Health, Fitness, & Aquatics March 18 - June 30 2024 Spring Schedule



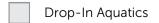
MONDAY									
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio			
6:00am									
6:30am	Masters Lane Swim 6:15-7:15am	Open Swim 6:15-7:15am	Spa Open 6:15-7:15am						
7:00am	0.15-7.15dff1	0.15-7.15dff1	0.15-7.15am	Open Gym					
7:30am	Lane and Fitness			6:00-9:00am					
8:00am	Swim	Open Swim	Spa Open 7:30-9:00am						
8:30am	7:30-9:00am	7:30-9:00am	7:30-9:00am						
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	9:00-12:00pm	Yoga Core Fusio			
11:00am	10:05-11:45am	10:05-11:45am		10:15-11:00am		10:15-11:15am			
11:30am				Gentlefit					
12:00pm	School Swin	- L		11:15-12:15pm					
12:30pm	12:00-1:								
1:00pm				Pickleball					
1:30pm				12:30-2:30pm					
2:00pm									
2:30pm									
3:00pm	Adult Rec Sv		Spa Open	Youth Basketball		Senior Care			
3:30pm	3:00-4:0	<u> </u>	3:00-4:00pm	(13+)		1:00-5:15pm			
4:00pm	Private Swin 4:05-4:			3:00-4:45pm					
4:30pm									
5:00pm				ricorriocitey	YKids (3-5 years)				
5:30pm	Swim Le 4:45-7:0			(6-12 years) 5:00-6:00pm	4:30-6:00pm				
6:00pm	1. 13 7.0	505111							
6:30pm				YKids (6-12 years) 6:15-7:00pm		Cycle 6:30-7:15pm			
7:00pm									
7:30pm		Lifesaving Sport 7:00-8:30pm		Basketball (18+)		Quick Fit 30 mir 7:30-8:00pm			
8:00pm				7:00-8:45pm					
8:30pm									
9:00pm									

Health, Fitness, & Aquatics

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			TUESDAY			
	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	0.15 7.154111	0.13 7.13411	0.13 7.134111			Cycle
7:30am				Open Gym 6:00-9:15am		7:00-7:45am
8:00am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am		0.00 J.10am		
8:30am	7.50 5.00am	7.30 3.000111				
9:00am	Aquafit		Spa Open 7:30-11:00am			
9:30am	9:15-10:00am		7.50 II.00am	Step		
10:00am				9:30-10:15am	Stay and Play	
10:30am	Lane Swim	Family Swim		Yoga	9:00-12:00pm	Drums Alive
11:00am	10:05-11:45am	10:05-11:45am		10:30-11:30am		10:30-11:15aı
11:30am						Parent & To
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open 11:50-1:30pm	Open Gym 11:45-12:45		ABC's (6 mos - 5 yr: 11:30-12:15pi
12:30pm	Aquafit					
1:00pm	12:45-1:30pm					
1:30pm				Pickleball		
2:00pm				1:00-2:45pm		
2:30pm						
3:00pm	Adult Rec Swir	m (18+)	Spa Open			
3:30pm	3:00-4:00	pm	3:00-4:00pm	Youth Basketball		
4:00pm	Private Swim L 4:05-4:35			(13+) 3:00-4:45pm		
4:30pm					YKids	
5:00pm				Youth Soccer	(3-5 yrs) 4:30-5:30pm	
5:30pm	Swim Less			(6-12 yrs) 5:00-6:00pm	YKids	
6:00pm	4:45-7:35	pm			(6-12 yrs)	Cycle
6:30pm				Group Power	5:30-7:00pm	6:00-6:30pr
7:00pm				6:30-7:30pm		TRX 6:45-7:15pm
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				7:45-8:45pm		
9:00pm						



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			WEDNECDAY	,		
			WEDNESDAY			
	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 7.104111	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 5.000	7.00 5.000	7.00 3.000			
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	
10:30am	Lane Swim	10:05-11:00am	9:15-11:45am	D 1 1 T 1 C	9:00-12:00pm	Yoga
11:00am	10:05-11:45am	Family Swim		Parent and Tot Gym 10:30-12:00pm		10:15-11:15am
11:30am		11:00-11:45am				On The Move
12:00pm	School Swim Lessons 12:00-1:30pm					11:30-12:15pm
12:30pm						Zumba
1:00pm		·				12:30-1:15pm
1:30pm						
2:00pm				Pickleball		
2:30pm				1:30-2:45pm		
3:00pm	Adult Rec Swi		Spa Open			
3:30pm	3:00-4:00		3:00-4:00pm	Youth Basketball		
4:00pm	Private Swim I 4:05-4:35			(13+) 3:00-4:45pm		
4:30pm						
5:00pm				Basketball		
5:30pm	Swim Less	ons		(6-9 years) 5:00-6:00pm		
6:00pm	4:45-7:35			Basketball		
6:30pm				(10-12 years) 6:00-7:00pm		Strength & Core 6:30-7:00pm
7:00pm						Youth Strength &
7:30pm	Lane Swim	Open Swim	Spa Open			Sport (10-13 yrs)
8:00pm	7:45-8:30pm	7:45-8:30pm	7:45-8:30pm	Open Gym		7:00-8:00pm
8:30pm				7:30-8:45pm		
9:00pm						



