# WASAGA BEACH YMCA

*Health, Fitness & Aquatics*

# Spring 2019

March 18, 2019 – June 16, 2019

## INCLUDED WITH YOUR MEMBERSHIP:

- ✓ Enjoy access to the conditioning room from open until close each day.
- ✓ Book an initial Coaching Appointment; members are eligible to meet with a personal trainer to discuss their fitness goals and plan an initial workout. Stop by the front desk and schedule yours.
- ✓ Ongoing swim lessons for adults, children and youth are included (subject to availability – summer schedule is different). Check out the Aquatic swim lesson schedule.
- ✓ Check out the YKids and Childminding program schedule.
- ✓ Youth conditioning: A four week orientation for children aged 10 to 12 years old. Once completed successfully, they will know how to use the equipment safely and may use the conditioning room on their own.
- ✓ Members are encouraged to participate in all open access programs in the pool, studio and gymnasium including; Aquafit, Group Power, Yoga, Open Swimming, Open Gym and much more.

## Wasaga Beach YMCA

1-1724 Mosley St.,
Wasaga Beach, ON L9Z 1Z7
(705) 429-9622

## FACEBOOK:

facebook.com/YMCAWasagaBeach

## WEBSITE:

ymcaofsimcoemuskoka.ca/wasaga-beach-ymca-hfr/

## HOURS:

Monday to Friday: 5:30am-10:00pm
Saturday: 7:00am-5:00pm
Sunday: 7:00am-5:00pm
Holidays: 10:00am-3:00pm

# MONDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Viewing Alcove | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 5:30 AM | | | | | | | Open Gym 5:30am-6:45am | | | | |
| 6:00 AM | | | | | | | | | | | |
| 6:30 AM | Fitness/Lane Swim 6:30am-8:55am | | | | No access during Lane Swim | | | | | | |
| 7:00 AM | | | | | | Hiit/Tabata 7:00-7:45am | Pickleball 7:00am-9:00am (Open Access - Bring your own equipment) | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | |
| 9:00 AM | Aquafit 9:00am-9:45am | | | | | | Parent & Tot Gym 9:15am-12:00pm *Parent participation required | Y Kids (3-5 yrs) 9:15am-12:00pm *See Y Kids Schedule for details | Childminding ($) 9:15am-12:00pm | | |
| 9:30 AM | | | | | | Cardio Blast 9:30am-10:00am | | | | | |
| 10:00 AM | Fitness/Lane Swim 9:50am-12:25pm | | Swim Lessons 9:50am-11:30am *See Swim Lesson schedule for details | | | Strength 10:00am-10:30am | | | | | |
| 10:30 AM | | | | | | Core Matwork 10:30am-11:00am | | | | | |
| 11:00 AM | | | | | | On the Move 11:05am-11:50am | | | | | |
| 11:30 AM | | | Family Swim 11:30am-12:25pm | | | | | | | | |
| 12:00 PM | | | | | | | Group Booking 12:00pm-3:00pm *If no Group booking, then Open Gym | | Group Booking 12:00pm-4:00pm | | |
| 12:30 PM | Group Booking 12:30pm-2:30pm | | | | | | | | | | |
| 1:00 PM | | | | | | Group Booking 1:00pm-4:00pm **If no group booking then Open Studio | | | | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | |
| 2:30 PM | Adult Rec. Swim (18+) 2:30pm-4:00pm | | | | | | | | | | |
| 3:00 PM | | | | | | | Open Gym 3:00pm-5:00pm | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details **Hot tub closed | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | |
| 5:00 PM | | | | | | Youth Conditioning LEVEL1 5:00pm-5:45pm check dates on flyer | Y Kids (3-12 yrs) 5:15pm-6:30pm *See Y Kids Schedule for details | | Y Kids (3-12 yrs 5:15pm-8:15pm *See Y Kids Schedule for details | | |
| 5:30 PM | | | | | | | | | | | |
| 6:00 PM | | | | | | Cycle 6:00pm-6:45pm | | | | | |
| 6:30 PM | | | | | | | | | | | |
| 7:00 PM | Open Swim 7:15pm-8:25pm | | | | | Zumba 7:00-8:00pm | GROUP POWER 7:00pm-8:00pm | | | | |
| 7:30 PM | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | |
| 8:30 PM | Fitness/Lane Swim 8:30pm-9:30pm | | | | No access during Lane Swim | | Open Gym 8:15pm-9:45pm | | | | |
| 9:00 PM | | | | | | | | | | | |
| 9:30 PM | Pools close at 9:30pm | | | | | | | | | | |
| 10:00 PM | Program Areas Close at 9:45pm - Building closes at 10:00pm | | | | | | | | | | |

