



Barrie YMCA
Health, Fitness & Aquatics

WINTER 2019

January 7- June 15th, 2019

Hours: M-F 5:30am-10:00pm, Sat & Sun 7:00am-5:00pm, Stat. Holidays 10:00am-3:00pm

MONDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio/Kids Court	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							
8:30 AM		Gravity (W) 8:15-9:00					
9:00 AM	Adult Rec. Swim 9:00-10:45	Cycle 9:30-10:30	On the Move 9:15-10:00			Child Minding 0-5 yrs. 9:15-12:00	
9:30 AM			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 (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							
2:30 PM	Adult Rec Swim 1:45-3:45			Open Gym 1:45-4:45			
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				
5:30 PM			Yoga 6:15-7:15				
6:00 PM	Barrie Trojan Swim Skills 6:15-7:45			Group Power 6:15-7:15	Y Kids Creative Play 6-10 yrs. 6:00-7:15		
6:30 PM				HIIT 7:30-8:00			
7:00 PM							
7:30 PM		Adult Karate (Shotokan Style) 7:30-9:30					
8:00 PM							
8:30 PM	Lane Swim 8:00-9:30		Basketball 13 +yrs. 8:00-10:00	Open Gym/Rentals available			
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/Kids Court	Child Minding	
5:45 AM							
6:00 AM	Lane Swim 6:00-10:45	Core Blast 6:30-7:00	Open Gym 5:30-9:15				
6:30 AM							
7:00 AM				Gravity (W) 7:15 -7:45			
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM		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. 9:15-12:00	
10:00 AM							
10:30 AM	Aquafit 10:45-11:30	Zumba/Dance Fit 11:00-11:45	Open Gym 10:45-11:45				
11:00 AM							
11:30 AM		Yoga 12:05-12:45	HIIT 12:05-12:45				
12:00 PM	Lane Swim 11:30-1:30						
12:30 PM							
1:00 PM							
1:30 PM	Pool Closed Group Booking Available 1:30-4:00		Pickleball 1:00-3:00				
2:00 PM							
2:30 PM		BCFHT 3:00-4:00					
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		
5:30 PM							
6:00 PM		Cardio Strength & Core 5:45 - 6:45					
6:30 PM	Barrie Trojan Swim Skills 6:15-7:45	Core Blast 7:00-7:30	Open Gym/Rentals available 6:30-10:00	Next Wave Cycling 6:30-8:00			
7:00 PM							
7:30 PM	Aqua Boot Camp 7:50-8:35pm						
8:00 PM							
8:30 PM	Lane Swim 8:35-9:30			Open Gym 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		

WEDNESDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio/Kids Court	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				HIIT 6:30-7:00			
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	Chair Yoga 10:00-10:30			
10:00 AM		Triathlon Club 10:30-12:00					
10:30 AM	Aquafit 10:45-11:30						
11:00 AM		Cardio Strength & Core 12:05-12:45					
11:30 AM	Lane Swim 11:30-1:00		Open Gym 10:45-3:00				
12:00 PM		Gravity (W) 12:15-12:45					
12:30 PM							
1:00 PM	Aqua Gentle Fit 1:00-1:45						
1:30 PM							
2:00 PM	Adult Rec Swim 1:45-3:45						
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	Agility, Balance & Coordination (\$)					
4:30 PM	Youth Stroke Correction 4:00-4:30	3-5yrs 4:30-5:00					
5:00 PM	Lifesaving Club 4:30-5:15	6-12 yrs 5:00-5:45					
5:30 PM	Adult Learn To Swim 5:15-5:45			Y Kids 6-10 yrs. 5:00-6:00			
6:00 PM	Parent and Tot - 5:45-6:15	Yoga 6:15-7:15	Group Power 6:15-7:15		Y Kids 6-10 yrs 6:00-7:15	Childminding & Creative Play 0-5 yrs. 6:00-7:30	
6:30 PM	Barrie Trojans - 6:15-7:15						
7:00 PM							
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	Basketball 13 +yrs. 8:00-10:00	Open Gym/Rentals available			
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		

THURSDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio/Kids Court	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	Play n Pool 3-5 years 9:45-10:45am	Cycle 9:30-10:30	Group Power 9:30-10:30		Y Kids Gym and Swim 3-5 yrs. 9:15-10:45	Child Minding 0-5 yrs. 9:15-12:00	
10:00 AM							
10:30 AM	Aquafit 10:45-11:30	Zumba 10:45-11:30	Cardio Strength & Core 10:45 - 11:45				
11:00 AM							
11:30 AM							
12:00 PM	Lane Swim 11:30-1:30	Core Blast 12:15-12:45	Open Gym 12:00-12:45				
12:30 PM							
1:00 PM						Gentlefit 1:00-2:00	
1:30 PM	Pool Closed Group Booking Available 1:30-4:00			Pickle Ball 1:00-3:00			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Child Swim Lessons/ Advanced Aquatics 4:00-6:15 Please see Front Desk for details	Taekwondo (\$) 4:30-5:15 5:15-6:00 6:00-6:45 6:45-7:30 7:30-8:15 See Front Desk for ages and levels	Youth Basketball 13-17yrs 3:15 - 5:15				
4:30 PM							
5:00 PM							
5:30 PM			HIIT 5:30-6:00		Creative Arts Jan 10th - 31st Cool Science: Feb 7th - 28th 3-5yrs 5:00-5:45 6-12yrs 6:00-7:00pm	Child Minding 0-5 yrs. 5:00-6:30	
6:00 PM			Open Gym 6:15-7:00	Next Wave Cycling 6:15-7:00			
6:30 PM	Barrie Trojan Swim Skills 6:15-7:45		Basketball League Gym Rental - 7:00-8:00				
7:00 PM							
7:30 PM	Aqua Boot Camp 7:50-8:35pm						
8:00 PM							
8:30 PM	Lane Swim 8:35-9:30			Volleyball League Gym Rental 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		

FRIDAY	Lap Pool	Studio	Gym A	Gym B	Court Studio/Kids Court	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 (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				
9:30 AM							
10:00 AM							
10:30 AM	Aquafit 10:45-11:30	Yoga 10:00-11:10	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			Youth Open Gym 1:45-6:00	Open Gym/Rentals Available 1:45-6:00			
4:00 PM	Lane Swim 4:00-5:00						
4:30 PM	Open Swim 5:00-6:00					Youth Leadership Grade 5-8 5:00-6:00 Grade 9+ 5:00-6:00	
5:00 PM							
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			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				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		



Save the Date! Move to Give Saturday April 6th, 2019!!!

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

All children under the age of 10 must be signed in and out of program by a parent or guardian 16 + years of age

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