



Wasaga Beach YMCA: Health, Fitness, & Aquatics Centre

Winter Schedule - January 2 -March 19, 2023

- Schedule is subject to change -

Pre-booking required for Aquafit. Must be booked in advance online at YMCAOnlinePortal.ca
 Registration required for Swim Lessons.

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



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Zumba	Studio			12:30 - 1:15pm	9:30am - 10:15am	11:45 - 12:30pm		10:30-11:15am
Totalfit	Studio			6:15pm - 7:00pm				
Building Boomers	Gym				11:45am-12:30pm			
Youth Strength & Sport	Studio			5:00-5:45pm				
Fusion	Studio				6:15-7:15pm			
Cycle	Gym		5:30pm-6:15pm				9:00am - 9:45am	

Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Kids (3-12 Years)	Gym or MPR pending	9:00 - 11:45am 4:15-7:00pm	9:00 - 11:45am 4:15-7:30pm	9:00 - 11:45am 4:15-7:00pm	9:00 - 11:45am 4:15-7:00pm	9:00 - 11:45am	9:00am-12:00pm	
Childminding	MPR	9:00-11:45am	9:00-11:45am	9:00-11:45am	9:00-11:45am	9:00-11:45am		
Youth Basketball	Gym	3:00 - 4:00pm	3:00 - 4:00pm	3:35 - 4:25pm 3 on 3	3:00 - 4:00pm	4:30-6:45pm		
Preschool Parent & Tot Play	Gym	9:00-10:30am		9:00-10:30am		9:00-10:30am		



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Tots Songs & Stories Preschool	Gym		9:15-10:00am					
Baby Yoga	Studio		10:30-11:00am					
Youth Wellness Course (10-12yrs)				5:00-6:00pm				
Youth Leaders	MPR					5:00-6:30pm		
Self-Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning Room	Conditioning 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
Adult Basketball	Gym	7:00 - 8:45pm		7:15 - 8:30pm				
Open Gym	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	10:05am-11:00am 7:45pm-8:30pm	10:05am - 12:30pm 7:45pm - 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	6:15am - 7:15am 7:30am - 8:30am 7:45pm - 8:30pm	6:15 - 7:15am 7:30 - 9:00am 10:05-11:00am 11:50-12:30pm 7:45pm - 8:30pm	6:15am - 7:15am 7:30am - 9:00am 10:05am-11:00am	6:15am - 7:15am 7:30am - 9:00am 10:05am-11:00pm 11:50am-12:30pm	7:00am - 8:00am	8:00am-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:

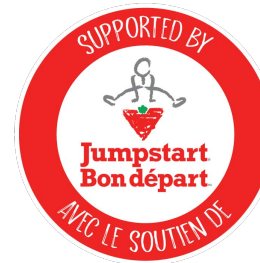
Monday - Thursday: 6:00am - 9:00pm

Friday: 6:00am-8:00pm

Saturday: 7:00am - 3:00pm

Sunday: 8:00am-1:00pm

Statutory Days: CLOSED



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

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