## PERSONAL TRAINING:

**Member Rates:**

3 x one hour sessions:
*$135.00 + taxes*

5 x one hour sessions:
*$200.00 + taxes*

10 x one hour sessions:
*$350.00 + taxes*

20 x one hour sessions:
*$550.00 + taxes*

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

# TUESDAY

*Your health is not seasonal!*

| | Lap Pool 1 | Lap Pool 2 | Lap Pool 3 | Lap Pool 4 | Leisure Pool | Studio | Gymnasium Side 1 | Gymnasium Side 2 | MPR | Viewing Alcove | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 5:30 AM | | | | | | | Open Gym 5:30am-6:45am | | | | |
| 6:00 AM | | | | | | | | | | | |
| 6:30 AM | Fitness/Lane Swim 6:30am-7:50am | | | | No access during Lane Swim | Yoga Rise 6:45-7:30am (check flyer for dates) | | | | | |
| 7:00 AM | | | | | | | GROUP POWER 7:00am-8:00am | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | Aquafit 8:00am-8:45am | | | | | Cycle 8:15-9:00am | Open Gym 8:15am-9:00am | | | | |
| 8:30 AM | | | | | | | | | | | |
| 9:00 AM | Lane Swim 9:00am-10:00am | | Adult Masters Fitness 9:35am-10:05am | | | Zumba 9:30am-10:30am | Parent & Tot Gym 9:15am-12:00pm *Parent participation required | Y Kids (3-5 yrs) 9:15am-12:00pm *See Y Kids Schedule for details | Childminding ($) 9:15am-12:00pm | | TRX 9:15-9:45am (check workshop schedule) |
| 9:30 AM | | | Swim lessons 9:35am-10:05am *See Swim Lesson schedule | | | | | | | | |
| 10:00 AM | Aquafit 10:15am-11:00am | | | | | | | | | | |
| 10:30 AM | | | | | | Yoga 10:45am-11:45am | | | | | |
| 11:00 AM | Aquatherapy 11:05am-11:50am | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | |
| 12:00 PM | Group Booking 12:00pm-2:30pm | | | | | Drums Alive 12:15-1:00pm (Check workshop schedule) | Gentlefit 12:30pm-1:30pm | | Group Booking 12:00pm-4:00pm | | |
| 12:30 PM | | | | | | | | | | | |
| 1:00 PM | | | | | | Pilates 1:30-2:30pm | | | | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | Group Booking 2:00pm-4:00pm *If no Group Booking, then Open Studio | Pickleball 2:00pm-3:45pm (Open Access - Bring your own equipment) | | | | |
| 2:30 PM | Adult Rec. Swim (18+) 2:30pm-4:00pm | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details **Hot tub closed | | | | | | Open Gym 4:00pm-5:00pm | | | | |
| 4:30 PM | | | | | | | | | | | |
| 5:00 PM | | | | | | | Y Kids (3-12 yrs) 5:15pm-8:15pm *See Y Kids Schedule for details | | Y Kids (3-12 yrs) 5:15pm-8:15pm *See Y Kids Schedule for details | | |
| 5:30 PM | | | | | | | | | | | TRX 5:30-6:00pm (Check workshop schedule) |
| 6:00 PM | | | | | | Cardio Kickbox 6:00pm-6:45pm | | | | | |
| 6:30 PM | | | | | | | | | | | |
| 7:00 PM | Aquafit 7:10pm-7:55pm | | | | | GROUP CORE 7:00pm-7:30pm | | | | | |
| 7:30 PM | | | | | | | | | | | |
| 8:00 PM | Fitness/Lane Swim 8:00pm-9:30pm | | | | No access during Lane Swim | | | | BATS Y Kids 8:15pm-9:00pm | | |
| 8:30 PM | | | | | | | | | | | |
| 9:00 PM | | | | | | | Open Gym 8:15pm-9:45pm | | | | |
| 9:30 PM | Pools close at 9:30pm | | | | | | | | | | |
| 10:00 PM | Program Areas Close at 9:45pm - Building closes at 10:00pm | | | | | | | | | | |

