Barrie YMCA

Health, Fitness & Aquatics

Winter 2020

January 6- March 15, 2020

Hours: M-F 5:30am-9:00pm, Sat 7:00am-5:00pm, Sun 7:00am-4:00pm,
Statutory Holidays: 10:00am-3:00pm. Closed Christmas Day

MONDAY	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
5:30 AM	POOL CLOSED		Open Gym 5:30-9:00		Open 5:30-9:00			
6:00 AM								
6:30 AM	Lane Swim 6:30-9:00	Cycle 6:30-7:15						
7:00 AM								
7:30 AM								
8:00 AM		Gravity (W) 8:15-9:00				Bookings Available 8:00-5:00	Bookings Available 8:00-8:00	
8:30 AM								
9:00 AM	Adult Rec Swim 9:00-10:45		On The Move 9:15-10:00					Stay & Play 9:15-12:00 (0-5 years)
9:30 AM		Cycle 9:30-10:30						
10:00 AM			Chair Yoga 10:00-10:30					
10:30 AM	Aquafit 10:45-11:30		Open Gym 10:45-12:15					
11:00 AM		Yoga 11:00-11:45						
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM		Cycle 12:05-12:45	Floor Hockey 12:15-1:45					
12:30 PM								Bookings Available 12:30-3:30
1:00 PM	Aqua Gentle Fit 1:00-1:45							
1:30 PM			Open Gym 1:45-4:45					
2:00 PM	Adult Rec Swim 1:45-3:30							
2:30 PM								
3:00 PM								
3:30 PM	Swim Lessons 4:00-6:15							Group Booking 3:30-6:30
4:00 PM								
4:30 PM								
5:00 PM		Cycle 5:15-6:00	Y Kids (3-9yrs) 5:00-6:00			Y Kids (3-9yrs) 5:00-7:30		
5:30 PM								
6:00 PM		Yoga 6:15-7:15	New! 21 Academy (JR NBA BASKETBALL) *Skill Development* 6:00-8:45					
6:30 PM	Group Booking 6:15-7:45							Bookings Available 6:30-8:00
7:00 PM								
7:30 PM	Lane Swim 7:45-8:30							
8:00 PM								
8:30 PM	POOL CLOSED							
9:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

TUESDAY	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
5:30 AM	POOL CLOSED		Open Gym 5:30-9:15		Open 5:30-5:00			
6:00 AM								
6:30 AM	Lane Swim 6:30-9:00	Core Blast 6:30-7:00						
7:00 AM								
7:30 AM								
8:00 AM						Bookings Available 8:00-2:00		
8:30 AM								
9:00 AM	Adult Rec Swim 9:00-10:45							Stay & Play 9:15-12:00
9:30 AM		Yoga 9:30-10:40	Group Power 9:30-10:30				Healthy Hearts Cardio Rehab (Cardio Room) 9:30-11:45	
10:00 AM								
10:30 AM	Aquafit 10:45-11:30		Open Gym 10:45-11:45					
11:00 AM		Zumba/Dance Fit 11:00-11:45						
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM		Yoga 12:05-12:45	HIIT 12:05-12:45				Bookings Available 12:00-8:00	
12:30 PM								
1:00 PM	Group Bookings Available 1:00-3:00		Pickleball 1:00-3:15					Group Booking 1:30-2:30
1:30 PM								
2:00 PM						iCan Cancer Rehab (Cardio Room) 2:00-3:00		Bookings Available 2:30-8:00
2:30 PM								
3:00 PM	NEW! Volunteer Lifeguard Club 3:00-4:00	Barrie Community Family Health Team	Open Gym 3:15-4:45					
3:30 PM								
4:00 PM	Family Swim 4:00-5:00							
4:30 PM			Back by Popular Demand! Wheelchair Basketball Open to All 5:00-6:00					
5:00 PM	Group Booking 5:00-7:30	Fitness Workshop see flyers for details			Youth Coaching (W) 10-12yrs 5:00-5:30	Bookings Available 3:00-8:00		
5:30 PM								
6:00 PM		Yoga 6:00-7:00	Group Power 6:15-7:15					
6:30 PM								
7:00 PM					Open 5:30-9:00			
7:30 PM	Aqua Boot Camp 7:35-8:20		Open Gym 7:30-9:00					
8:00 PM								
8:30 PM	POOL CLOSED							
9:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

