



Barrie YMCA  
Health, Fitness & Aquatics

# WINTER/SPRING

# 2019

## January 7- June 15<sup>th</sup>, 2019

Mon-Fri 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		On the Move 9:15-10:00			Child Minding 0-5 yrs. 9:15-12:00	
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				
10:30 AM			Open Gym 10:45-12:15				
11:00 AM							
11:30 AM	Lane Swim 11:30-1:00						
12:00 PM							
12:30 PM		Cycle 12:05-12:45					
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							
5:00 PM		Cycle 5:15-6:00	Y Kids Sports and Games 6-10 yrs 5:00-6:00				
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							
6:30 PM	Barrie Trojan Swim Skills 6:15-7:45		Open Gym 7:30 - 8:00				
7:00 PM							
7:30 PM							
8:00 PM		Adult Karate (Shotokan Style) 7:30-9:30					
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		Gravity (W) 7:15 -7:45					
7:00 AM							
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		YKids 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						
11:00 AM		Zumba/Dance Fit 11:00-11:45	Open Gym 10:45-11:45				
11:30 AM							
12:00 PM	Lane Swim 11:30-1:30	Yoga 12:05-12:45	HIIT 12:05-12:45				
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							
6:30 PM	Barrie Trojan Swim Skills 6:15-7:45						
7:00 PM				Next Wave Cycling 6:30-8:00			
7:30 PM	Aqua Boot Camp 7:50-8:35pm		Open Gym/Rentals available 6:30-10:00				
8:00 PM							
8:30 PM				Open Gym 8:00-10:00			
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/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		HIIT 6:30-7:00					
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM						Child Minding 0-5 yrs. 9:00-12:00	
9:00 AM	Triathlon Club 9:00-10:45		On the Move 9:15-10:00				
9:30 AM		Boot Camp 9:30-10:30	Chair Yoga 10:00-10:30				
10:00 AM							
10:30 AM	Aquafit 10:45-11:30	Triathlon Club 10:30-12:00					
11:00 AM							
11:30 AM	Lane Swim 11:30-1:00	Cardio Strength & Core 12:05-12:45					
12:00 PM			Open Gym 10:45-3:00				
12:30 PM		Gravity (W) 12:15-12:45					
1:00 PM	Aqua Gentle Fit 1:00-1:45						
1:30 PM							
2:00 PM							
2:30 PM	Adult Rec Swim 1:45-3:45						
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						
4:30 PM	Youth Stroke Correction 4:00-4:30 Lifesaving Club 4:30-5:15	Agility, Balance & Coordination (\$)					
5:00 PM							
5:30 PM	Adult Learn To Swim 5:15-5:45	3-12 yrs 5:00-5:45		Y Kids Sports and Games 6-10 yrs. 5:00-6:00		Y Kids Creative Play 6-10 yrs 6:00-7:15	
6:00 PM	Parent and Tot -5:45-6:15						
6:30 PM		Yoga 6:15-7:15		Group Power 6:15-7:15			
7:00 PM	Barrie Trojans - 6:15-7:15						
7:30 PM				Open Gym 7:30-8:00			
8:00 PM							
8:30 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			
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		Yoga 6:30-7:15				
7:00 AM						
7:30 AM						
8:00 AM		Gravity (W) 8:15-9:00				
8:30 AM					Child Minding 0-5 yrs. 9:15-12:00	
9:00 AM		Cycle 9:30-10:30	Group Power 9:30-10:30	Y Kids Play and Pool 3-5 yrs. 9:15-10:45		
9:30 AM	Play n Pool 3-5 years 9:45-10:45am					
10:00 AM	Aquafit 10:45-11:30	Zumba 10:45-11:30	Cardio Strength & Core 10:45 - 11:45			
10:30 AM						
11:00 AM	Lane Swim 11:30-1:30	Core Blast 12:15-12:45	Open Gym 12:00-12:45			
12:00 PM		Gentle Fit 1:00 - 2:00				
12:30 PM	Pool Closed Group Booking Available 1:30-4:00		Pickle Ball 1:00-3:00			
1:00 PM						
1:30 PM						
2:00 PM						
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 4:00-6:15 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				
4:30 PM						
5:00 PM			HIIT 5:30-6:00			
5:30 PM						
6:00 PM			Open Gym 6:15-7:00	Next Wave Cycling 6:15-7:00	Y Kids Sports and Games 3 - 12 yrs 5:00-7:00pm	Child Minding 0-5 yrs. 5:00-6:30
6:30 PM	Barrie Trojan Swim Skills 6:15-7:45					
7:00 PM	Aqua Boot Camp 7:50-8:35pm		Basketball League Gym Rental - 7:00-8:00			
7:30 PM						
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		Cycle 6:30-7:15				
7:00 AM						
7:30 AM						
8:00 AM		Gravity (W) 8:15-8:45				
8:30 AM					Childminding 0-5years 9:00 - 11:15	
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	Aquafit 10:45-11:30	Yoga 10:00-11:10				
10:30 AM			Open Gym 10:15-12:45			
11:00 AM	Lane Swim 11:30-1:00					
11:30 AM						
12:00 PM	Pool Closed Group Booking Available 1:00-4:00					
12:30 PM						
1:00 PM				Floor Hockey 12:45-1:45		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			Youth Open Gym 1:45-6:00	Open Gym/Rentals Available 1:45-6:00		
3:30 PM	Lane Swim 4:00-5:00					
4:00 PM	Open Swim 5:00-6:00					Youth Leadership Grade 5-8 5:00-6:00 Grade 9+5:00-6:00
4:30 PM						
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				
6:30 PM						
7:00 PM				Youth Night 6:00-9:00		Youth Night 6:00-9:00
7:30 PM				See Front Desk for More details		See Front Desk for More details
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 6<sup>th</sup>, 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	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 Creative Play 6-10yrs. 10:00-11:00	Childminding 0-5 yrs. 9:00-11:00
9:00 AM	Swim Lessons 9:30-12:30 Please see Front Desk for details.	Yoga 9:45-10:45				
9:30 AM						
10:00 AM						
10:30 AM			Open Gym 10:15-1:15	Open Gym/Rentals Available 10:15-1:15		
11:00 AM						
11:30 AM						
12:00 PM	Open Swim 12:30-2:00					
12:30 PM			Youth Basketball 10-17yrs 1:15-3:30	Group Bookings 1:15-5:00		
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					
4:00 PM	Group Bookings Available		Open Gym 3:30-5:00			
4:30 PM	3:00-4:30					
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						
10:30 AM		Yoga 10:15-11:30	Group Power 10:00-11:00			
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					
4:00 PM	Group Bookings Available					
4:30 PM	3:00-4:30		Drop In Basketball 3:15-5:00			
5:00 PM	All Program Areas Closed					
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	