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

# WEDNESDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Viewing Alcove | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 5:30 AM | | | | | | | Open Gym 5:30am-6:45am | | | | |
| 6:00 AM | | | | | | | | | | | |
| 6:30 AM | Fitness/Lane Swim 6:30am-8:55am | | | | No access during Lane Swim | | | | | | |
| 7:00 AM | | | | | | Cycle 7:00am-7:45am | Pickleball 7:00am-9:00am (Open Access - Bring your own equipment) | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | | | | | | Core/Bootcamp 8:00am-8:30am | | | | | |
| 8:30 AM | | | | | | | | | | | |
| 9:00 AM | Aquafit 9:00am-9:45am | | | | | | Parent & Tot Gym 9:15am-12:00pm *Parent participation required | Y Kids (3-5 yrs) 9:15am-12:00pm *See Y Kids Schedule for details | Childminding ($) 9:15am-12:00pm | | |
| 9:30 AM | | | | | | Cardio Strength Core 9:30am-10:30am | | | | | |
| 10:00 AM | Fitness/Lane Swim 9:50am-12:25pm | | Swim Lessons 9:50am-11:30am *See Swim Lesson schedule for details | | | | | | | | |
| 10:30 AM | | | | | | Pilates 10:45am-11:45am | | | | | |
| 11:00 AM | | | | | | | | | | | |
| 11:30 AM | | | Family Swim 11:30am-12:25pm | | | | | | | | |
| 12:00 PM | | | | | | Zumba 12:05pm-12:50pm | Group Booking 12:00pm-3:00pm *If no Group booking then, Open Gym | | Group Booking 12:00pm-4:00pm | | |
| 12:30 PM | Group Booking 12:30pm-2:30pm | | | | | | | | | | |
| 1:00 PM | | | | | | Building Boomers 1:00pm-2:00pm | | | | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | Chair Yoga 2:15-3:15pm (check flyer for dates ) | | | | | |
| 2:30 PM | Adult Rec. Swim (18+) 2:30pm-4:00pm | | | | | | | | | | |
| 3:00 PM | | | | | | | Open Gym 3:00pm-5:00pm | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | |
| 4:30 PM | Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details | | | | | | | | | | |
| 5:00 PM | | | | | | Youth Conditioning LEVEL2 5:00pm-5:45pm check flyer for dates | Y Kids (3-12 yrs) 5:15pm-6:30pm *See Y Kids Schedule for details | | Y Kids (3-12 yrs) 5:15pm-8:15pm *See Y Kids Schedule for details | | |
| 5:30 PM | | | | | | | | | | | |
| 6:00 PM | | | | | | Cycle 6:00pm-6:45pm | | | | | |
| 6:30 PM | Adult Lesson Beginner 6:35pm-7:05pm intermediate 7:05pm-7:35 | | Lifesaving Sport 6:35pm-7:35pm | | Open Swim (Leisure pool only) 6:35-7:40pm | | | | | | |
| 7:00 PM | | | | | | Yoga 7:00pm-8:00pm | BATS Volleyball League 7:00pm-9:00pm *See BATS Schedule for details | | | | |
| 7:30 PM | | | | | | | | | | | |
| 8:00 PM | Open Swim 7:40pm-8:25pm | | | | | | | | | | |
| 8:30 PM | Fitness/Lane Swim 8:30pm-9:30pm | | | | No access during Lane Swim | | | | BATS Y Kids 8:15pm-9:30pm | | |
| 9:00 PM | | | | | | | | | | | |
| 9:30 PM | Pools close at 9:30pm | | | | | | | | | | |
| 10:00 PM | Program Areas Close at 9:45pm - Building closes at 10:00pm | | | | | | | | | | |

