Health, Fitness, & Aquatics



January 1 - March 17 2024 Winter Schedule

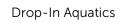
MONDAY									
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio			
6:00am									
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am						
7:00am	0.13 7.13411	0.13 7.13411	0.13 7.13411	Open Gym					
7:30am	Lane and Fitness			6:00-9:00am					
8:00am	Swim	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am						
8:30am	7:30-9:00am	7.30-9.00am	7.50-9.00am						
9:00am	Aquafit								
9:30am	9:15-10:00am		1	Cardio/Strength/Core					
10:00am			Spa Open	9:15-10:00am	Stay and Play				
10:30am	Lane Swim	Open Swim	9:15-11:45am	On The Move	9:00-11:30am	Yoga Core Fusion			
11:00am	10:05-11:45am	10:05-11:45am		10:15-11:00am		10:30-11:30am			
11:30am				Gentlefit					
12:00pm	School Swin	n Lessons		11:15-12:15pm					
12:30pm	12:00-1:			Group Power					
1:00pm				12:30-1:30pm					
1:30pm									
2:00pm				Pickleball					
2:30pm				1:45-3:15pm					
3:00pm	Adult Rec Sv 3:00-4:0		Spa Open 3:00-4:00pm			Senior Care			
3:30pm		•	5.00-4.00pm	Youth Basketball (13+)		1:00-5:15pm			
4:00pm	Private Swin 4:05-4:3			3:30-4:30pm					
4:30pm									
5:00pm	. Swim Le			Floor Hockey (6-12 years)					
5:30pm	4:45-7:0			4:45-5:45pm					
6:00pm				Y Kids (5-12 yrs)					
6:30pm				6:00-7:00pm		Cycle			
7:00pm						6:30-7:15pm			
7:30pm	Lifesaving 7:00-8:3			Basketball (18+)		Quick Fit 30 min 7:30-8:00pm			
8:00pm				7:15-9:00pm					
8:30pm									
9:00pm									

Drop-In Fitness

Child and Youth

**Registered Programs** 

Self-Directed



Health, Fitness, & Aquatics

Shine On

January 1 - March 17 2024 Winter Schedule

	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am			<u> </u>
7:00am	0.15-7.15811	0.13-7.13am	0.10 7.100111			Cycle
7:30am				Open Gym 6:00-9:15am		7:00-7:45an
8:00am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am		0.00 9.130		
8:30am	7.50 5.000	7.50 9.000m				
9:00am	Aquafit		Spa Open 7:30-11:00am			
9:30am	9:15-10:00am		7.50 II.000	Step		Drums Alive
10:00am				9:30-10:15am	Stay and Play	9:45-10:30ar
10:30am	Lane Swim	Family Swim			9:00-11:30am	
11:00am	10:05-11:45am	10:05-11:45am		Yoga		Laughter Yog
11:30am				10:45-11:45am		(6wk workshop 11:00-12:00p
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open 11:50-1:30pm			
12:30pm	Aquafit		11.00 1.000			
1:00pm	12:45-1:30pm					
1:30pm						
2:00pm				Pickleball 1:30-2:45pm		
2:30pm				p		
3:00pm	Adult Rec Swir	n (18+)	Spa Open	Youth Basketball		
3:30pm	3:00-4:00	pm	3:00-4:00pm	(13+)		
4:00pm	Private Swim L 4:05-4:35			3:00-4:20pm		
4:30pm						
5:00pm				Y Kids (5-12 years)		
5:30pm	Swim Less	ons		4:30-6:15pm		
6:00pm	4:45-7:35					Spin
6:30pm				Group Power	Stay and Play	6:00-6:45pr
7:00pm				6:30-7:30pm	(3-5 years) 6:15-7:45pm	Cardio Kick Exp 7:00-7:30pm
7:30pm	Lane Swim	Open Swim	Spa Open			
8:00pm	7:45-8:30pm	7:45-8:30pm	7:45-8:30pm	Open Gym		
8:30pm				7:45-9:00pm		
9:00pm						

