



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 |
|---|----------|-------------------|-------------------|-------------------|--------------------------------------|-------------------|-------------------|
| PRE BOOKED Aquafit *Booking required | 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 |
| Aqua Zumba | Pool | | 9:15am - 10:00am | | | | |
| Aquatherapy | Pool | | 11:45am - 12:30pm | | 11:45am - 12:30pm | | |
| Cardio & Strength | Gym | 9:30am - 10:15am | | 9:30am - 10:15am | | | |
| Bootcamp | Gym | | | | | 9:30am - 10:15am | |
| Building Boomers | Gym | | 12:00pm - 12:45pm | | 12:00pm - 12:45pm | | |
| Cycle | Gym | | 8:00am - 8:45am | | 8:00am - 8:45am | | 9:00am - 9:45am |
| HIIT | Gym | 6:00pm - 6:45pm | | | | | |
| Group Power | Gym | | 6:15pm - 7:15pm | | 6:15pm - 7:15pm | | |
| On The Move | Gym | 12:00pm - 12:45pm | | 11:30am - 12:15pm | | 12:30pm - 1:15pm | |
| Pilates | Gym | 11:00am - 11:45pm | | | | | |
| Yoga | Gym | | 9:30am - 10:15am | 10:30am - 11:15am | 10:30am - 11:15am | 10:30am - 11:15am | 10:30am - 11:15am |
| Zumba | 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 | | | | 11:15am - 11:45am | | |



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| Aquatic Programming | Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------|--|--|--|--|---|---------------|
| Open/Family Swim (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 |
| Adult Rec. Swim (18+) (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 | |
| Lane Swim *Booking Required* (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 |
| Youth Swim (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