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

# THURSDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Outdoors | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 5:30 AM | | | | | | | Open Gym 5:30am-6:45am | | | | |
| 6:00 AM | | | | | | | | | | | |
| 6:30 AM | Fitness/Lane Swim 6:30am-7:50am | | | | No access during Lane Swim | | | | | | |
| 7:00 AM | | | | | | | GROUP POWER 7:00am-8:00am | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | Aqua Zumba 8:00am-8:45am | | | | | | Open Gym 8:15am-8:45am | | | | |
| 8:30 AM | | | | | | | | | | | |
| 9:00 AM | Lane Swim 9:00am-10:00am | | Adult Swim Lessons 9:00am-9:30am | | | Step 9:15am-10:00am | Parent & Tot Gym 9:00am-12:00pm *Parent participation required | Y Kids (3-5 yrs) 9:00am-12:00pm *See Y Kids Schedule for details | Childminding ($) 9:00am-12:00pm | | COLLINGWOOD G&M HOSPITAL Cardiovascular Rehab Program 9:00am-12:00pm (am session in viewing aclove) |
| 9:30 AM | | | Swim lessons 9:35am-10:05am *See Swim Lesson schedule | | | | | | | | |
| 10:00 AM | Aquafit 10:15am-11:00am | | | | | Yoga 10:10am-11:10am | | | | | |
| 10:30 AM | | | | | | | | | | | |
| 11:00 AM | Aquatherapy 11:05am-11:50am | | | | | | | | | | |
| 11:30 AM | | | | | | On the Move 11:20am-12:05pm | | | | | |
| 12:00 PM | Lane Swim 12:05pm-12:55pm | | Family Swim 12:05pm-12:55pm | | | | Group Booking 12:00pm-3:00pm *If no Group booking, then Open Gym | | Group Booking 12:00pm-4:00pm | | |
| 12:30 PM | | | | | | | | | | | |
| 1:00 PM | Group Booking 1:00pm-2:30pm | | | | | COLLINGWOOD G&M HOSPITAL Cardiovascular Rehab Program 12:00pm-4:00pm (pm session in studio) | | | | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | | Pickleball 3:00pm-4:45pm (Open Access - Bring your own equipment) | | | | |
| 2:30 PM | Adult Rec. Swim (18+) 2:30pm-4:00pm | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | Swim Lessons 4:15pm-7:05pm *See Swim Lesson schedule for details **Hot tub closed | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | |
| 5:00 PM | | | | | | | Y Kids (3-12 yrs) 5:15pm-6:30pm *See Y Kids Schedule for details | | Y Kids (3-12 yrs) 5:15pm-8:15pm *See Y Kids Schedule for details | | |
| 5:30 PM | | | | | | | | | | | |
| 6:00 PM | | | | | | Zumba 6:00pm-7:00pm | | | | | |
| 6:30 PM | | | | | | | | | | | |
| 7:00 PM | Aquafit 7:10pm-7:55pm | | | | | | GROUP POWER 7:00pm-8:00pm | | | | |
| 7:30 PM | | | | | | | | | | | |
| 8:00 PM | Fitness/Lane Swim 8:00pm-9:30pm | | | | No access during Lane Swim | | | | | | |
| 8:30 PM | | | | | | | Open Gym 8:15pm-9:45pm | | BATS Y Kids 8:15pm-9:15pm | | |
| 9:00 PM | | | | | | | | | | | |
| 9:30 PM | Pools close at 9:30pm | | | | | | | | | | |
| 10:00 PM | Program Areas Close at 9:45pm - Building closes at 10:00pm | | | | | | | | | | |