**Drop-In Aquatics** 

Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



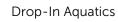
			WEDNESDAY	7		
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am			
7:00am	0.10 7.104111	0.10 7.100111	0.10 / 100/11	Open Gym		
7:30am				6:00-9:00am		
8:00am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:30am			7.00 2.000 diff.			
9:00am	Aquafit					
9:30am	9:15-10:00am			Cardio/Strength/Core		
10:00am		Open Swim	Spa Open	9:15-10:00am	Stay and Play 9:00-11:30am	
10:30am	Lane Swim	10:05-11:00am	9:15-11:45am	Parent and Tot Gym		Yoga
11:00am	10:05-11:45am	Family Swim		10:30-11:30am		10:30-11:30am
11:30am		11:00-11:45am				On The Move
12:00pm						11:45-12:30pm
12:30pm	School Swim			Open Gym 11:45-1:30pm		Zumba
1:00pm	12:00-1:30pm			. 11.40 1.30pm		12:45-1:30pm
1:30pm						
2:00pm				Pickleball		
2:30pm				1:30-2:45pm		
3:00pm	Adult Rec Swi	m (18+)	Spa Open			
3:30pm	3:00-4:00	)pm	3:00-4:00pm	Youth Basketball		
4:00pm	Private Swim 4:05-4:35			(13+) 3:00-4:45pm		
4:30pm						
5:00pm				Basketball		
5:30pm	Swim Less			(6-9 years) 5:00-6:00pm		
6:00pm	4:45-7:35			Basketball		
6:30pm				(10-12 years) 6:00-7:00pm		Pilates 6:00-6:45pm
7:00pm						Bars and Plates
7:30pm	Lane Swim	Open Swim	Spa Open			7:00-7:45pm
8:00pm	7:45-8:30pm	7:45-8:30pm	7:45-8:30pm	Open Gym		
8:30pm				7:30-9:00pm		
9:00pm	1					

Drop-In Fitness

Child and Youth

**Registered** Programs

Self-Directed



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



			THURSDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Pickleball		
7:00am	0.15-7.15811	0.15-7.15811	0.13-7.13811	6:00-7:45am		
7:30am						
8:00am	Lane and Fitness Swim	Open Swim	Spa Open	Beginner		
8:30am	7:30-9:00am	7:30-9:00am	7:30-9:00am	Pickleball 8:00-9:00am		
9:00am	Aquafit					
9:30am	9:15-10:00am		Spa Open	Zumba		
10:00am	Lane Swim	Open Swim	9:15-11:00am	9:30-10:15am	Stay and Play	
10:30am	10:05-11:00am	10:05-11:00am		Yoga	9:00-11:30am	
11:00am	Adult Swim Lessons	Parent and Tot		10:30-11:30am		Cardiovascular Rehab
11:30am	11:15-11:45am	11:15-11:45am		Building Boomers		9:00-4:00pm
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open	11:45-12:30pm		
12:30pm	Aquafit		11:50-1:30pm	Chair Voga		
1:00pm	12:45-1:30pm			Chair Yoga 12:45-1:45pm		
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swir		Spa Open	Youth Basketball		Senior Care 1:00-5:15pm
3:30pm	3:00-4:00	·	3:00-4:00pm	(13+)		1.00-5.15pm
4:00pm	Private Swim L 4:05-4:35			3:00-4:15pm		
4:30pm						
5:00pm				Y Kids (5-12 years)		
5:30pm	Curing Loop			4:30-6:15pm		
6:00pm	Swim Less 4:45-7:35					
6:30pm				Group Power	Stay and Play (3-5 years)	Quick Spin 6:30-7:00pm
7:00pm				6:30-7:30pm	6:15-7:45pm	HIIT 7:10-7:30pm
7:30pm	Open Sw		Spa Open			
8:00pm	7:45-8:30	om	7:45-8:30pm	Open Gym		
8:30pm				7:45-9:00pm		
9:00pm						
D	prop-In Fitness	Child and You	ith Reg	gistered Programs	Self-D	Directed

