



# Wasaga Beach YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule September 6 - December 18, 2022

- Schedule is subject to change -

Pre-booking required for Aquafit. Must be booked in advance online at [YMCAOnlinePortal.ca](http://YMCAOnlinePortal.ca)  
 Registration required for Swim Lessons.

Fitness (13yrs+)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PRE BOOKED</b> <b>Aquafit</b> <b>(40 Participants)</b>	Lap Pool	9:15am-10:00am	12:45-1:30pm	9:15am - 10:00am	9:15 - 10:00am 12:45-1:30pm 7:45 - 8:30pm	9:15am - 10:00am	8:15am - 9:00am	
<b>Aquatherapy</b>	Lap Pool		11:50am - 12:35pm		11:50am - 12:35pm			
<b>AquaZumba</b>	Lap Pool		9:15am-10:00am					
<b>Pickleball</b>	Gym	6:30 - 8:30am 1:00 - 2:45pm	6:30 - 8:45am	1:30 - 3:30pm	6:15 - 7:30am	6:30 - 8:30am		
<b>Cardio/Strength/ Core</b>	Studio	9:30am - 10:15am		9:30am - 10:15am				
<b>On The Move</b>	Studio	12:15 - 1:00pm		11:30 - 12:15pm		12:45pm - 1:30pm		
<b>HIIT</b>	Studio	6:00pm - 6:45pm						
<b>GentleFit</b>	Gym					11:15-12:15pm		
<b>Yoga</b>	Studio		9:30am - 10:30am	10:20-11:20am	10:30am - 11:30am	10:30 - 11:30am	10:30 - 11:30am	
<b>Pilates</b>	Studio	10:30 - 11:30am						
<b>Group Power</b>	Gym		6:30pm - 7:30pm		6:15pm - 7:15pm			
<b>TRX Class</b>	Studio					9:15am - 10:15am		
<b>Zumba</b>	Studio			12:30 - 1:15pm	9:30am - 10:15am	11:45 - 12:30pm		
<b>Totalfit</b>	Studio			6:15pm - 7:00pm				
<b>Building Boomers</b>	Gym				10:30-11:15am			



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<b>Youth Strength &amp; Sport</b>	Studio			5:00-5:45pm				
<b>Fusion</b>	Studio				6:15-7:15pm			
<b>Cycle</b>	Gym		5:30pm-6:15pm				9:00am - 9:45am	
<b>Child/Youth</b>	<b>Location</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Y Kids (3-12 Years)</b>	Gym	9:00 - 11:45am 4:15-7:00pm	9:00 - 11:45am 4:15-7:30pm	9:00 - 11:45am 4:15-7:00pm	4:15-7:30pm	9:00 - 11:00am	9:00am-12:00pm	
<b>Childminding</b>	MPR	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am		
<b>Youth Basketball</b>	Gym	3:00 - 4:15pm	3:00pm-4:30pm	3:35 - 4:25pm	3:00 - 4:00pm	4:30-6:45pm		
<b>Self-Directed</b>	<b>Location</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Conditioning Room</b>	Cndting Room	6:00am-8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 7:45pm	7:00am - 2:45pm	8:00am-12:45pm
<b>Adult Basketball</b>	Gym	7:00 - 8:45pm		7:15 - 8:30pm				
<b>Open Gym</b>	Gym		7:30pm - 8:30pm		7:30pm - 8:30pm		7:00am - 8:45am 1:00pm - 2:30pm	



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Self-Directed Aquatics	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters Lane Swim	Lap Pool	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am		
Lane and Fitness Swim	Lap Pool	7:30 - 9:00am	7:30 - 9:00am	7:30 - 9:00am	7:30-9:00am	7:30 - 9:00am		
Adult Rec. Swim (18+)	Lap & Leisure Pool	2:30-4:00pm	3:00-4:00pm	2:30-4:00pm	3:00-4:00pm	2:30-4:00pm		
Lane Swim	Lap Pool	10:05 - 12:30pm	10:05-11:00am 7:45-8:30pm	10:05 - 12:30pm 7:45 - 8:30pm	10:05-11:00am	10:05 - 12:30pm	7:00 - 8:00am 12:10-12:55pm	8:00-9:00am
Youth Night	Lap & Leisure Pool					6:30 - 7:30pm		
Open Swim	Lap & Leisure Pool					Rotary Open Swim 4:30 - 6:30pm	1:00 - 2:30pm	9:05-12:30pm
Open Swim	Leisure Pool	6:15 - 7:15am 7:30 - 9:00am 10:05-11:00am 11:50-12:30pm	6:15 - 7:15am 7:30 - 8:30am 7:45-8:30pm	6:15 - 7:15am 7:30 - 9:00am 10:05-11:00am 11:50-12:30pm 7:45 - 8:30	6:15 - 7:15am 7:30 - 9:00am 10:05-11:00	6:15 - 7:15am 7:30 - 9:00am 10:05 - 11:00pm 11:50-12:30pm	7:00 - 8:00am	8:00-9:00am



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Swim Lessons	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Swim Lessons	Lap & Leisure Pool	4:05pm - 4:35pm	4:05pm - 4:35pm	4:05pm - 4:35pm	4:05pm - 4:35pm			
Swim Lessons	Leisure Pool	11:15-11:45am 4:45-7:00pm	11:15-11:45am 4:45-7:00pm	11:15-11:45am 4:45-7:00pm	11:15-11:45am 4:45-7:00pm			
Adult Swim Lessons (Drop In)	Lap Pool				11:15am - 11:45am			
Aquatic Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic Leadership Program (\$)	Lap & Leisure Pool & Gym					4:15pm - 6:45pm (Pools) 7:00pm - 7:45pm (Gym)		
Health	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardiovascular Rehab	Studio				9:00am - 4:00pm			



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## Notes:

Basketball - Youth under 10 years require active adult supervision.

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Registration required for Swim Lessons.

## Hours of Operation:

**Monday - Thursday:** 6:00am - 9:00pm

**Friday:** 6:00am-8:00pm

**Saturday:** 7:00am - 3:00pm

**Sunday:** 8:00am-1:00pm

**Statutory Days:** CLOSED

**Friday night Open Swim** from 4:30pm-6:30pm is sponsored by the Wasaga Beach Rotary Club and is **free and open to all community members.**

**Rotary**   
Club of Wasaga Beach