Find us on Facebook

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

# FRIDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Viewing Alcove | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 5:30 AM | | | | | | | Open Gym 5:30am-6:45am | | | | |
| 6:00 AM | | | | | | | | | | | |
| 6:30 AM | Lane Swim 6:30am-8:55am | | | | No access during Lane Swim | | | | | | |
| 7:00 AM | | | | | | | Pickleball 7:00am-9:00am (Open Access - Bring your own equipment) | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | |
| 9:00 AM | Aquafit 9:00am-9:45am | | | | | Zumba 9:30-10:30am | | | Childminding ($) 9:15am-12:00pm | Y Kids (3-5yrs) 9:15am-12:00pm *See Y Kids Schedule for details | |
| 9:30 AM | | | | | | | Group Power 9:30am-10:30am | | | | |
| 10:00 AM | Aquatherapy 10:00am-10:45am | | | | | | | | | | |
| 10:30 AM | | | | | | Pilates 11:00am-12:00pm | | | | | |
| 11:00 AM | Lane Swim 10:45am-12:25pm | Adult Swim lessons 10:45am-11:15am | | Family Swim 10:45am-12:25pm | | | Gentlefit 11:00am-12:00pm | | | | |
| 11:30 AM | | | | | | | | | | | |
| 12:00 PM | | | | | | | Group Booking 12:00pm-3:00pm *If no Group booking, then Open Gym | | Group Booking 12:00pm-4:00pm | | |
| 12:30 PM | Group Booking 12:30pm-2:30pm | | | | | Drums Alive 12:15-1:00pm (Check workshop schedule) | | | | | |
| 1:00 PM | | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | |
| 2:30 PM | Adult Rec. Swim (18+) 2:30pm-4:00pm | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | Star Leadership, Bronze Star, Medallion, Cross 4:15pm-6:30pm *See Swim Lesson schedule for details **Hot tub closed | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | |
| 5:30 PM | | | | | | | | | Youth Jr/ Intermediate Leaders 5:30pm- 6:30pm | | |
| 6:00 PM | | | | | | | Open Gym **Subject to closures/bookings 3:00pm-9:45pm | | | | |
| 6:30 PM | Youth Night/Open Swim 6:45pm-8:25pm | | | | | | | | | | |
| 7:00 PM | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | |
| 8:30 PM | Lane Swim 8:30pm-9:30pm | | | | No access during Lane Swim | | | | | | |
| 9:00 PM | | | | | | | | | | | |
| 9:30 PM | | | | | | | | | | | |
| 10:00 PM | Program Areas Close at 9:45pm - Building closes at 10:00pm | | | | | | | | | | |

Find us on Facebook

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

# SATURDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Viewing Alcove | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 7:00 AM | | | | | | | Open Gym<br>**Subject to closures/bookings<br>7:00am-8:30am | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | Lane Swim<br>8:00am-8:55am | | Aquafit<br>8:00am-8:45am | | No access during Lane Swim | | | | | | |
| 8:30 PM | | | | | | | | | | | |
| 9:00 PM | Swim Lessons<br>9:00am-12:05pm<br>*See Swim Lesson schedule for details<br>**Hot tub closed | | | | | | GROUP POWER<br>9:00am-10:00am | | Y Kids (3-12 yrs)<br>9:00am-12:00pm<br>*See Y Kids Schedule for details | | |
| 9:30 PM | | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | |
| 10:30 AM | | | | | | Yoga<br>10:15am-11:15am | Y Kids (3-12yrs)<br>10:15am-12:00pm<br>*See Y Kids Schedule for details | | | | |
| 11:00 AM | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | |
| 12:00 PM | Fitness/Lane Swim<br>12:05pm-12:55pm<br>Shared w/advanced aquatics<br>May 4 and 11 | | | | No access during Lane Swim | | Open Gym<br>**Subject to closures/bookings<br>12:00pm-6:45pm | | | | |
| 12:30 PM | | | | | | | | | | | |
| 1:00 PM | Community Open Swim<br>Sponsored by the<br>Rotary Club of Wasaga Beach<br>(No charge for the public)<br>1:00pm-3:00pm | | | | | | | | Birthday Party Booking<br>1:00pm-3:00pm<br>($) | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | |
| 3:00 PM | Adult Rec. Swim (18+)<br>3:00pm- 4:30pm | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | |
| 4:30 PM | Pools close at 4:30pm | | | | | | | | | | |
| 5:00 PM | Program Areas Close at 4:45pm - Building closes at 5:00pm | | | | | | | | | | |

