



Barrie YMCA

Health, Fitness & Aquatics

Summer 2019

July 2nd - September 8th, 2019

Mon-Fri 5:30 am -9:00 pm, Sat 7:00 am - 5:00 pm, Sun 7:00 am – 4:00 pm

Statutory Holidays 10:00 am-3:00 pm

MONDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding	
5:45 AM	POOL CLOSED						
6:00 AM							
6:30 AM		Cycle 6:30-7:15		Open Gym 5:30-9:00am			
7:00 AM	Lane Swim 6:00-9:00am						
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 9:00-10:45am	Cycle 9:30-10:30		Chair Yoga 10:00-10:30			
10:00 AM						Child Minding 9:15am-12:00pm	
10:30 AM	AquaFit 10:45-11:30am	Yoga 11:00-11:45					
11:00 AM			Open Gym 10:45am-12:15pm	Camp 10:45-12:15			
11:30 AM	Lane Swim 11:30am-12:30pm						
12:00 PM		Cycle 12:05-12:45					
12:30 PM	Aqua Gentle Fit 12:30-1:15pm			Floor Hockey 12:15-1:45			
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Camp Swim 1:30-3:30pm						
3:00 PM							
3:30 PM			Open Gym 1:45-6:00	Camp 1:45-5:00			
4:00 PM							
4:30 PM	Swimming Lessons 4:00-6:15pm						
5:00 PM							
5:30 PM							
6:00 PM	Group Booking 6:15-7:00pm July 2-12 & Aug 19-30	Yoga 6:15-7:15		Group Power 6:15-7:15	YKids 6:00-7:30pm		
6:30 PM				Open Gym 7:30-8:00pm			
7:00 PM	Lane Swim 7:00-8:30pm			Basketball 13 +yrs. 8:00-9:00pm			
7:30 PM							
8:00 PM							
8:30 PM	POOL CLOSED						
9:00 PM							
			All Program Areas Closed				
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed	

TUESDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding
5:45 AM	POOL CLOSED					
6:00 AM	Lane Swim 6:00-9:00am	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 9:00-10:45am	Yoga 9:30-10:40	Group Power 9:30-10:30			
9:30 AM						
10:00 AM						Child Minding 9:15am-12:00pm
10:30 AM	Aquafit 10:45-11:30am	Zumba/Dance Fit 11:00-11:45	Open Gym 10:45-11:45	Camp 10:45-11:45	Parent & Tot Y Kids 11:00am-1:00pm	
11:00 AM	Lane Swim 11:30am-12:30pm	Yoga 12:05-12:45	HIIT 12:05-12:45		See Front Desk for Details	
11:30 AM	Open Swim 12:30-1:30pm					
12:00 PM			Pickleball 1:00-3:15			
12:30 PM	Camp Swim 1:30-3:30pm	BCFHT 3:00-4:00	Open Gym 3:15-4:45	Camp 3:15-5:00		
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Swim 4:00-6:00pm	Youth Coaching (W) 10-12 yrs 5:00-5:30	Open Gym 5:00-9:00pm		Y Kids 5:00-7:00pm	
3:30 PM						
4:00 PM						
4:30 PM	Group Booking July 2-12 & Aug 19-30 6:15-7:30pm					
5:00 PM						
5:30 PM	Aqua Boot Camp 7:35-8:20pm					
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM	POOL CLOSED					
9:00 PM	All Program Areas Closed					
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed

WEDNESDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding	
5:45 AM	POOL CLOSED						
6:00 AM	Lane Swim 6:00-9:00am	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	Adult Rec Swim 9:00-10:45am	Boot Camp 9:30-10:30	On the Move 9:15-10:00		Y Kids 9:15-10:45am	Child Minding 9:15am-12:00pm	
9:30 AM			Chair Yoga 10:00-10:30				
10:00 AM	Aquafit 10:45-11:30am						
10:30 AM	Lane Swim 11:30am-12:30pm	Cardio, Strength & Core	Open Gym 10:45am-12:45pm	Camp 10:45-12:45			
11:00 AM	Aqua Gentle Fit 12:30-1:15pm						
11:30 AM	Camp Swim 1:30-3:30pm		Open Gym 1:00-3:00pm				
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Child Swim Lessons 4:00-6:00pm Youth Stroke Correction 4:00-4:30pm Lifesaving Club 4:30-5:15pm		Youth Open Gym 3:15-6:00pm	Camp 3:15-5:00			
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Adult Learn to Swim 5:15-5:45pm	Yoga 6:15-7:15	Group Power 6:15-7:15		Y Kids 5:45-7:30pm		
6:30 PM	Parent & Tot 5:45-6:15pm						
7:00 PM	Group Booking 6:15-7:00pm						
7:30 PM	Group Booking July 2-12 & Aug 19-30		Open Gym				
8:00 PM	Lane Swim 7:30-8:30pm		Basketball (13 +yrs) 8:00-9:00				
8:30 PM	POOL CLOSED						
9:00 PM	All Program Areas Closed						
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed	

THURSDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding
5:45 AM	POOL CLOSED					
6:00 AM	Lane Swim 6:00-9:00am		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 9:00-10:45am	Cycle 9:30-10:30	Group Power 9:30-10:30			Child Minding 9:15am-12:00pm
9:30 AM						
10:00 AM						
10:30 AM	Aquafit 10:45-11:30am		Cardio, Strength & Core	Camp 10:45-12:45		
11:00 AM	Lane Swim 11:30am-12:30pm	Zumba/Dance Fit 10:45-11:30				
11:30 AM		Core Blast 12:15-12:45	Open Gym 12:00-1:00pm			
12:00 PM	Open Swim 12:30-1:30pm		Pickle Ball 1:00-3:00			
12:30 PM						
1:00 PM	Camp Swim 1:30-3:30pm	Gentle Fitness 1:00-2:00				
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			Open Gym 3:15 - 5:15pm	Camp 3:15-5:00		
3:30 PM						
4:00 PM	Open Swim 4:00-6:00pm		HIIT 5:30-6:00		Parent & Tot Y Kids 5:30am-7:30pm See Front Desk for Details	Child Minding 5:00-6:30pm
4:30 PM						
5:00 PM						
5:30 PM	Group Booking July 2-12 & Aug 19-30 6:15-7:30pm	Youth Coaching (W) 10-12 yrs 6:30-7:00	Open Gym 6:15-9:00pm			
6:00 PM						
6:30 PM						
7:00 PM	Aqua Boot Camp 7:35-8:20pm					
7:30 PM						
8:00 PM	POOL CLOSED					
8:30 PM						
9:00 PM	All Program Areas Closed					
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed

FRIDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding
5:45 AM	POOL CLOSED					
6:00 AM	Lane Swim 6:00-9:00am		Open Gym 5:30-6:00			
6:30 AM			Group Power 6:15-7:15			
7:00 AM						
7:30 AM						
8:00 AM			Open Gym 7:30-9:00			
8:30 AM						
9:00 AM	Adult Rec Swim 9:00-10:45am	Yoga 10:00-11:10	On the Move 9:15-10:00			Child Minding 9:00-11:15am
9:30 AM						
10:00 AM						
10:30 AM	Aquafit 10:45-11:30am		Open Gym 10:15-12:30	Camps 10:15-12:30		
11:00 AM						
11:30 AM	Lane Swim 11:30am-1:30pm		Floor Hockey 12:45-1:45			
12:00 PM						
12:30 PM						
1:00 PM	Camp Swim 1:30-3:30pm		Youth Open Gym 2:00-5:00pm	Camps 2:00-5:00		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Open Swim 3:30-6:00pm		Open Gym 5:00-9:00pm			
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Group Booking 6:15-7:00pm July 2-12 & Aug 19-30					
6:00 PM						
6:30 PM						
7:00 PM	Lane Swim 7:00-8:30pm					
7:30 PM						
8:00 PM						
8:30 PM	POOL CLOSED					
9:00 PM	All Program Areas Closed					
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed

SATURDAY	Lap Pool	Studio	Gym A	Gym B	Kids Court	Child Minding
7:00 AM	POOL CLOSED					
7:30 AM						
8:00 AM	Lane Swim	Cycle				
8:30 AM	7:30-9:00am	8:00-8:45				
9:00 AM		Core Blast				
9:30 AM		9:00-9:30			Y Kids	Child Minding
10:00 AM	Swim Lessons	Yoga		Open Gym	9:00-11:00am	9:00-11:00am
10:30 AM	9:30am-12:30pm	9:45-10:45		7:00am-1:00pm		
11:00 AM	Please see					
11:30 AM	Front Desk for details					
12:00 PM						
12:30 PM						
1:00 PM	Open Swim					
1:30 PM	12:30-2:00pm					
2:00 PM	Lane Swim		Birthday Bookings	Drop In Volleyball		
2:30 PM	2:00-3:00pm		Available	(13+ yrs)		
3:00 PM			2:30-3:30pm	1:15-3:00pm		
3:30 PM	Group Bookings Available			Youth Open Gym		
4:00 PM	3:00-4:30pm		Open Gym	3:00-5:00pm		
4:30 PM	POOL CLOSED		3:30-5:00pm			
5:00 PM						
All Program Areas Closed						
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed

My Y Opens Doors!

FOR MORE INFORMATION:

705-726-6421

Memberservices.barrie@sm.ymca.ca

www.ymcaofsimcoemusoka.ca

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	Kids Court	Child Minding
7:00 AM	POOL CLOSED					
7:30 AM						
8:00 AM			Open Gym			
8:30 AM	Lane Swim		7:00-10:00am			
9:00 AM	7:30-11:00am					
9:30 AM						
10:00 AM		Yoga	Group Power			
10:30 AM		10:15-11:30	10:00-11:00			
11:00 AM	Adult Rec Swim					
11:30 AM	11:00am-12:00pm					
12:00 PM			Open Gym			
12:30 PM	Open Swim		11:00am-2:00pm			
1:00 PM	12:00-2:30pm					
1:30 PM						
2:00 PM						
2:30 PM	Lane Swim		Drop In 3 on 3	Open Gym		
3:00 PM	2:30-3:30pm		Basketball 13+ yrs	2:00-4:00pm		
3:30 PM	POOL CLOSED		2:00-4:00pm			
4:00 PM						
All Program Areas Closed						
	Group Fitness Class	Drop In Programs	Open Time	(W) Wellness Centre	Registered Programs	Closed