**Drop-In Aquatics** 

Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



			FRIDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym		
7:00am	0.10 7.10011	0.13 7.13011	0.13 7.13411	6:00-8:00am		
7:30am						
8:00am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am			N/
8:30am	7.00 5.00am	7.00 9.000	7.00 9.000	Pickleball		Yoga 8:15-9:15am
9:00am	Aquafit			8:00-10:00am		
9:30am	9:15-10:00am					Cardio Strength
10:00am			Spa Open	On The Move	Stay and Play	9:30-10:15am
10:30am	Lane Swim 10:05-11:45am	Open Swim	9:15-11:45am	10:15-11:00am Gentlefit	9:00-11:30am	Pilates
11:00am		10:05-11:45am				10:30-11:30am
11:30am				11:15-12:15pm		Zumba
12:00pm	School Swim L	essons				11:45-12:30pm
12:30pm	12:00-1:30pm					
1:00pm		·				
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swin	n (18+)	Spa Open			
3:30pm	3:00-4:00	om	3:00-4:00pm	Youth Basketball		
4:00pm	Private Swim L 4:05-4:35p			(13+) 3:00-5:00pm		
4:30pm						
5:00pm	Open Swi	m	Spa Open		Youth Leaders	
5:30pm	4:30-6:30p		4:30-6:30pm		(12-15 years) 5:00-6:00pm	
6:00pm				Open Gym		
6:30pm	Youth Swi			5:00-8:00pm		
7:00pm	6:30-7:30p	om				
7:30pm						
8:00pm						

**Drop-In Fitness** 

Child and Youth

**Registered Programs** 



Health, Fitness, & Aquatics

January 1 - March 17 2024 Winter Schedule



SATURDAY									
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio			
7:00am	Lane Swim	Open Swim							
7:30am	7:00-8:00am	7:00-8:00am	Spa Open	Open Gym					
8:00am	Aquafit		7:00-9:00am	7:00-8:45am					
8:30am	8:15-9:00am								
9:00am						Cycle			
9:30am	[					9:00-9:45am			
10:00am	Swim Lessons/ Advance	ced Leadership		Y Kids (5-12 years)		Yoga			
10:30am	9:15-12:05	pm		9:00-12:00pm		10:00-11:00am			
11:00am									
11:30am									
12:00pm	Lane Swim	Family Swim							
12:30pm	12:10-12:55pm	12:10-1:00pm	Sna Onon						
1:00pm	Open Swi		Spa Open 12:10-2:30pm						
1:30pm	Open Swi 1:00-2:30		12.10 2.30pm						
2:00pm	1.00-2.30			Open Gym 1:00-3:00pm					
2:30pm				1.00 5.00pm					
3:00pm									

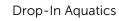
SUNDAY									
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio			
8:00am	Lane Swim	Open Swim							
8:30am	8:00-9:00am	8:00-9:00am		Pickleball					
9:00am				8:00-10:00am					
9:30am						Power Yoga			
10:00am			Spa Open			9:30-10:30am			
10:30am						Zumba			
11:00am		Open Swim 9:05-1:25pm				10:45-11:30am			
11:30am	5.05 1.25	5111	8:00-2:30pm	Open Gym 10:00-3:00pm					
12:00pm	1								
12:30pm	1								
1:00pm	1								
1:30pm	Adult Rec/ Fitne	ess Swim							
2:00pm	1:30-2:30	om							
2:30pm									
3:00pm									

Drop-In Fitness

Child and Youth

**Registered Programs** 





**Health, Fitness, & Aquatics** January 1 - March 17 2024 Winter Schedule





Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise: On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



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

YMCA Silver Club is generously funded by:



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.