WEDNESDAY	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
5:30 AM	POOL CLOSED		Open Gym 5:30-9:00		Open 5:30-10:00			
6:00 AM								
6:30 AM	Lane Swim 6:30-9:30	HIIT 6:30-7:00						
7:00 AM								
7:30 AM								
8:00 AM							Bookings Available 7:00-5:00	
8:30 AM								
9:00 AM			On the Move 9:15-10:00					Stay & Play 9:15-12:00
9:30 AM	Triathlon Club 9:30-10:30	Boot Camp 9:30-10:30						
10:00 AM			Chair Yoga 10:00-10:30		RVH			
10:30 AM	Aquafit 10:45-11:30		Open Gym 10:45-1:00			RVH Cardio Rehab 10:30-12:00		
11:00 AM								
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM		Cardio, Strength & Core 12:05-12:45						
12:30 PM								Bookings Available 12:30-8:00
1:00 PM	Aqua Gentle Fit 1:00-1:45	RVH	Pickleball 1:00-3:00					
1:30 PM						RVH Cardio Rehab 1:30-3:00		
2:00 PM	Adult Rec Swim 1:45-3:30							
2:30 PM								
3:00 PM			Youth Gym 3:15-6:00	Open Gym 3:15-5:30	Open 10:30-9:00			
3:30 PM	Swim Lessons 4:00-6:15	RVH						
4:00 PM						RVH Cardio Rehab 4:00-5:30		
4:30 PM								
5:00 PM	Adult Learn to Swim 5:45-6:15	Fitness Workshop see flyers for details					LIT & Jr Y Leadership 5:00-6:00	
5:30 PM				Metafit 5:15-6:00				
6:00 PM		Yoga 6:15-7:15				Y Kids (3-9yrs) 6:00-7:30	Intermediate & Sr Y Leadership 6:00-7:00	
6:30 PM	Group Booking 6:15-7:15		New! 21 Academy (JR NBA BASKETBALL) Skill Development 6:30-8:45					
7:00 PM								
7:30 PM	Lane Swim 7:15-8:30							
8:00 PM								
8:30 PM	POOL CLOSED							
9:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

THURSDAY

	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
5:30 AM	POOL CLOSED		Open Gym 5:30-9:15		Open 5:30-9:00			
6:00 AM								
6:30 AM	Lane Swim 6:30-8:30	Yoga 6:30-7:15						
7:00 AM								
7:30 AM								
8:00 AM							Bookings Available 8:00-8:00	
8:30 AM	NEW! Volunteer Lifeguard Club 8:30-9:30				Gravity (W) 8:15-9:00			
9:00 AM								Stay & Play 9:15-12:00
9:30 AM	Adult Rec Swim 9:30-10:45	Cycle 9:30-10:30	Group Power 9:30-10:30		Open 9:00-6:30			
10:00 AM						iCan Cancer Rehab (Cardio Room) 10:00-11:30		
10:30 AM	Aquafit 10:45-11:30	Zumba/Dance Fit 10:45-11:30	Cardio, Strength & Core 10:45-11:45					
11:00 AM								
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM		Core Blast 12:15-12:45	Open Gym 12:00-1:00					
12:30 PM								
1:00 PM	Group Bookings Available 1:00-4:00	Gentle Fitness 1:00-2:00	Pickleball 1:00-3:00					
1:30 PM								Group Booking 1:30-2:30
2:00 PM						Healthy Hearts Cardiac Rehab (Cardio Room) 2:00-3:00		
2:30 PM								Bookings Available 2:30-8:00
3:00 PM			Open Gym 3:15-5:15					
3:30 PM	NEW! Low Sensory Swim Lessons 4:00-4:30 OR							
4:00 PM								
4:30 PM								
5:00 PM	Group Booking 5:00-7:30							
5:30 PM			HIIT 5:30-6:00			Y Kids (3-9yrs) 5:30-7:30		
6:00 PM			Group Power 6:15-7:15		Youth Coaching (W) 6:30-7:00			
6:30 PM		Fitness Workshop see flyers for details						
7:00 PM					Open 7:00-9:00			
7:30 PM	Aqua Boot Camp 7:35-8:20		Group Booking 7:30-8:30					
8:00 PM								
8:30 PM	POOL CLOSED							
9:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

