM							Building closes at 5:00pm					

Adult Fitness Programs
 Registered Programs
 Child & Youth Programs
 Open Time
 (\$) Extra Fee

Hours of Operation:

Monday – Friday: 5:30am-10:00pm
Saturday: 7:00am-7:00pm
Sunday: 7:00am-5:00pm
Statutory Holidays: 10:00am-5:00pm
 All Classes Cancelled