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

# SUNDAY

*Your health is not seasonal!*

| | Lap Pool | | | | Leisure Pool | Studio | Gymnasium | | MPR | Outdoors | Other |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | | Side 1 | Side 2 | | | |
| 7:00 AM | | | | | | | Open Gym<br>**Subject to closures/bookings<br>7:00am-4:45pm | | | | |
| 7:30 AM | | | | | | | | | | | |
| 8:00 AM | Lane Swim<br>8:00am-8:45am | | Aquafit<br>8:00am-8:45am | | No access during Lane Swim | | | | | | |
| 8:30 PM | | | | | | | | | | | |
| 9:00 PM | Lane Swim 8:45am-9:30am | | | | | Cycle<br>9:00am-9:45am | | | | | |
| 9:30 PM | Swim Lessons<br>9:45am-12:00pm<br>*See Swim Lesson schedule for details<br>**Hot tub closed | | | | | | | | | | |
| 10:00 AM | | | | | | Strength<br>10:00am-10:45am | | | | | |
| 10:30 AM | | | | | | | | | | | |
| 11:00 AM | | | | | | Yoga<br>11:00am-12:00pm | | | | | |
| 11:30 AM | | | | | | | | | | | |
| 12:00 PM | Fitness/Lane Swim<br>12:05pm-12:55pm<br>Shared w/advanced aquatics<br>May 4 and 11 | | | | No access during Lane Swim | | | | | | |
| 12:30 PM | | | | | | | | | | | |
| 1:00 PM | Open Swim<br>1:00pm-3:25pm | | | | | | | | Birthday Party Booking<br>1:00pm-3:00pm<br>($) | | |
| 1:30 PM | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | |
| 3:00 PM | Adult Rec Swim (18+)<br>3:30pm-4:30pm | | | | | | | | | | |
| 3:30 PM | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | |
| 4:30 PM | Pools close at 4:30pm | | | | | | | | | | |
| 5:00 PM | Program Areas Close at 4:45pm - Building closes at 5:00pm | | | | | | | | | | |

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

# STATUTORY HOLIDAY SCHEDULE

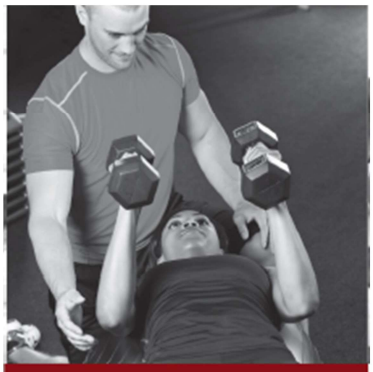
| | Lap Pool | | | | Leisure Pool | Gymnasium | |
|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | | Side 1 | Side 2 |
| 10:00 AM | | | | | | Open Gym 10:00am-2:45pm | |
| 10:30 AM | Lane Swim 10:30am-11:30am | | | | No access during Lane Swim | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | Family Swim 11:30am-1:25pm | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | Adult Rec. Swim (18+) 1:30pm-2:30pm | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | Pools close at 2:30pm | | | | | | |
| 3:00 PM | Program Areas Close at 2:45pm - Building closes at 3:00pm | | | | | | |

## Y-KIDS:

**Supervised play for children ages 3 to 12 years old so parents and/or guardians may work out or participate in a program! Activities range from crafts, sports and outdoor play. Check the Y-Kids schedule for times.**

## CHILDMINDING:

**Supervised safe environment for those under 3 years old ($4.00 per hour or 10 hours for $30 for members, $7.50 per hour for non-members). Check the Y-Kids schedule for times.**



Let's get fit together!

## PERSONAL TRAINING:

Enhance your workout with 3, 5, 10 or 20 one hour training sessions. A certified trainer will monitor your technique and ensure that your program includes the right combination of exercises and duration to give you the results you want.

