

# Wasaga Beach YMCA

Health, Fitness, & Aquatics

July 2 - September 2

2024 Summer Schedule



MONDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-8:45am	Camp 7:00-8:30am	
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	AquaFit 9:15-10:00am			Cardio/Strength/Core 9:15-10:00am	Stay & Play 9:00-12:00pm	
9:30am						
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Spa Open 9:15-11:45am	On The Move 10:15-11:00am		
10:30am						
11:00am						
11:30am						
12:00pm	Swim Lessons 12:00-12:30pm			Gentlefit 11:15-12:15pm		
12:30pm	Camp Swim 12:30-2:00pm			Pickleball 12:30-2:30pm		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm	Adult Rec Swim (18+) 3:30-4:30pm		Spa Open 3:30-4:30pm	Open Gym/Camp 2:30-4:45pm		
4:00pm						
4:30pm	Private Swim Lessons 4:30-5:30pm			Floor Hockey Registered (6-12 years) 5:00-6:00pm	Camp 4:00-6:00pm	
5:00pm						
5:30pm						
6:00pm	Swim Lessons 5:35-7:50pm			YKids (6-12 years) 6:15-7:45pm	Parent & Tot 6:15-8:00pm	
6:30pm						
7:00pm						
7:30pm						
8:00pm	Open Swim 7:55-8:30pm		Spa Open 7:55-8:30pm	Basketball (13+) 7:55-8:45pm		
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

