



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			Cycle 6:30-7:15		Open Gym 5:30-9:00			
7:00 AM	Lane Swim 6:00-9:00							
7:30 AM								
8:00 AM			Gravity (W) 8:15-9:00					
8:30 AM								
9:00 AM					On the Move 9:15-10:00			
9:30 AM	Adult Rec. Swim 9:00-10:45		Cycle 9:30-10:30		Chair Yoga 10:00-10:30			
10:00 AM							Child Minding 9:00-12:00	
10:30 AM	AquaFit 10:45-11:30		Yoga 11:00-11:45					
11:00 AM				Group Core 10:45-11:15	Open Gym 10:45-12:15			
11:30 AM	Lane Swim 11:30-1:00	Aqua Yoga 11:30-12:00	Gravity Blast (W) 12:15-12:45	Open Gym 11:30-12:15				
12:00 PM								
12:30 PM		Family Swim 12:00-2:00	Cycle 12:05-12:45		Floor Hockey 12:15-1:45			
1:00 PM	Aqua Gentle Fit 1:00-1:45							
1:30 PM								
2:00 PM								
2:30 PM	Adult Rec Swim 2:00-4:00			Youth Open Gym 1:45-4:45	Open Gym 1:45-4:45			
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Child Swim Lessons 4:00-6:30					Youth Leadership Grade 5 - 8 5:00-6:00		
5:00 PM	Please see Front Desk for details		Cycle 5:15-6:00	Y Kids 3-5yrs 5:00-6:00	Y Kids 6-10yrs 5:00-6:00	Grade 9+ 6:15-7:30		
5:30 PM							Child Minding 5:00-7:30	
6:00 PM			Yoga 6:15-7:15		Group Power 6:15-7:15	Y Kids 6-10yrs 6:00-7:15		
6:30 PM					HIIT 7:30-8:00			
7:00 PM	Group Bookings 6:30-8:00							
7:30 PM								
8:00 PM								
8:30 PM	Lane Swim 8:00-9:30				Basketball 13+yrs 8:00-10:00			
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			

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	Pool Closed Group Booking Available 1:00-4:00			Pickleball 1:00-3:15			
1:00 PM							
1:30 PM				BCFHT 3:00-4:00			
2:00 PM				Youth Cycle Age: 10-13 4:00-4:45pm	Open Gym 3:15-4:00		
2:30 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	
3:00 PM				Cardio/Strength Mix 5:45-6:45			
3:30 PM				Core Blast 7:00-7:30			
4:00 PM							
4:30 PM	Group Bookings 6:30-7:30			Gymnastics 6-9 yrs 5:00-5:45			
5:00 PM					Gymnastics 10-12 yrs 5:45-6:30	Y Kids 6-10 yrs. 6:00-7:15pm	
5:30 PM							
6:00 PM							
6:30 PM	Aqua Boot Camp 7:35-8:20pm						
7:00 PM							
7:30 PM	Lane Swim 8:30-9:30			Open Gym 7:30-10:00			
8:00 PM							
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	Parent & Tot Swim 10:00-10:30	Boot Camp 9:30-10:30	On the Move 9:15-10:00		Child Minding 9:00-12:00	
9:30 AM		Family Swim 10:30-11:30	Triathlon Club 10:30-12:00	Chair Yoga 10:00-10:30			
10:00 AM	Aquafit 10:45-11:30			Open Gym 10:45-12:45			
10:30 AM	Lane Swim 11:30-1:00	Aqua Yoga 11:30-12:00	Cardio Strength Mix 12:05-12:45				
11:00 AM			Gravity Blast (W) 12:15-12:45				
11:30 AM	Aqua Gentle Fit 1:00-1:45			Pickleball 1:00-3:00			
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Adult Rec Swim 1:45-4:00			Youth Open Gym 3:15-4:45	Open Gym 3:15-4:45pm		
2:30 PM							
3:00 PM							
3:30 PM							
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		Child Minding 5:00-7:30	
6:30 PM	Group Bookings 6:30-7:30	Adult Level 1 6:30-7:00					
7:00 PM			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	Ykids 2-4yrs 11:00-11:30	Cycle 10:45-11:45am	Open Gym 10:45-12:45pm				
11:00 AM								
11:30 AM	Lane Swim 11:30-1:00	Family Swim 11:30-1:00	Group Core 12:15-12:45pm					
12:00 PM								
12:30 PM	Pool Closed Group Booking Available 1:00-4:00			Pickle Ball 1:00-3:00				
1:00 PM								
1:30 PM				Gentle Fitness 1:00-2:00				
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM				Open Gym 3:15 - 5:15				
4:00 PM								
4:30 PM	Child Swim Lessons/Advanced Aquatics 4:00-6:30 Please see Front Desk for details		Taekwondo (\$) 4:30-5:15		Jr. Chefs (\$) 4-5yrs 5:00-5:45 Kitchen	Child Minding 5:00-7:30		
5:00 PM			5:15-6:00	HIIT 5:30-6:00				
5:30 PM			6:00-6:45					
6:00 PM		6:45-7:30	See Front Desk for ages and levels	Open Gym 6:15 - 7:45	Chefs (\$) 6-10yrs 6:00-7:00 Kitchen			
6:30 PM	Group Bookings 6:30-7:30							
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				Open gym 9:00 - 10:00				
9:30 PM								
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			Cycle 6:30-7:15						
7:00 AM									
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				Open Gym 11:00-12:45					
11:30 AM	Lane Swim 11:30-1:00	Family Swim 11:30-1:00	Cycle 12:05-12:45						
12:00 PM									
12:30 PM	Pool Closed Group Booking Available 1:00-4:00			Floor Hockey 12:45-1:45pm					
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM				Youth Open Gym 2:00-5:00	Open Gym 2:00-5:00pm				
3:00 PM									
3:30 PM									
4:00 PM	Lane Swim 4:00-5:00								
4:30 PM									
5:00 PM	Open Swim 5:00-8:30pm	Family Swim 5:00-8:30pm		Open Gym 5:00-10:00					
5:30 PM									
6:00 PM					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								
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		