Member Rates:

3 x one hour sessions: $135.00 + taxes

5 x one hour sessions: $200.00 + taxes

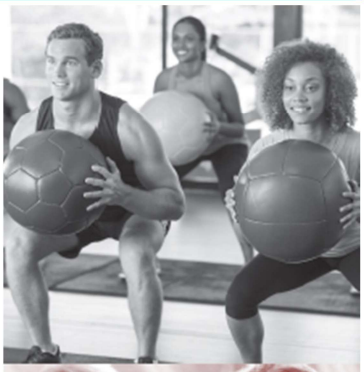
10: x one hour sessions: $350.00 + taxes

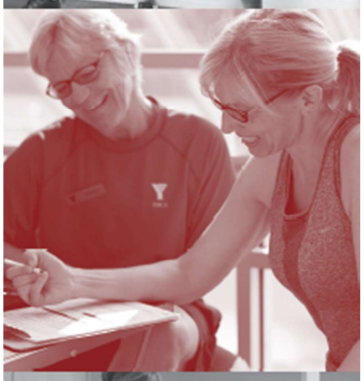
20 x one hour sessions: $550.00 + taxes

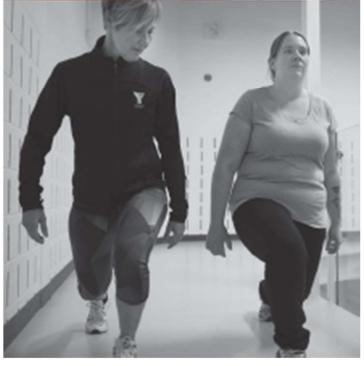
Non-Member Rate:

$60.00/session + day pass, + taxes

(*Must be used within six months of purchase*)







# Drop-in Fitness Class Descriptions

***Aquafit*** ~ A combination of aerobic and muscle conditioning that takes place in the shallow and deep water. Flotation belts will be used for the deep water portion of the class, hydro fit dumbbells may be used as well.

***Aqua Therapy*** ~ Strengthen and stretch in this shallow water workout. This class is great for rehab and strengthening.

***Building Boomers*** ~ Not quite ready for On the Move? Gentlefit a little too easy? This class is a full body workout designed to build strength and stamina for the older adult. Different apparatus will be used during the class such as bands, dumbbells and body weight.

***Cardio Blast*** ~ 30 minute cardio based class using the step and the floor. Bring your energy!

***Cardio Kickboxing*** ~ A class that combines aerobics, boxing, kicking and martial arts that will get your heart rate up. This is an aerobic style class that works to improve strength, muscle tone and endurance.

***Cardio Strength Mix*** ~ A total body workout combining strength, cardio, and core that is all lumped into one hour! This class uses all different pieces of equipment to get your heart pumping and muscles moving.

***Core Matwork*** ~ This is an effective class that focuses on abdominal muscles and back strengthening exercises.

***Cycle*** ~ A great cardio workout appropriate for all fitness levels. Participants are able to adjust their workout to match their individual fitness levels.

***Gentlefit*** ~ Graduated from the "Time" program? Or simply just need a very light program for functionality, balance or coordination? Gentlefit will keep you mobile with light resistance training and functional exercises.

***Group Power*** ~ Your hour of power! Blast all your muscles with this high-rep weight training workout. This class uses; an adjustable barbell, weight plates and body weight. Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and most importantly push you to do your personal best!

***Group Core*** ~ Strengthens everything from your shoulders to your hips to make you stronger, quicker and faster in all you do. Strengthening your core can reduce back pain and give you great looking abs. It's quick, challenging and like nothing else.

***On the Move*** ~ A full body workout including cardiovascular and muscle conditioning for the older adult. This low impact workout incorporates a variety of resistance apparatuses to improve strength, balance, flexibility and endurance.

***Pilates*** ~ This 'mat work' class focuses on strengthening your core, body alignment as well as increasing your flexibility and endurance.

***Step*** ~ Using an elevated platform the height can be tailored to individuals needs by inserting risers under the step. Improve your coordination by learning simple choreographed routines developed as a way to get a high intensity yet low impact workout.

***Strength*** ~ Using dumbbells, bands, bars and plates this strength based class focuses on movement and stability.

***Yoga*** ~ Through postures, meditation and breathing exercises you will learn to bring yourself to a peaceful frame of mind. Improved strength and flexibility are the physical benefits of practicing yoga.

