Health, Fitness, & Aquatics



MONDAY								
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio		
6:00am								
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am					
7:00am	0.15-7.15am	0.13-7.13aiii	0.15-7.15am	Open Gym				
7:30am	Laura and Fitance			6:00-8:45am	Camp			
8:00am	Lane and Fitness Swim	Family Swim	Spa Open		7:00-8:30am			
8:30am	7:30-9:00am	7:30-9:00am	7:30-9:00am					
9:00am	Aquafit							
9:30am	9:15-10:00am			Cardio/Strength/Core				
10:00am			Spa Open	9:15-10:00am	Stay & 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	(Leisure Pool Only) 10:05-11:45am		10:15-11:00am		10:15-11:15am		
11:30am		10.03 11.134111						
12:00pm	Swim Le 12:00-12			Gentlefit 11:15-12:15pm				
12:30pm								
1:00pm	Camp S	Swim		Pickleball				
1:30pm	12:30-2:00pm			12:30-2:30pm				
2:00pm								
2:30pm								
3:00pm								
3:30pm	Adult Rec Sv	wim (18+)	Spa Open	Open Gym/Camp				
4:00pm	3:30-4:		3:30-4:30pm	2:30-4:45pm				
4:30pm	Private Swin	n Lessons			Camp			
5:00pm	4:30-5:			Floor Hockey Registered	4:00-6:00pm			
5:30pm				(6-12 years) 5:00-6:00pm				
6:00pm	Swim Le 5:35-7:							
6:30pm	5.55-7:8			YKids (6-12 years)	Parent & Tot	Group Cycle		
7:00pm				6:15-7:45pm	6:15-8:00pm	6:30-7:15pm		
7:30pm								
8:00pm	Open 9 7:55-8:3		Spa Open 7:55-8:30pm	Basketball (13+) 7:55-8:45pm				
8:30pm				, .03 0. 13piii				
9:00pm								

Health, Fitness, & Aquatics



			TUESDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am			
7:00am	0.13 7.134111	0.15 7.154111	0.13 7.134111	Open Gym		Cycle
7:30am				6:00-9:00am	Camp 7:00-8:30am	7:00-7:45am
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am		7.00 0.304111	
8:30am	7.30 3.000111	7.30 3.00dill	7.30 3.00diii			
9:00am	Aquafit					
9:30am	9:15-10:00am			Step		
10:00am	Lane Swim	Open Swim	Spa Open	9:30-10:15am	Stay and Play	
10:30am	10:05-10:55am	(Leisure Pool Only) 10:05-10:55am	9:15-11:45am	Yoga	9:00-12:00pm	Drums Alive
11:00am	Aquatherapy			10:30-11:30am		10:30-11:15am
11:30am	11:00-11:45am					
12:00pm				Vasalla Daal allaall		
12:30pm	Camp S			Youth Basketball (10-14yrs)		
1:00pm	12:00-2:0)0pm		12:00-2:00pm		
1:30pm						
2:00pm						
2:30pm						
3:00pm				Open Gym 2:00-4:30pm		
3:30pm	- Adult Rec Sw	vim (18+)	Spa Open	2.00 4.50pm		
4:00pm	3:30-4:3	0pm	3:30-4:30pm			
4:30pm	Private Swim				Camp	
5:00pm	4:30-5:3	0pm		Open Gym/Camp 4:30-6:15pm	4:00-6:00pm	
5:30pm						
6:00pm						Group Cycle
6:30pm	Swim Les			Group Power	YKids	6:00-6:30pm
7:00pm	5:35-7:5	<u></u>		6:30-7:30pm	(Arts & Crafts) 6:00-8:00pm	
7:30pm				00		
8:00pm	Open S 7:55-8:3		Spa Open 7:55-8:30pm	Open Gym 7:45-8:45pm		
8:30pm						
9:00pm						



Health, Fitness, & Aquatics



WEDNESDAY								
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio		
6:00am				Open Gym				
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	6:00-7:00am				
7:00am	0.10 7.100111	0.10 7.100111	0.10 7.100111		_			
7:30am	Lane and Fitness	o .		Pickleball	Camp 7:00-8:30am			
8:00am	Swim	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am	7:00-8:45am	7.00 0.00am			
8:30am	7:30-9:00am	7.30 3.00diii	7.50 5.00am					
9:00am	Aquafit							
9:30am	9:15-10:00am			Cardio/Strength/Core				
10:00am			Spa Open	9:15-10:00am	Stay and Play			
10:30am	Lane Swim	Open Swim	9:15-11:45am		9:00-12:00pm	Yoga		
11:00am	10:05-11:45am	(Leisure Pool Only) 10:05-11:45am		Family Open Gym		10:15-11:15am		
11:30am				10:30-12:00pm		On The Move		
12:00pm						11:30-12:15pm		
12:30pm	Camp S	Swim		Youth Basketball		Zumba		
1:00pm	12:00-2:			(10-14yrs) 12:00-2:00pm		12:30-1:15pm		
1:30pm								
2:00pm								
2:30pm								
3:00pm				Open Gym/Camp				
3:30pm	Adult Rec Sv	wim (18+)	Spa Open	2:15-4:45pm				
4:00pm	3:30-4:3	30pm	3:30-4:30pm					
4:30pm	Private Swin				Camp			
5:00pm	4:30-5:	30pm			4:00-6:00pm			
5:30pm								
6:00pm				YKids				
6:30pm	Swim Le 5:35-7:5			(6-12yrs) 5:00-7:45pm	Parent & Tot	Cardio & Strength		
7:00pm					6:15-8:00pm	6:30-7:15pm		
7:30pm								
8:00pm	Open S 7:55-8:3		Spa Open 7:55-8:30pm	Basketball 13+yrs				
8:30pm				8:00-8:45pm				
9:00pm								



