

# Wasaga Beach YMCA

Health, Fitness, & Aquatics

January 1 - March 17

2024 Winter Schedule



MONDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-9:00am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:45am			
9:30am				Cardio/Strength/Core 9:15-10:00am	Stay and Play 9:00-11:30am	
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:45am		On The Move 10:15-11:00am		Yoga Core Fusion 10:30-11:30am
10:30am						
11:00am				Gentlefit 11:15-12:15pm		
11:30am						
12:00pm	School Swim Lessons 12:00-1:30pm					
12:30pm				Group Power 12:30-1:30pm		
1:00pm						
1:30pm						Senior Care 1:00-5:15pm
2:00pm						
2:30pm				Pickleball 1:45-3:15pm		
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm			
3:30pm				Youth Basketball (13+) 3:30-4:30pm		
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm						
5:00pm	Swim Lessons 4:45-7:00pm			Floor Hockey (6-12 years) 4:45-5:45pm		
5:30pm						
6:00pm				Y Kids (5-12 yrs) 6:00-7:00pm		
6:30pm	Lifesaving Sport 7:00-8:30pm					Cycle 6:30-7:15pm
7:00pm						
7:30pm				Basketball (18+) 7:15-9:00pm		Quick Fit 30 min 7:30-8:00pm
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness
  Child and Youth
  Registered Programs
  Self-Directed
  Drop-In Aquatics

For more information, please contact your Membership Services Desk

# Wasaga Beach YMCA

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TUESDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-9:15am		
6:30am						
7:00am						Cycle 7:00-7:45am
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-11:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am					
9:30am				Step 9:30-10:15am	Stay and Play 9:00-11:30am	Drums Alive 9:45-10:30am
10:00am	Lane Swim 10:05-11:45am	Family Swim 10:05-11:45am				
10:30am						
11:00am				Yoga 10:45-11:45am	Laughter Yoga (6wk workshop \$) 11:00-12:00pm	
11:30am			Spa Open 11:50-1:30pm			
12:00pm	Aquatherapy 11:50-12:35pm					
12:30pm	Aquafit 12:45-1:30pm					
1:00pm						
1:30pm				Pickleball 1:30-2:45pm		
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Youth Basketball (13+) 3:00-4:20pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm			Y Kids (5-12 years) 4:30-6:15pm		
5:00pm						
5:30pm						
6:00pm					Stay and Play (3-5 years) 6:15-7:45pm	Spin 6:00-6:45pm
6:30pm				Group Power 6:30-7:30pm		
7:00pm						
7:30pm	Lane Swim 7:45-8:30pm	Open Swim 7:45-8:30pm	Spa Open 7:45-8:30pm	Open Gym 7:45-9:00pm		
8:00pm						
8:30pm						
9:00pm						

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WEDNESDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-9:00am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:45am			
9:30am				Cardio/Strength/Core 9:15-10:00am	Stay and Play 9:00-11:30am	
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:00am		Parent and Tot Gym 10:30-11:30am		Yoga 10:30-11:30am
10:30am		Family Swim 11:00-11:45am				
11:00am						
11:30am						
12:00pm	School Swim Lessons 12:00-1:30pm				Open Gym 11:45-1:30pm	
12:30pm						
1:00pm						
1:30pm				Pickleball 1:30-2:45pm		
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Youth Basketball (13+) 3:00-4:45pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm			Basketball (6-9 years) 5:00-6:00pm		
5:00pm						
5:30pm						
6:00pm				Basketball (10-12 years) 6:00-7:00pm		Pilates 6:00-6:45pm
6:30pm						
7:00pm						
7:30pm	Lane Swim 7:45-8:30pm	Open Swim 7:45-8:30pm	Spa Open 7:45-8:30pm	Open Gym 7:30-9:00pm		
8:00pm						
8:30pm						
9:00pm						

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THURSDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Pickleball 6:00-7:45am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am	Beginner Pickleball 8:00-9:00am		
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:00am			Cardiovascular Rehab 9:00-4:00pm
9:30am				Zumba 9:30-10:15am	Stay and Play 9:00-11:30am	
10:00am	Lane Swim 10:05-11:00am	Open Swim 10:05-11:00am		Yoga 10:30-11:30am		
10:30am						
11:00am	Adult Swim Lessons 11:15-11:45am	Parent and Tot 11:15-11:45am		Building Boomers 11:45-12:30pm		
11:30am			Spa Open 11:50-1:30pm			
12:00pm	Aquatherapy 11:50-12:35pm			Chair Yoga 12:45-1:45pm		
12:30pm	Aquafit 12:45-1:30pm					
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Youth Basketball (13+) 3:00-4:15pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm			Y Kids (5-12 years) 4:30-6:15pm		
5:00pm						
5:30pm						
6:00pm				Stay and Play (3-5 years) 6:15-7:45pm		
6:30pm					Quick Spin 6:30-7:00pm	
7:00pm					HIIT 7:10-7:30pm	
7:30pm	Open Swim 7:45-8:30pm		Spa Open 7:45-8:30pm	Open Gym 7:45-9:00pm		
8:00pm						
8:30pm						
9:00pm						



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



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FRIDAY							
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio	
6:00am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-8:00am			
6:30am							
7:00am							
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am				
8:00am					Yoga 8:15-9:15am		
8:30am							
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:45am	Pickleball 8:00-10:00am			
9:30am							
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:45am			On The Move 10:15-11:00am	Stay and Play 9:00-11:30am	Cardio Strength 9:30-10:15am
10:30am							Pilates 10:30-11:30am
11:00am							
11:30am						Gentlefit 11:15-12:15pm	
12:00pm	School Swim Lessons 12:00-1:30pm						
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Youth Basketball (13+) 3:00-5:00pm			
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Open Swim 4:30-6:30pm		Spa Open 4:30-6:30pm				
5:00pm				Youth Leaders (12-15 years) 5:00-6:00pm			
5:30pm							
6:00pm	Youth Swim 6:30-7:30pm			Open Gym 5:00-8:00pm			
6:30pm							
7:00pm							
7:30pm							
8:00pm							



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

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

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UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



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.