Health, Fitness, & Aquatics March 18 - June 30

March 18 - June 30 2024 Spring 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	Open Gym 6:00-7:30am		
7:00am	0.13 7.134111	0.13 7.134111	0.13 7.134111	0.00 7.30411		
7:30am						
8:00am	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		
8:30am	7.30-3.00am	7.50-9.00aiii	7.30-9.00am	7.43-9.13aiii		
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	9:00-12:00pm	
11:00am	Adult Swim Lessons	Parent and Tot		10:30-11:30am		Cardiovascular Rehab
11:30am	11:15-11:45am	11:15-11:45am		Duilding Decrees		9:00-4:00pm
12:00pm	Aquatherapy 11:50-12:35pm		Spa Open	Building Boomers 11:45-12:30pm		
12:30pm	Aquafit		11:50-1:30pm	CL : V		
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			Senior Care
3:30pm	3:00-4:00	•	3:00-4:00pm	Youth Basketball (13+)		1:00-5:15pm
4:00pm	Private Swim L 4:05-4:35			3:00-4:45pm		
4:30pm						
5:00pm				Y Kids (6-12 years)		
5:30pm	Swim Less	ons		5:00-6:00pm		
6:00pm	4:45-7:35				N	
6:30pm	-			Group Power	Nature Art Spark (6-12 years) 6:15-7:15pm	
7:00pm				6:30-7:30pm	0.15 - 7.15pm	Group Cycle 6:30-7:00pm
7:30pm	Open Sw		Spa Open	Youth Volleyball		HIIT 7:10-7:30pm
8:00pm	7:45-8:30	μπ	7:45-8:30pm	(13+)		
8:30pm				7:45-8:45pm		
9:00pm						

Child and Youth



Drop-In Fitness

Registered Programs

Self-Directed

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	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	1 1	Open Gym 6:00-8:00am		
7:00am	0.13 7.134111	0.13 7.134111				
7:30am	Lanca and Filmon Coning	On an Cuina				
8:00am	Lane and Fitness Swim 7:30-9:00am	Open Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:30am	7.55 3.554111	7.00 3.00diii	7.00 3.000111			Yoga
9:00am	Aquafit			Cardio Strength		9:00-10:00am
9:30am	9:15-10:00am			9:15-10:00am		Pilates
10:00am			C O	On The Move	Classical Disc	10:15-11:00am
10:30am	Laura Conina	On an Conina	Spa Open 9:15-11:45am	10:15-11:00am	Stay and Play 9:00-12:00pm	Q&A with Laura Jane about Pilates
11:00am	Lane Swim 10:05-11:45am	Open Swim 10:05-11:45am	3.20 22 100	Gentlefit		about Pilates (not a class) 11:00-11:40am
11:30am				11:15-12:15pm		Zumba
12:00pm	School Swim Lessons 12:00-1:30pm					11:45-12:30pm
12:30pm						
1:00pm	12.00 2.00			Pickleball		
1:30pm				12:30-2:30pm		
2:00pm						
2:30pm						
3:00pm	Adult Rec Swin	n (18+)	Spa Open			
3:30pm	3:00-4:00p	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			
5:30pm	4:30-6:30p	om	4:30-6:30pm			
6:00pm				Open Gym		
6:30pm	Youth Swi	m		5:00-7:45pm		
7:00pm	6:30-7:30բ	om				
7:30pm						
8:00pm						



Health, Fitness, & Aquatics March 18 - June 30

Drop-In Aquatics



2024 Spr	ing Schedule				Ordine	: Un
			SATURDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Stı
7:00am	Lane Swim	Open Swim				
7:30am	7:00-8:00am	7:00-8:00am	Spa Open	Open Gym		
0.00200	A		7·00-0·00am	7.00-8.15am		

	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	Swim Lessons/ Advanced Leadership					9:00-9:45am
10:00am				Y Kids (6-12 years)	Y Kids (3-5 years)	Yoga
10:30am	9:15-12:05	pm		9:00-12:00pm	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	Cas Onen			
1:00pm			Spa Open 12:10-2:30pm			
1:30pm	Open Swi 1:00-2:30		12.10 2.30pm	On on C. 195		
2:00pm	1.00-2.30	OTT		Open Gym 1:00-2:45pm		
2:30pm				1.00-2.43pm		
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	Open Swim 9:05-1:25pm			8:00-10:00am		
9:30am			Spa Open 8:00-2:30pm			Power Yoga
10:00am						9:30-10:30am
10:30am						Zumba
11:00am						10:45-11:30am
11:30am	7.03 1.23	1110	σ.σσ-2.3σμπ	Open Gym 10:00-2:45pm		
12:00pm						
12:30pm						
1:00pm				10.00-2.45pm		
1:30pm	Adult Rec/ Fitne	ss Swim				
2:00pm	1:30-2:30	om				
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





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



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.