Health, Fitness, & Aquatics

Drop-In Fitness

Drop-In Aquatics

July 2 - September 2 2024 Summer Schedule



			THURSDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am			
7:00am	0.15-7.13aiii	0.15-7.158111	0.15-7.158111	Open Gym		
7:30am				6:00-9:00am	Camp 7:00-8:30am	
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am		7:00-8:30am	
8:30am	7.30-9.00am	7.30-9.00am	7.50-9.00am			
9:00am	Aquafit					
9:30am	9:15-10:00am			Zumba		
10:00am	Lane Swim	Open Swim	Spa Open	9:30-10:15am	Stay and Play	
10:30am	10:05-10:55am	(Leisure Pool Only) 10:05-10:55am	9:15-11:45am	Yoga	9:00-12:00pm	
11:00am	Aquatherapy			10:30-11:30am		
11:30am	11:00-11:45am					
12:00pm	Adult Swim Lesson 12:00-12:30pm (no class July 18 and July 25)			Chair Yoga 11:45-12:30pm		Cardiovascula Rehab 9:00-4:00pm
12:30pm	Carrer St	:				
1:00pm	Camp Sv 12:30-2:0					
1:30pm		, o js		Varida Daaladhall		
2:00pm				Youth Basketball (10-14yrs)		
2:30pm				1:00-3:30pm		
3:00pm						
3:30pm	Adult Rec Sw		Spa Open			
4:00pm	3:30-4:3		3:30-4:30pm	-		
4:30pm	Private Swim			Open Gym/Camp	Camp	
5:00pm	4:30-5:3	opm		3:30-6:15pm	4:00-6:00pm	
5:30pm				_		
6:00pm						
6:30pm	Swim Les 5:35-7:5			Group Power	YKids (Arta & Cuafta)	Group Cycle 6:30-7:00pm
7:00pm				6:30-7:30pm	(Arts & Crafts) 6:00-8:00pm	HIIT 7:10-7:30pm
7:30pm						
8:00pm	Open S 7:55-8:3		Spa Open 7:55-8:30pm	Youth Volleyball 7:45-8:45pm		
8:30pm						
9:00pm						
	ron In Fitness	Child and Vou		gistored Drograms		Viractad

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics



			FRIDAY			
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am			
7:00am	0.13 7.134111	0.13 7.134111	0.13 7.13am	Open Gym 6:00-8:45am		
7:30am	Lane and Fitness	Family Codes	S O		Camp 7:00-8:30am	
8:00am	Swim	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am		7.00 0.000	
8:30am	7:30-9:00am	7.00 3.000	7.00 3.000			
9:00am	Aquafit			Cardio Strength		Yoga
9:30am	9:15-10:00am			9:15-10:00am		9:00-10:00am
10:00am		Open Swim	Spa Open	On The Move	Stay and Play	Pilates
10:30am	Lane Swim	(Leisure Pool Only)	9:15-11:45am	10:15-11:00am	9:00-12:00pm	10:15-11:00am
11:00am	10:05-11:45am	10:05-11:45am		Gentlefit		
11:30am				11:15-12:15pm		Zumba
12:00pm						11:45-12:30pm
12:30pm	Camp	Cuim				
1:00pm	Camp Swim 12:00-2:00pm			Pickleball		
1:30pm		· ·		12:30-2:15pm		
2:00pm						
2:30pm						
3:00pm				Family Open Gym 2:30-4:00pm		
3:30pm	Adult Rec S	iwim (18+)		2.30 4.00pm		
4:00pm	3:30-4	:30pm				
4:30pm			Spa Open	Open Gym/Camp 4:00-5:30pm	Camp	
5:00pm	Rotary Op	en Swim	3:30-6:30pm	4.00 3.30pm	4:00-6:00pm	
5:30pm	4:30-6:30pm					
6:00pm				Youth Basketball		
6:30pm	Youth Op	en Swim		(13+yrs)		
7:00pm	6:30-7			5:30-7:45pm		
7:30pm						
8:00pm						



Health, Fitness, & Aquatics



SATURDAY								
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio		
7:00am	Lane Swim	Family Swim						
7:30am	7:00-8:00am	7:00-8:00am		Open Gym				
8:00am	Aquafit		Spa Open	7:00-8:45am				
8:30am	8:15-9:00am		7:00-9:50am					
9:00am	Adult Rec Swir	n (18+)				Group Cycle		
9:30am	9:15-9:50am			V I/:-I-	Y Kids	9:00-9:45am		
10:00am				Y Kids (6-12 years) 9:00-12:00pm	(3-5 years) 9:00-12:00pm	Yoga		
10:30am	Swim Less					10:00-11:00am		
11:00am	10:00-12:1	ōpm						
11:30am								
12:00pm	Lane Swim	Family Swim						
12:30pm	12:20-12:55pm	12:20-12:55pm	Spa Open					
1:00pm	Open Sw	im	12:10-2:30pm	Open Gym				
1:30pm	Open Swim 1:00-2:30pm		12.10 2.30pm	12:30-2:45pm				
2:00pm				12.30 2.43pm				
2:30pm								
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 8:00-2:30pm	Open Gym 10:00-1:00pm		9:30-10:30am
10:30am						Zumba
11:00am	Open Swi 9:05-1:25					10:45-11:30am
11:30am	9.05-1.25	om				
12:00pm						
12:30pm						
1:00pm				5		
1:30pm	Adult Rec Swir	n (18+)		Basketball		
2:00pm	1:30-2:30	om		(13+yrs) 1:00-2:45pm		
2:30pm				1.00 L.40pm		
3:00pm						



Health, Fitness, & AquaticsJuly 2 - September 2
2024 Summer Schedule



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.