



**Barrie YMCA**  
Health, Fitness & Aquatics

# Fall 2018

September 10<sup>th</sup> – December 21<sup>st</sup>, 2018

Hours: Monday to Friday 5:30 am-10:00 pm, Saturday & Sunday 7:00 am-5:00 pm  
Stat. Holidays 10:00 am-3:00 pm

MONDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio	Child Minding	
5:45 AM							
6:00 AM							
6:30 AM	Lane Swim 6:00-9:00	Cycle 6:30-7:15	Open Gym 5:30-9:00				
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		On the Move 9:15-10:00			Child Minding 0-5 yrs. 9:00-12:00	
9:30 AM		Cycle 9:30-10:30	Chair Yoga 10:00-10:30				
10:00 AM	AquaFit 10:45-11:30	Yoga 11:00-11:45					
11:00 AM			Open Gym 10:45-12:15				
11:30 AM	Lane Swim 11:30-1:00	Gravity Blast (W) 12:15-12:45					
12:00 PM			Cycle 12:05-12:45				
12:30 PM							
1:00 PM	Aqua Gentle Fit 1:00-1:45		Floor Hockey 12:15-1:45				
1:30 PM							
2:00 PM	Adult Rec Swim 2:00-3:45			Open Gym 1:45-4:45			
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Child Swim Lessons 4:00-6:15 Please see Front Desk for details						
4:30 PM				Y Kids Sports and Games 6-10 yrs 5:00-6:00			
5:00 PM		Cycle 5:15-6:00				Childminding & Creative Play 0-5 yrs. 5:00-7:30	
5:30 PM		Yoga 6:15-7:15	Group Power 6:15-7:15		Y Kids Creative Play 6-10 yrs. 6:00-7:15		
6:00 PM	Group Bookings 6:15-8:00		HIIT 7:30-8:00				
6:30 PM							
7:00 PM							
7:30 PM		Adult Karate (Shotokan Style) 7:30-9:30					
8:00 PM	Lane Swim 8:00-9:30			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	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs		

TUESDAY	Lap 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 3-5 yrs. 9:15-11:30	Child Minding 0-5 yrs. 9:00-12:00	
9:30 AM							
10:00 AM	Aquafit 10:45-11:30	Zumba/Dance Fit 11:00-11:45	Open Gym 10:45-11:45				
10:30 AM	Lane Swim 11:30-1:30	Yoga 12:05-12:45	HIIT 12:05-12:45				
11:00 AM							
11:30 AM							
12:00 PM	Pool Closed Group Booking Available 1:30-4:00		Pickleball 1:00-3:15				
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM		BCFHT 3:00-4:00					
2:30 PM							
3:00 PM							
3:30 PM			Open Gym 3:15-4:45				
4:00 PM	Child Swim Lessons 4:00-6:15 Please see Front Desk for details						
4:30 PM							
5:00 PM				Y Kids Sports & Games 6-10 yrs. 5:00-6:30		Y Kids Creative Play 6-10yrs. 6:30-7:15	Childminding & Creative Play 0-5 yrs. 5:00-7:30
5:30 PM			Cardio/Strength Mix 5:45-6:45				
6:00 PM			Core Blast 7:00-7:30				
6:30 PM	Group Bookings 6:15-7:45						
7:00 PM	Aqua Boot Camp 7:50-8:35pm		Open Gym 7:30-10:00				
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	Lane Swim 8:35-9:30						
9:30 PM							
10:00 PM			All Program Areas Closed				
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs		

WEDNESDAY	Lap 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 0-5 yrs. 9:00-12:00	
9:30 AM		Boot Camp 9:30-10:30					
10:00 AM	Aquafit 10:45-11:30	Triathlon Club 10:30-12:00	Chair Yoga 10:00-10:30				
10:30 AM							
11:00 AM	Lane Swim 11:30-1:00	Cardio Strength Mix 12:05-12:45	Open Gym 10:45-3:00				
11:30 AM							
12:00 PM		Gravity Blast (W) 12:15-12:45					
12:30 PM	Aqua Gentle Fit 1:00-1:45						
1:00 PM							
1:30 PM							
2:00 PM	Adult Rec Swim 1:45-3:35						
2:30 PM							
3:00 PM							
3:30 PM			Youth Open Gym 3:15-4:45	Open Gym 3:15-4:45			
4:00 PM	Child Swim Lessons 4:00-6:00pm Jr Lifeguard Club 4:00-4:45 Youth Stroke Correction 4:45-5:15 Adult Lessons Level 1 5:15-5:45 Adult Lessons Level 2/3: 5:45-6:15						
4:30 PM		Hip Hop Dance (\$) 3-5 yrs. 4:30-5:00					
5:00 PM			6-12 yrs. 5:15-6:00				
5:30 PM				Y Kids 6-10 yrs. 5:00-6:00		Y Kids 6-10 yrs 6:00-7:15	Childminding & Creative Play 0-5 yrs. 5:00-7:30
6:00 PM			Yoga 6:15-7:15	Group Power 6:15-7:15			
6:30 PM	Parent and Tot - 5:45-6:15						
7:00 PM	Group Booking - 6:15-7:15						
7:30 PM			Open Gym 7:30-8:00				
8:00 PM	Lane Swim 7:30-9:30pm	Adult Karate (Shotokan Style) 7:30-9:30					
8:30 PM			Basketball (13 +yrs) 8:00-10:00				
9:00 PM							
9:30 PM							
10:00 PM			All Program Areas Closed				
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs		

THURSDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio	Child Minding	
5:45 AM							
6:00 AM	Lane Swim 6:00-10:00		Open Gym 5:30-9:15				
6:30 AM							
7:00 AM				Yoga 6:30-7:15			
7:30 AM							
8:00 AM				Gravity (W) 8:15-9:00			
8:30 AM							
9:00 AM							
9:30 AM		Cycle 9:15-10:15	Group Power 9:30-10:30	Y Kids Gym and Swim 3-5 yrs. 9:15-10:45	Child Minding 0-5 yrs. 9:00-12:00		
10:00 AM	Gym & Swim 3-5 years						
10:30 AM	AquaFit 10:45-11:30	Zumba (starts Oct. 4) 10:30-11:15	Cardio/Strength Mix 10:45 - 11:45				
11:00 AM							
11:30 AM	Lane Swim 11:30-1:30						
12:00 PM			Core Blast 12:15-12:45				
12:30 PM							
1:00 PM	Pool Closed Group Booking Available 1:30-4:00		Pickle Ball 1:00-3:00				
1:30 PM							
2:00 PM				Gentle Fitness 1:00-2:00			
2:30 PM							
3:00 PM							
3:30 PM			Youth Basketball 13-17yrs 3:15 - 5:15				
4:00 PM	Child Swim Lessons/ Advanced Aquatics 4:00-6:30 Please see Front Desk for details	Taekwondo (\$) 4:30-5:15					
4:30 PM		5:15-6:00	HIIT 5:30-6:00	Cool Science (\$) Sept 13th-Nov.1st Creative Arts & Crafts: Nov.8th-Dec.17th 3-5yrs 5:00-5:45 6-12yrs 6:00-7:00pm Kitchen	Child Minding 0-5 yrs. 5:00-7:30		
5:00 PM		6:00-6:45					
5:30 PM		6:45-7:30					
6:00 PM		7:30-8:15	Open Gym 6:15-7:45	Group Rental 6:15-7:45			
6:30 PM	Group Bookings 6:15-7:45	See Front Desk for ages and levels					
7:00 PM	Aqua Boot Camp 7:50-8:35pm						
7:30 PM			Community Rental Gym Closed 8:00-9:00				
8:00 PM							
8:30 PM	Lane Swim 8:35-9:30						
9:00 PM			Open gym 9:00 - 10:00				
9:30 PM							
10:00 PM			All Program Areas Closed				
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs		

FRIDAY	Lap 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		Gravity Blast (W) 8:15-8:45				
8:30 AM						
9:00 AM	Adult Rec. Swim 9:00-10:45	Step 9:00-9:45	On the Move 9:15-10:00			Child Minding 0-5 yrs. 9:00-12:00
9:30 AM						
10:00 AM		Yoga 10:00-11:10				
10:30 AM	AquaFit 10:45-11:30		Open Gym 10:15-12:45			
11:00 AM						
11:30 AM	Lane Swim 11:30-1:00					
12:00 PM						
12:30 PM						
1:00 PM	Pool Closed Group Booking Available 1:00-4:00		Floor Hockey 12:45-1:45			
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM			Open Gym 2:00-6:00			
4:00 PM	Lane Swim 4:00-5:00					
4:30 PM						
5:00 PM	Family Swim 5:00-6:00				Youth Leadership Grade 5-8 5:00-6:00 Grade 9+ 5:00-6:00	
5:30 PM						
6:00 PM	Youth Night/Open Swim 6:00-8:00	Youth Coaching (W) 10-12 yrs 6:00-7:00	Youth Night 6:00-9:00 See Front Desk for More details			
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM	Lane Swim 8:00-9:30					
9:00 PM						
9:30 PM						
10:00 PM			All Program Areas Closed			
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	

SATURDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio	Child Minding
7:00 AM	Lane Swim 7:00-9:15 Parent & Tot 9:00-9:30		Open Gym 7:00-8:45			
7:30 AM						
8:00 AM		Cycle 8:00-8:45				
8:30 AM		Core Blast 9:00-9:30		Y Kids Sports & Games 6-10 yrs. 9:00-10:00	Y Kids 6-10yrs. 10:00-11:00	Childminding & Creative Play 0-5 yrs. 9:00-12:00
9:00 AM	Yoga 9:45-10:45					
9:30 AM						
10:00 AM	Swim Lessons 9:30-12:30		Open Gym 11:15-1:15			
10:30 AM	Please see Front Desk for details.					
11:00 AM						
11:30 AM						
12:00 PM	Pool Closed					
12:30 PM	Group Bookings Available 12:30-2:00					
1:00 PM			Youth Basketball 10-17yrs 1:15-3:30	Group Bookings 1:15-5:00		
1:30 PM						
2:00 PM	Open/Family Swim 2:00-3:30					
2:30 PM			Open Gym 3:30-5:00			
3:00 PM	Lane Swim 3:30-4:30					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM			All Program Areas Closed			
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	

**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	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			Open Gym 11:15-1:00			
10:00 AM	Adult Rec Swim 11:00-12:30					
10:30 AM						
11:00 AM	Pool Closed		Community Rental Special Olympics 1:00-3:00			
11:30 AM	Group Bookings Available 12:30 - 2:00					
12:00 PM						
12:30 PM	Open/Family Swim 2:00-3:30		Drop In Basketball 3:15-5:00			
1:00 PM						
1:30 PM	Lane Swim 3:30-4:30					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM			All Program Areas Closed			
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	

