



# Wasaga Beach YMCA: Health, Fitness & Aquatics Centre

Fall Schedule - Monday, September 13th - Sunday, December 19th

• Schedule is subject to change •

Class size limited to 25 people, capacities will be monitored, pre-booking NOT required EXCEPT Aquafit.  
Masks are required upon entry and outside of class or direct workout station.

Fitness Classes	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PRE BOOKED</b> <b>Aquafit</b> <b>*Booking required</b>	Pool	9:15am - 10:00am	12:45pm - 1:30pm	9:15am - 10:00am	9:15am - 10:00am 12:45pm - 1:30pm	9:15am - 10:00am	8:15am - 9:00am
<b>Aqua Zumba</b>	Pool		9:15am - 10:00am				
<b>Aquatherapy</b>	Pool		11:45am - 12:30pm		11:45am - 12:30pm		
<b>Cardio &amp; Strength</b>	Gym	9:30am - 10:15am		9:30am - 10:15am			
<b>Bootcamp</b>	Gym					9:30am - 10:15am	
<b>Building Boomers</b>	Gym		12:00pm - 1:45pm		12:00pm - 1:45pm		
<b>Cycle</b>	Gym		8:00am - 8:45am	6:00pm - 6:45pm	8:00am - 8:45am		9:00am - 9:45am
<b>HIIT</b>	Gym	6:00pm - 6:45pm					
<b>Group Power</b>	Gym		6:15pm - 7:15pm		6:15pm - 7:15pm		
<b>On The Move</b>	Gym	12:00pm - 12:45pm		11:30am - 12:15pm		12:30pm - 1:15pm	
<b>Pilates</b>	Gym	11:00am - 11:45pm					
<b>Yoga</b>	Gym		9:30am - 10:15am	10:30am - 11:15am	10:30am - 11:15am	10:30am - 11:15am	10:30am - 11:15am
<b>Zumba</b>	Gym			12:30pm - 1:15pm	9:30am - 10:15am	11:30am - 12:15pm	



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Self Directed Drop In	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Conditioning Room	Conditioning Room	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	7:00am - 1:00pm
Pickleball	Gym	6:30am - 8:30am	6:30am - 7:45am	6:30am - 8:30am	6:30am - 7:45am	6:30am - 8:30am	
Family Gym/ Open Gym	Gym	4:15pm - 5:45pm	11:00am - 12:00pm	4:15pm - 5:45pm	4:15pm - 5:15pm	4:00pm - 5:00pm	11:30am-1:00pm
Adult Basketball 13+ years	Gym	7:00pm - 8:00pm	7:15pm - 8:00pm	7:00pm - 8:00pm	7:15pm - 8:00pm		
Youth Basketball	Gym				6:00pm - 7:00pm		
Registered Children's Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y Kids 3 - 12 years	Gym (Registered)		4:15pm - 5:45pm		4:15pm - 5:45pm		
Instructed Aquatics Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Registered Child Swim Lessons/Aquatic Leadership <i>*see sales desk for more information*</i>	Lap/ Leisure Pool Registered	11:15am - 11:45am 4:15pm - 7:30pm	11:15am - 12:15pm 4:15pm - 7:30pm	11:15am - 11:45am 4:15pm - 7:30pm	11:15am - 12:15pm 4:15pm - 7:30pm	4:45pm - 6:45pm	9:00am - 12:45pm
Adult Swim Lessons	Lap/ Leisure Pool Drop In		12:00pm - 12:30pm		12:00pm - 12:30pm		



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Aquatic Programming	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open/Family Swim</b> (maximum capacity is 10, booking not required)	Leisure Pool	6:15am - 9:00am 10:15am - 11:00am	6:15am - 9:00am 10:15am - 11:00am	6:15am - 9:00am 10:15am - 11:00am	6:15am - 9:00am 10:15am - 11:00am	6:15am-9:00am 10:15am - 11:00am	7:15am-8:00am
<b>Adult Rec. Swim (18+)</b> (maximum capacity is 28, booking not required)	Lap Pool/ Leisure Pool	2:30pm - 4:00pm	3:00pm - 4:00pm	2:30pm - 4:00pm	3:00pm - 4:00pm	2:30pm - 4:00pm	
<b>Lane Swim</b> <b>*Booking Required*</b> (maximum capacity 1/Lane *Booking required* )	Lap Pool	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 10:15am - 11:00am 11:15am - 12:00pm 12:00pm - 12:30pm	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 10:15am-11:00am	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 10:15am - 11:00am 11:15am - 12:00pm 12:00pm - 12:30pm	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 10:15am-11:00am	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 10:15am-11:00am 11:15am-12:00pm 12:00pm-12:30pm 4:00pm-4:45pm	7:15am-8:00am
<b>Youth Swim</b> (maximum capacity 28, pre-booking not required)	Lap Pool					7:00pm - 7:30pm	

**Notes:**

**Basketball - Youth under 10 years require active adult supervision.**

**Pools - Pool must be fully vacated in between booking times.**

**Lap Pool open/family swim is a maximum capacity of 28. Pre-booking not required.**

**Leisure Pool open/family swim is a maximum capacity of 10. Booking not required.**

**Hours of Operation**

Monday to Friday: 6:00am - 8:00pm

Saturday: 7:00am - 1:00pm

Sunday: CLOSED

Statutory Holidays: CLOSED