FRIDAY

	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
5:30 AM	POOL CLOSED		Open Gym 5:30-6:00		Open 5:30-10:30			
6:00 AM			Group Power 6:15-7:15					
6:30 AM	Lane Swim 6:30-9:00							
7:00 AM								
7:30 AM			Open Gym 7:30-9:00					
8:00 AM		RVH					Bookings Available 8:00-8:00	
8:30 AM						RVH Cardio Rehab 8:30-10:00		
9:00 AM	Adult Rec Swim 9:00-10:45	Step 9:00-9:45	On the Move 9:15-10:00					Stay & Play 9:00-11:15
9:30 AM								
10:00 AM		Yoga 10:00-11:10						
10:30 AM	Aquafit 10:45-11:30		Open Gym 10:15-12:30		RVH	RVH Cardio Rehab 10:30-12:00		
11:00 AM					Open 11:00-9:00			
11:30 AM	Lane Swim 11:30-1:00							
12:00 PM						Bookings Available 12:00-8:00		
12:30 PM			Floor Hockey 12:45-1:45					
1:00 PM	Group Bookings Available 1:00-4:00							
1:30 PM								
2:00 PM			Open Gym 2:00-5:45	Bookings Available 2:00-5:45				Bookings Available 11:30-8:00
2:30 PM								
3:00 PM								
3:30 PM	Open/Lane Swim (1 lane, no diving board) 4:00-5:00							
4:00 PM								
4:30 PM								
5:00 PM	Open Swim (birthday party may share pool) 5:00-7:00							
5:30 PM								
6:00 PM		Birthday Parties Available 6:00-8:00	New! 21 Academy (JR NBA BASKETBALL) *Skill Development* 5:45-8:45					
6:30 PM								
7:00 PM	Lane Swim 7:00-8:30							
7:30 PM								
8:00 PM								
8:30 PM	POOL CLOSED							
9:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

My Y Opens Doors!

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

SATURDAY	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
7:00 AM	POOL CLOSED		Open Gym 7:00-1:00		Open 7:00-5:00			
7:30 AM	Lane Swim 7:30-9:00							
8:00 AM		Cycle 8:00-8:45				Bookings Available 8:00-4:00	Bookings Available 8:00-4:00	
8:30 AM								
9:00 AM	Swim Lessons 9:30-12:30	Core Blast 9:00-9:30						Stay & Play 9:00-11:00
9:30 AM		Yoga 9:45-10:45						
10:00 AM								
10:30 AM								Bookings Available 11:30-4:00
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM	Open Swim 12:30-2:00							
1:00 PM			Birthday Parties Available 2:30-3:30	Drop in Basketball (13yrs+) 1:15-3:00				
1:30 PM								
2:00 PM	Lane Swim 2:00-3:00							
2:30 PM								
3:00 PM	Group Bookings Available 3:00-4:30			Youth Open Gym 3:00-5:00				
3:30 PM			Open Gym 3:30-5:00					
4:00 PM								
4:30 PM	POOL CLOSED							
5:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

SUNDAY	Lap Pool	Studio	Gym A	Gym B	Stretch Room	Kids' Court	3rd Floor Lounge	Multi Purpose Room
7:00 AM	POOL CLOSED		Open Gym 7:00-10:00	Open Gym 7:00-8:00	Open 7:00-4:00			
7:30 AM	Lane Swim 7:30-9:00							
8:00 AM				Group Booking 8:00-9:45		Bookings Available 8:00-3:00	Bookings Available 8:00-3:00	Bookings Available 8:00-3:00
8:30 AM								
9:00 AM	Adult Rec Swim 9:00-10:00	Cycle 9:00-9:45						
9:30 AM								
10:00 AM	Open Swim 10:00-1:00	Yoga 10:15-11:30	Group Power 10:00-11:00					
10:30 AM								
11:00 AM			Open Gym 11:00-1:00					
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Lane Swim 1:00-2:00		Group Booking 1:00-3:00					
1:30 PM		Birthday Parties Available 1:30-3:30						
2:00 PM	Group Bookings Available 2:00-3:30							
2:30 PM								
3:00 PM								
3:30 PM	POOL CLOSED							
4:00 PM								
	Open Time	Registered Program	Drop In Program	Group Fitness Class	Wellness Room	Closed		

Share your Love & Save A Life

FREE CPR LEVEL A/AED CLINIC

FRIDAY FEBRUARY 14TH 12:00-4:00PM