

Wasaga Beach YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring 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				Stay and Play 9:00-12:00pm	
9:30am			Cardio/Strength/Core 9:15-10:00am			
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:45am	Spa Open 9:15-11:45am	On The Move 10:15-11:00am		
10:30am						
11:00am						
11:30am				Gentlefit 11:15-12:15pm		
12:00pm	School Swim Lessons 12:00-1:30pm					
12:30pm				Pickleball 12:30-2:30pm		Senior Care 1:00-5:15pm
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+) 3:00-4:45pm		
3:30pm	Private Swim Lessons 4:05-4:35pm					
4:00pm						
4:30pm				Floor Hockey (6-12 years) 5:00-6:00pm	YKids (3-5 years) 4:30-6:00pm	
5:00pm	Swim Lessons 4:45-7:00pm					
5:30pm						
6:00pm				YKids (6-12 years) 6:15-7:00pm		Cycle 6:30-7:15pm
6:30pm						
7:00pm				Basketball (18+) 7:00-8:45pm		Quick Fit 30 min 7:30-8:00pm
7:30pm	Lifesaving Sport 7:00-8:30pm					
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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2024 Spring Schedule



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							
7:30am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-11:00am		Stay and Play 9:00-12:00pm	Cycle 7:00-7:45am	
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am						
9:30am				Step 9:30-10:15am			
10:00am	Lane Swim 10:05-11:45am	Family Swim 10:05-11:45am		Yoga 10:30-11:30am		Drums Alive 10:30-11:15am	
10:30am							
11:00am							
11:30am						Parent & Tot ABC's (6 mos - 5 yrs) 11:30-12:15pm	
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open 11:50-1:30pm	Open Gym 11:45-12:45			
12:30pm	Aquafit 12:45-1:30pm						
1:00pm							
1:30pm				Pickleball 1:00-2:45pm			
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				YKids (3-5 yrs) 4:30-5:30pm		
5:00pm				Youth Soccer (6-12 yrs) 5:00-6:00pm			
5:30pm						YKids (6-12 yrs) 5:30-7:00pm	
6:00pm							Cycle 6:00-6:30pm
6:30pm				Group Power 6:30-7:30pm			
7:00pm						TRX 6:45-7:15pm	
7:30pm	Lane Swim 7:45-8:30pm	Open Swim 7:45-8:30pm	Spa Open 7:45-8:30pm	Open Gym 7:45-8:45pm			
8:00pm							
8:30pm							
9:00pm							



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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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				Stay and Play 9:00-12:00pm	
9:30am						
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:00am	Spa Open 9:15-11:45am	Cardio/Strength/Core 9:15-10:00am		
10:30am		Family Swim 11:00-11:45am		Parent and Tot Gym 10:30-12:00pm		
11:00am			On The Move 11:30-12:15pm			
11:30am	School Swim Lessons 12:00-1:30pm					
12:00pm						
12:30pm						
1:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Pickleball 1:30-2:45pm		
1:30pm						
2:00pm				Private Swim Lessons 4:05-4:35pm		
2:30pm						
3:00pm	Swim Lessons 4:45-7:35pm					
3:30pm						
4:00pm						
4:30pm				Strength & Core 6:30-7:00pm		
5:00pm						
5:30pm	Lane Swim 7:45-8:30pm	Open Swim 7:45-8:30pm	Spa Open 7:45-8:30pm	Open Gym 7:30-8:45pm		Youth Strength & Sport (10-13 yrs) 7:00-8:00pm
6:00pm						
6:30pm						
7:00pm						
7:30pm						
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	Open Gym 6:00-7:30am			
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	Pickleball 7:45-9:15am			
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:00am		Stay and Play 9:00-12:00pm	Cardiovascular Rehab 9:00-4:00pm	
9:30am							
10:00am	Lane Swim 10:05-11:00am	Open Swim 10:05-11:00am					
10:30am				Yoga 10:30-11:30am			
11:00am	Adult Swim Lessons 11:15-11:45am	Parent and Tot 11:15-11:45am		Building Boomers 11:45-12:30pm			
11:30am							
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open 11:50-1:30pm				
12:30pm	Aquafit 12:45-1:30pm				Chair Yoga 12:45-1:45pm		
1:00pm							
1:30pm						Senior Care 1:00-5:15pm	
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	Private Swim Lessons 4:05-4:35pm						
4:00pm							
4:30pm				Y Kids (6-12 years) 5:00-6:00pm			
5:00pm							
5:30pm							
6:00pm	Swim Lessons 4:45-7:35pm				Nature Art Spark (6-12 years) 6:15-7:15pm		
6:30pm				Group Power 6:30-7:30pm			
7:00pm							Group Cycle 6:30-7:00pm
7:30pm	Open Swim 7:45-8:30pm		Spa Open 7:45-8:30pm	Youth Volleyball (13+) 7:45-8:45pm		HIIT 7:10-7:30pm	
8:00pm							
8:30pm							
9:00pm							

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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						
8:30am						
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-11:45am	Cardio Strength 9:15-10:00am	Stay and Play 9:00-12:00pm	Yoga 9:00-10:00am
9:30am				On The Move 10:15-11:00am		Pilates 10:15-11:00am
10:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:45am		Gentlefit 11:15-12:15pm		Q&A with Laura Jane about Pilates (not a class) 11:00-11:40am
10:30am				Zumba 11:45-12:30pm		
11:00am						
11:30am	School Swim Lessons 12:00-1:30pm			Pickleball 12:30-2:30pm		
12:00pm						
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	Private Swim Lessons 4:05-4:35pm					
4:00pm						
4:30pm	Open Swim 4:30-6:30pm		Spa Open 4:30-6:30pm	Open Gym 5:00-7:45pm		
5:00pm						
5:30pm						
6:00pm	Youth Swim 6:30-7:30pm					
6:30pm						
7:00pm						
7:30pm						
8:00pm						

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Wasaga Beach YMCA

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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 (6-12 years) 9:00-12:00pm	Y Kids (3-5 years) 9:00-12:00pm	Cycle 9:00-9:45am	
9:30am							
10:00am							Yoga 10:00-11:00am
10:30am							
11:00am							
11:30am							
12:00pm	Lane Swim	Family Swim	Spa Open 12:10-2:30pm	Open Gym 1:00-2:45pm			
12:30pm	12:10-12:55pm	12:10-1:00pm					
1:00pm	Open Swim 1:00-2:30pm						
1:30pm							
2:00pm							
2:30pm							
3:00pm							

SUNDAY

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

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Contact Information & Hours

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

Friday: 6:00am-8:00pm

Saturday: 7:00am-3:00pm

Sunday: 8:00am-3:00pm

1724 Mosley Street

Wasaga Beach, ON, L9Z 1Z7

wasagabeach@sm.ymca.ca

(705) 429-9622

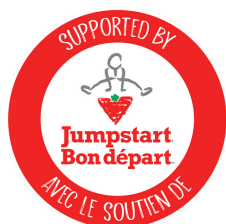


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



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

Rotary
Club of Wasaga Beach



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.