



Wasaga Beach YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - March 20

- 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	9:15 - 10:00am	12:45 - 1:30pm	9:15 - 10:00am	9:15 - 10:00am 12:45 - 1:30pm	9:15 - 10:00am	8:15 - 9:00am	
Aquatherapy	Lap Pool		11:50 - 12:35pm		11:50 - 12:35pm			
AquaZumba	Lap Pool		9:15 - 10:00am					
Pickleball	Gym	8:00 - 10:00am 1:00 - 2:45pm	7:30 - 9:15am	1:30 - 3:30pm	6:00 - 7:45am Beginners 8:00 - 9:00am	7:00 - 8:45am		8:15 - 9:30 am
Cardio/ Strength/ Core	Studio	9:30 - 10:15am		9:30 - 10:15am		9:30 - 10:15am		
On The Move	Studio or Gym	11:45 - 12:30pm (Studio)		11:45 - 12:30pm (Studio)		10:15 - 11:00am (Gym)		
Metabolic Conditioning	Studio	6:30 - 7:15pm						
GentleFit	Gym					11:15 - 12:15pm		
Yoga	Studio	Gentle Yoga 7:30 - 8:15pm	9:30 - 10:30am (Gym)	10:30 - 11:30am	10:30 - 11:30am 6:15 - 7:15pm 12:45 - 1:45pm (Chair)	10:30 - 11:30am	10:00 - 11:00am	Power Yoga 9:30 - 10:30am
Pilates	Studio	10:30 - 11:30am						
Group Power	Gym		6:30 - 7:30pm		6:30 - 7:30pm			



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Zumba	Studio			12:45 - 1:30pm	9:30 - 10:15am (Gym)	11:45 - 12:30pm		10:45 - 11:30am
Drums Alive	Studio		11:30 - 12:15pm					
Total Body Conditioning	Studio			6:15 - 7:15pm				
Building Boomers	Gym				11:45 - 12:30pm			
Fusion	Studio							
Power Yoga								9:30 - 10:30am
Cycle	Studio		6:00 - 6:45pm				9:00 - 9:45am	
Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Kids (3-12 Years)	Gym	4:30 - 7:30pm	4:30 - 7:30pm	4:30 - 7:30pm	4:30 - 7:30pm		9:00 - 12:00pm	
Childminding	MPR	9:00 - 11:45am	9:00 - 11:45am	9:00 - 11:45am	9:00 - 11:45am	9:00 - 11:45am		
Parent & Tot Gym Play 3+	Gym	10:15 - 12:00pm	10:15 - 12:00pm	9:30 - 11:30am		9:00 - 10:00am		
Preschool 3yrs + Programming	Studio		Baby Yoga 10:45 - 11:15am		ABC's Preschool 10:00 - 10:30 Preschool Drums Alive 10:30 - 11:00am			



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Youth Leaders						5:00 - 6:30pm		
Baby Yoga	Studio		10:45 - 11:15am					
Youth Basketball 3 on 3	Gym			3:35 - 4:25pm				
Youth Basketball	Gym	3:00 - 4:20pm	3:00 - 4:20pm		3:00 - 4:00pm	4:30 - 7:45pm		
Self-Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning Room	Conditioning Room	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 8:00pm	7:00am - 3:00pm	8:00am - 1:00pm
Adult Basketball	Gym	7:45 - 8:45pm		7:45 - 8:45pm				
Open Gym	Gym	6:00 - 8:00am	6:00 - 7:30am 7:45 - 8:45pm	6:00 - 8:30am	7:45 - 8:45pm	6:00 - 7:00am	7:00 - 8:45am 1:00 - 2:45pm	9:45 - 12:45pm



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Self-Directed Aquatics	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters Lane Swim	Lap Pool	6:15 - 7:15am	6:15 - 7:15am	6:15 - 7:15am	6:15 - 7:15am	6:15 - 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	3:00 - 4:00pm	3:00 - 4:00pm	3:00 - 4:00pm	3:00 - 4:00pm	3:00 - 4:00pm		
Lane Swim	Lap Pool	10:05 - 11:45am	10:05 - 11:00am 7:45 - 8:30pm	10:05 - 11:45am 7:45 - 8:30pm	10:05 - 11:00am	10:05 - 11:45am	7:00 - 8:00am 12:10 - 12:55pm	8:00 - 9:00am
Youth Swim	Lap & Leisure Pool					6:30 - 7:30pm		
Open Swim	Lap & Leisure Pool				7:45 - 8:30pm	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 - 11:45am	6:15 - 7:15am 7:30 - 9:00am 10:05 - 11:00am (Family) 7:45 - 8:30pm	6:15 - 7:15am 7:30 - 9:00am 10:05 - 11:00am 11:00 - 11:45am (Family) 7:45 - 8:30pm	6:15 - 7:15am 7:30 - 9:00am 10:05 - 11:00am	6:15 - 7:15am 7:30 - 9:00am 10:05 - 11:45am	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	4:05 - 4:35pm	4:05 - 4:35pm	4:05 - 4:35pm	4:05 - 4:35pm	4:05 - 4:35pm		
Parent & Tot	Leisure Pool		9-18mos Self Directed 11:00 - 11:45am		18 - 36mos Lesson 11:15 - 11:45			
Swim Lessons	Lap & Leisure Pool	12:00 - 1:30pm 4:45 - 8:25pm	4:45 - 7:35pm	12:00 - 1:30pm 4:45 - 7:35pm	11:15 - 11:45am 4:45 - 7:35pm	12:00 - 1:30pm	9:15 - 12:05pm	
Adult Swim Lessons (Drop In)	Lap Pool				11:15 - 11:45am			
Aquatic Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic Leadership Program (\$)	Lap & Leisure Pool & Gym					TBD (Pools) TBD (Gym)		
Health	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardiovascular Rehab	Studio				9:00 - 4:00pm			
Seniors CARE Program	Studio	1:00 - 4:00pm Jan. 16 - April 6			1:00 - 4:00pm Jan. 16 - April 6			



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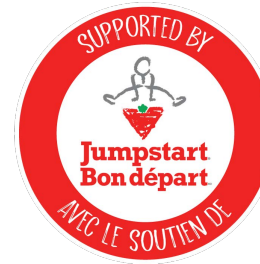
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Notes:

Youth under 10 years require active adult supervision.
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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 