



Barrie YMCA

Health, Fitness & Aquatics

WINTER

2018

January 8, 2018 – March 25, 2018

Hours: M-F 5:30am-10:00pm, Sat 7:00am-6:00pm, Sun 7:00am-6:00pm, Stat. Holidays 10:00am-5:00pm

MONDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
5:45 AM							
6:00 AM							
6:30 AM							
7:00 AM	Lane Swim		Cycle				
7:30 AM	6:00-9:00		6:30-7:15				
8:00 AM					Open Gym		
8:30 AM			Gravity (W)		5:30-9:00		
9:00 AM			8:15-9:00				
9:30 AM	Adult Rec. Swim				On the Move		
10:00 AM	9:00-10:45		Cycle		9:15-10:00		
10:30 AM			9:30-10:30		Chair Yoga		
11:00 AM	AquaFit		11:00-11:45		10:00-10:30		Child Minding
11:30 AM	10:45-11:30		Yoga	Group Core			9:00-12:00
12:00 PM	Lane Swim	Aqua Yoga	Gravity Blast (W)	10:45-11:15	Open Gym		
12:30 PM	11:30-1:00	11:30-12:00	12:15-12:45	Open Gym 11:30-12:15	10:45-12:15		
1:00 PM	Aqua Gentle Fit	Family Swim	Cycle				
1:30 PM	1:00-1:45	12:00-2:00	12:05-12:45		Floor Hockey		
2:00 PM					12:15-1:45		
2:30 PM	Adult Rec Swim						
3:00 PM	2:00-4:00			Youth Open Gym	Open Gym		
3:30 PM				1:45-4:45	1:45-4:45		
4:00 PM							
4:30 PM	Child Swim Lessons					Youth Leadership	
5:00 PM	4:00-6:30		Cycle	Y Kids 3-5yrs	Y Kids 6-10yrs	Grade 5 - 8 5:00-6:00	
5:30 PM	Please see Front Desk for details		5:15-6:00	5:00-6:00	5:00-6:00	Grade 9+ 6:15-7:30	
6:00 PM			Yoga				Child Minding
6:30 PM			6:15-7:15		Group Power	Y Kids 6-10yrs	5:00-7:30
7:00 PM	Group Bookings				6:15-7:15	6:00-7:15	
7:30 PM	6:30-8:00				HIIT		
8:00 PM					7:30-8:00		
8:30 PM	Lane Swim						
9:00 PM	8:00-9:30				Basketball 13+yrs		
9:30 PM					8:00-10:00		
10:00 PM							
	All Program Areas Closed						
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre		

TUESDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
5:45 AM							
6:00 AM	Lane Swim 6:00-9:00		Core Blast 6:30-7:00	Open Gym 5:30-9:15			
6:30 AM			Gravity Blast (W) 7:15-7:45				
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Adult Rec. Swim 9:00-10:45		Yoga 9:30-10:40	Group Power 9:30-10:30	Y Kids 2-4 yrs 9:00-11:30	Child Minding 9:00-12:00	
9:30 AM							
10:00 AM	AquaFit 10:45-11:30	Y Kids 11:00-11:30		Open Gym 10:45-11:45			
10:30 AM			Zumba/Dance Fit 11:00-11:45				
11:00 AM	Lane Swim 11:30-1:00	Family Swim 11:30-1:00	Yoga 12:05-12:45	HIIT 12:05-12:45			
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Pool Closed Group Booking Available 1:00-4:00			Pickleball 1:00-3:15			
1:30 PM							
2:00 PM							
2:30 PM				BCFHT 3:00-4:00			
3:00 PM				Open Gym 3:15-4:00			
3:30 PM			Youth Cycle Age: 10-13 4:00-4:45pm				
4:00 PM	Child Swim Lessons 4:00-6:30 Please see Front Desk for details			Gymnastics (\$) Jr Tumblers 3-5 yrs 4:30-5:00	Y Kids 3-5 yrs. 6-10 yrs. 5:00-7:15pm	Child Minding 5:00-7:30	
4:30 PM							Gymnastics 6-9 yrs 5:00-5:45
5:00 PM							Cardio/Strength Mix 5:45-6:45
5:30 PM							Gymnastics 10-12 yrs 5:45-6:30
6:00 PM	Group Bookings 6:30-7:30		Core Blast 7:00-7:30				
6:30 PM							
7:00 PM	Aqua Boot Camp 7:35-8:20pm						
7:30 PM							
8:00 PM	Lane Swim 8:30-9:30			Open Gym 7:30-10:00			
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	All Program Areas Closed						
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre		

WEDNESDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
5:45 AM							
6:00 AM	Lane Swim 6:00-9:00		HIIT 6:30-7:00	Open Gym 5:30-9:00			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Triathlon Club 9:00-10:45			On the Move 9:15-10:00		Child Minding 9:00-12:00	
9:30 AM		Parent & Tot Swim 10:00-10:30	Boot Camp 9:30-10:30	Chair Yoga 10:00-10:30			
10:00 AM	AquaFit 10:45-11:30	Family Swim 10:30-11:30	Triathlon Club 10:30-12:00				
10:30 AM		Aqua Yoga 11:30-12:00	Cardio Strength Mix 12:05-12:45	Open Gym 10:45-12:45			
11:00 AM	Lane Swim 11:30-1:00		Gravity Blast (W) 12:15-12:45				
11:30 AM							
12:00 PM							
12:30 PM	Aqua Gentle Fit 1:00-1:45						
1:00 PM					Pickleball 1:00-3:00		
1:30 PM							
2:00 PM							
2:30 PM	Adult Rec Swim 1:45-4:00						
3:00 PM							
3:30 PM				Youth Open Gym 3:15-4:45	Open Gym 3:15-4:45pm		
4:00 PM	Child Swim Lessons 4:00-6:00pm						
4:30 PM	Jr Lifeguard/Instructor Club 4:00-4:45						
5:00 PM	Youth Stroke Correction 5:00-5:45						
5:30 PM	See Front Desk for details			Y Kids 3-5yrs 5:00-6:00	Y Kids 6-10yrs 5:00-6:00	Y Kids 3-5, 6-10 yrs 5:00-7:15	
6:00 PM	Adult Levels 2+3 6:00-6:30	Parent & Tot Swim 6:00-6:30	Yoga 6:15-7:15	Group Power 6:15-7:15			
6:30 PM							
7:00 PM	Group Bookings 6:30-7:30	Adult Level 1 6:30-7:00	HIIT 7:30-8:00	Open Gym 7:30-8:00			
7:30 PM							
8:00 PM	Lane Swim 7:30-9:30	Family Swim 7:30-8:30		Basketball (13+yrs) 8:00-10:00			
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	All Program Areas Closed						
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre		

THURSDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding	
5:45 AM								
6:00 AM	Lane Swim 6:00-9:00			Open Gym 5:30-9:15				
6:30 AM			Yoga 6:30-7:15					
7:00 AM								
7:30 AM								
8:00 AM			Gravity (W) 8:15-9:00					
8:30 AM								
9:00 AM	Adult Rec. Swim 9:00-10:45		Fusion 9:30-10:15am	Group Power 9:30-10:30		Y Kids 2-4 yrs 9:15-11:30 (Gym & Swim)	Child Minding 9:00-12:00	
9:30 AM								
10:00 AM								
10:30 AM	AquaFit 10:45-11:30							
11:00 AM		Ykids 2-4yrs 11:00-11:30	Cycle 10:45-11:45am	Open Gym 10:45-12:45pm				
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM		Family Swim 11:30-1:00	Group Core 12:15-12:45pm					
12:30 PM								
1:00 PM	Pool Closed Group Booking Available 1:00-4:00							
1:30 PM				Gentle Fitness 1:00-2:00	Pickle Ball 1:00-3:00			
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM				Open Gym 3:15 - 5:15				
4:30 PM	Child Swim Lessons/Advanced Aquatics 4:00-6:30 Please see Front Desk for details		Taekwondo (\$) 4:30-5:15					
5:00 PM				5:15-6:00	HIIT 5:30-6:00	Jr. Chefs (\$) 4-5yrs 5:00-5:45 Kitchen	Child Minding 5:00-7:30	
5:30 PM	Group Bookings 6:30-7:30		6:00-6:45					
6:00 PM				6:45-7:30 See Front Desk for ages and levels				
6:30 PM				Open Gym 6:15 - 7:45	Chefs (\$) 6-10yrs 6:00-7:00 Kitchen			
7:00 PM								
7:30 PM	Aqua Boot Camp 7:35-8:20							
8:00 PM				Community Rental Gym Closed 8:00-9:00				
8:30 PM	Lane Swim 8:30-9:30							
9:00 PM								
9:30 PM				Open gym 9:00 - 10:00				
10:00 PM				All Program Areas Closed				
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre			

FRIDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding	
5:45 AM								
6:00 AM	Lane Swim 6:00-9:00			Open Gym 5:30-9:00				
6:30 AM								
7:00 AM					Cycle 6:30-7:15			
7:30 AM								
8:00 AM								
8:30 AM			Gravity Blast (W) 8:15-8:45					
9:00 AM	Adult Rec. Swim 9:00-10:45			On the Move 9:15-10:00			Child Minding 9:00-12:00	
9:30 AM					Yoga 9:30-10:40			
10:00 AM								
10:30 AM	AquaFit 10:45-11:30				Step 10:15-11:00			
11:00 AM								
11:30 AM	Lane Swim 11:30-1:00	Family Swim 11:30-1:00		Open Gym 11:00-12:45				
12:00 PM			Cycle 12:05-12:45					
12:30 PM								
1:00 PM	Pool Closed Group Booking Available 1:00-4:00							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM				Youth Open Gym 2:00-5:00	Open Gym 2:00-5:00pm			
4:00 PM	Lane Swim 4:00-5:00							
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	Open Swim 5:00-8:30pm	Family Swim 5:00-8:30pm	Youth Coaching (W) 10-12 yrs 6:00-7:00					
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM	Lane Swim 8:30-9:30				Open Gym 5:00-10:00			
9:00 PM								
9:30 PM								
10:00 PM				All Program Areas Closed				
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre			

SATURDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
7:00 AM	Lane Swim 7:00-9:15			Open Gym 7:00-8:45			
7:30 AM							
8:00 AM				Cycle 8:00-8:45			
8:30 AM			Parent & Tot 9:00-9:30	Group Core 9:00-9:30	Y Kids 3-10yrs 9:00-11:00	Y Kids 3-10yrs 9:00-11:00	Child Minding 9:00-12:00
9:00 AM		Yoga 9:45-10:45					
9:30 AM	Swim Lessons 9:30-12:30 Please see Front Desk for details.						
10:00 AM				Group Booking Simcoe Rebel Rollers 11:00-1:15			
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Pool Closed						
1:00 PM	Group Bookings Available 12:30-2:30						
1:30 PM				Open Gym 1:15-6:00pm	Group Bookings 1:15-5:00pm		
2:00 PM							
2:30 PM	Open Swim 2:30-4:30	Family Swim 2:30-4:30					
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Lane Swim 4:30-5:30				Open Gym 5:00-6:00		
5:00 PM							
6:00 PM	All Program Areas Closed						
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre		

Procedures for Signing in and out: All children under the age of 10 must be signed in and out by a parent or guardian (16 + years)



SUNDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
7:00 AM	Lane Swim 7:00-11:00			Open Gym 7:00-10:00			
7:30 AM							
8:00 AM				Cycle 9:00-9:45			
8:30 AM				Yoga 10:15-11:30	Group Power 10:00-11:00		
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	Adult Rec Swim 11:00-12:30			Barrie Royals Basketball 11:15-1:00			
11:30 AM							
12:00 PM							
12:30 PM	Pool Closed						
1:00 PM	Group Bookings Available 12:30 - 2:30				Special Olympics 1:00-3:00		
1:30 PM							
2:00 PM			Zumba/Dance Fit 2:00 - 2:45				
2:30 PM	Open Swim 2:30-4:30	Family Swim 2:30-4:30		Open Gym 3:15-6:00			
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Lane Swim 4:30-5:30						
5:00 PM							
5:30 PM							
6:00 PM	All Program Areas Closed						
	Group Fitness Class	Registered Programs	Drop In Programs	Open Time	(W) Wellness Centre		