***Zumba*** ~ A fusion of Latin, international, hip hop and funk! We take the 'work' of out workout. Mixing low intensity with high intensity moves for a great calorie burning dance fitness party.

# Registered Fitness Class and Workshop Descriptions

***Boot Camp*** ~ A high intensity, low choreography body conditioning class that works both strength and stamina. This class is a challenging workout that combines cardiovascular fitness, muscular strength and endurance exercises.

***Chair Yoga*** ~ A class designed for those who would like to take part in yoga but are not able to get down on the floor for some of the movements due to physical restrictions. The focus is on posture, deep breathing, stretching and tensing of muscles, lubrication of joints and range of motion.

***Drums Alive*** ~ It captures the essence of movement/rhythm and combines it with fun and delivers real fitness results. Drums Alive is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.

***Fit Camp ($)*** ~ This 10 week registered program will help you gain control of and develop a healthy active lifestyle while incorporating how to establish good eating habits and progressive yet fun workouts. Each week will include a discussion segment and a workout that will help you learn how to create balance between nutrition and exercise.

***Learn to Run*** ~ Whether you are a beginner or have been running for a while come meet other runners at the YMCA who are looking to run for fitness. Don't worry about pace or distance. The goal is to work on techniques to increase the interval of time running/walking and increase endurance.

***Learn to Run 5Km*** ~ Meet other runners at the YMCA who are looking to reach the 5km distance. In this progressive clinic we help you reach your goal of running 5km.

***Learn to Run 10km*** ~ Want to take your running to the next level? Learn how to safely and effectively reach that 10km mark in this 10 week program.

***Meditation ~*** In this workshop release stress, find calm, bring balance and harmony to your life. Feel the peace and the power of healing through meditation.

***Pre Natal Yoga ($)*** ~A practice uniquely designed for pregnancy, PNY can help support moms-to-be emotionally and physically. With emphasis on breathing, stamina, pelvic floor work, restorative poses and core strength PNY can help you become more resilient during and after pregnancy.

***T.I.M.E*** ~ Together In Movement and Exercise. If you live with mobility challenges due to stroke, brain injury, Parkinson's, MS or other conditions T.I.M.E. can help you improve. This is a registered community-based exercise program designed by physiotherapists at the Toronto Rehab Institute for adults with mobility challenges. Participants must be able to walk at least 10 metres with or without an assistive devices such as a walker or cane.

***Triathlon Club*** ~ A dedicated and fun group focused on improving skill, fitness and performance for all levels. Our experienced coaches will provide you with structured workouts designed to assist you with developing techniques for the bike/swim/run components, and the development of overall strength. This drop-in program runs year round and can include pool and land components as well as outdoor training.

***Yoga Nidra($)*** - "Nidra" is a Sanscrit word meaning wakeful sleep, this workshop will lead you through gentle stretches and movement to prepare you for the Yoga Nidra experience. This workshop is a journey through stillness and mindfulness to gain a greater sense of calmness, clarity and serenity.

**Wasaga Beach YMCA**
**1-1724 Mosley St., Wasaga Beach, ON L9Z 1Z7**
**(705) 429-9622**
**Facebook: facebook.com/YMCAWasagaBeach**
**Website: ymcaofsimcoemuskoka.ca/wasaga-beach-ymca-hfr/**

# SAVE THE DATE

# MOVE TO GIVE

# APRIL 6, 2019

Charitable Registration # 119215119RR001

**NEW at My Y**

Share your workout experience with a friend!

Bring a guest for FREE on the 5th of each month.

Guest friends must be 18 years and up, visiting with a current member.

Guest friends are required to check in at the Membership Desk, and provide photo ID upon entry.

Guest friends are welcome to attend all drop-in classes (excluding Gravity class / Group Power, unless space permits).

Building healthy communities

## BOOK BIRTHDAY PARTIES AT THE YMCA AND ENJOY:

- ✓ **Staffed or non-staffed options available.**
- ✓ **Exclusive use of our Multipurpose room from 1:00pm-3:00pm**
- ✓ **Choose from a Sports & Games, Arts & Crafts, or Pool Party**
- ✓ **Reserve your party today at the front desk (payment required to reserve, subject to availability)!**