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TUESDAY						
	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-9:00am	Camp 7:00-8:30am	Cycle 7:00-7:45am
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am	Open Swim (Leisure Pool Only) 10:05-10:55am	Spa Open 9:15-11:45am	Step 9:30-10:15am	Stay and Play 9:00-12:00pm	
9:30am						
10:00am						
10:30am	Lane Swim 10:05-10:55am			Yoga 10:30-11:30am		Drums Alive 10:30-11:15am
11:00am	Aquatherapy 11:00-11:45am					
11:30am						
12:00pm	Camp Swim 12:00-2:00pm			Youth Basketball (10-14yrs) 12:00-2:00pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm				Open Gym 2:00-4:30pm		
3:30pm	Adult Rec Swim (18+) 3:30-4:30pm		Spa Open 3:30-4:30pm			
4:00pm						
4:30pm	Private Swim Lessons 4:30-5:30pm			Open Gym/Camp 4:30-6:15pm	Camp 4:00-6:00pm	
5:00pm						
5:30pm						
6:00pm	Swim Lessons 5:35-7:50pm			Group Power 6:30-7:30pm	YKids (Arts & Crafts) 6:00-8:00pm	Group Cycle 6:00-6:30pm
6:30pm						
7:00pm						
7:30pm				Open Gym 7:45-8:45pm		
8:00pm	Open Swim 7:55-8:30pm		Spa Open 7:55-8:30pm			
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	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-7:00am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am	Pickleball 7:00-8:45am	Camp 7:00-8:30am	
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am					
9:30am						
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Spa Open 9:15-11:45am	Cardio/Strength/Core 9:15-10:00am	Stay and Play 9:00-12:00pm	Yoga 10:15-11:15am
10:30am						
11:00am						
11:30am	Camp Swim 12:00-2:00pm			Family Open Gym 10:30-12:00pm		On The Move 11:30-12:15pm
12:00pm						
12:30pm						
1:00pm				Youth Basketball (10-14yrs) 12:00-2:00pm		Zumba 12:30-1:15pm
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Adult Rec Swim (18+) 3:30-4:30pm		Spa Open 3:30-4:30pm	Open Gym/Camp 2:15-4:45pm		
4:30pm						
5:00pm	Private Swim Lessons 4:30-5:30pm			YKids (6-12yrs) 5:00-7:45pm	Camp 4:00-6:00pm	
5:30pm						
6:00pm						
6:30pm	Swim Lessons 5:35-7:50pm				Parent & Tot 6:15-8:00pm	Cardio & Strength 6:30-7:15pm
7:00pm						
7:30pm						
8:00pm	Open Swim 7:55-8:30pm		Spa Open 7:55-8:30pm	Basketball 13+yrs 8:00-8:45pm		
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	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-9:00am	Camp 7:00-8:30am	
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am	Open Swim (Leisure Pool Only) 10:05-10:55am	Spa Open 9:15-11:45am	Zumba 9:30-10:15am	Stay and Play 9:00-12:00pm	Cardiovascular Rehab 9:00-4:00pm
9:30am						
10:00am	Lane Swim 10:05-10:55am					
10:30am				Yoga 10:30-11:30am		
11:00am	Aquatherapy 11:00-11:45am			Chair Yoga 11:45-12:30pm		
11:30am						
12:00pm	Adult Swim Lesson 12:00-12:30pm (no class July 18 and July 25)					
12:30pm	Camp Swim 12:30-2:00pm					
1:00pm						
1:30pm				Youth Basketball (10-14yrs) 1:00-3:30pm		
2:00pm						
2:30pm						
3:00pm						
3:30pm	Adult Rec Swim (18+) 3:30-4:30pm		Spa Open 3:30-4:30pm			
4:00pm						
4:30pm	Private Swim Lessons 4:30-5:30pm			Open Gym/Camp 3:30-6:15pm	Camp 4:00-6:00pm	
5:00pm						
5:30pm						
6:00pm						
6:30pm	Swim Lessons 5:35-7:50pm			Group Power 6:30-7:30pm	YKids (Arts & Crafts) 6:00-8:00pm	Group Cycle 6:30-7:00pm
7:00pm						
7:30pm						
8:00pm	Open Swim 7:55-8:30pm		Spa Open 7:55-8:30pm	Youth Volleyball 7:45-8:45pm		
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	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-8:45am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Spa Open 7:30-9:00am		Camp 7:00-8:30am	
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 (Leisure Pool Only) 10:05-11:45am				Gentlefit 11:15-12:15pm
10:30am						
11:00am						
11:30am						
12:00pm	Camp Swim 12:00-2:00pm			Pickleball 12:30-2:15pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm				Family Open Gym 2:30-4:00pm		
3:30pm	Adult Rec Swim (18+) 3:30-4:30pm		Spa Open 3:30-6:30pm	Open Gym/Camp 4:00-5:30pm	Camp 4:00-6:00pm	
4:00pm						
4:30pm	Rotary Open Swim 4:30-6:30pm					
5:00pm						
5:30pm						
6:00pm				Youth Basketball (13+yrs) 5:30-7:45pm		
6:30pm	Youth Open Swim 6:30-7:30pm					
7:00pm						
7:30pm						
8:00pm						

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## SATURDAY

	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio	
7:00am	Lane Swim	Family Swim	Spa Open 7:00-9:50am	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	Adult Rec Swim (18+)		Spa Open 12:10-2:30pm	Y Kids (6-12 years) 9:00-12:00pm	Y Kids (3-5 years) 9:00-12:00pm	Group Cycle	
9:30am	9:15-9:50am					9:00-9:45am	
10:00am	Swim Lessons 10:00-12:15pm						Yoga
10:30am						10:00-11:00am	
11:00am							
11:30am							
12:00pm	Lane Swim	Family Swim	Spa Open 12:10-2:30pm	Open Gym 12:30-2:45pm			
12:30pm	12:20-12:55pm	12:20-12:55pm					
1:00pm	Open Swim						
1:30pm	1:00-2:30pm						
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						Power Yoga
9:30am					9:30-10:30am		
10:00am					Zumba		
10:30am				10:45-11:30am			
11:00am							
11:30am							
12:00pm				Open Gym 10:00-1:00pm			
12:30pm							
1:00pm							
1:30pm	Adult Rec Swim (18+)		Basketball (13+yrs) 1:00-2:45pm				
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

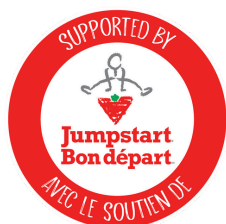


UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



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.