

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 3 - December 22

2024 Fall 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	Pickleball 6:00-7:30am		
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	Youth Basketball (10-13yrs) 7:45-8:45am		
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	Strictly Strength 9:15-10:15am	Stay and Play 9:00-12:00pm	Pilates 10:30-11:30am
10:30am				On The Move 10:30-11:15am		
11:00am				Gentlefit 11:30-12:30pm		
11:30am	Group Bookings 12:00-2:00pm					
12:00pm						
12:30pm						
1:00pm				Introduction to Pickleball Registered 1:00-3:00pm		
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm			
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm			Open Gym 3:15-4:45pm		
4:30pm						
5:00pm	Swim Lessons 4:45-7:00pm			Floor Hockey Registered (6-12 years) 5:00-6:00pm	Y Kids (3-5yrs) 4:30-6:00pm	
5:30pm						
6:00pm						
6:30pm					Y Kids Game (5-12yrs) 6:00-8:00pm	Group Cycle 6:00-6:45pm
7:00pm						
7:30pm	Lifesaving Sport 7:15-8:30pm			Group Power 7:00-8:00pm		
8:00pm						
8:30pm				Open Gym 8:15-8:45pm		
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 6:00-7:30am			
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	Youth Basketball (10-13yrs) 7:45-9:00am		Group Cycle 7:00-7:45am	
8:00am						Core Blast 8:00-8:30am	
8:30am							
9:00am	Aquafit 9:15-10:00am		Spa Open 9:15-1:30pm		Stay and Play 9:00-12:00pm	Stroller Fit (Lobby/Outside) Sept 9-Oct 27 9:45-10:30am	
9:30am				Step 9:30-10:15am		Drums Alive 10:30-11:15am	
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am				Yoga 10:30-11:30am	
10:30am							
11:00am							
11:30am							
12:00pm	Aqua Gentle Fit 11:50-12:35pm						
12:30pm							
1:00pm	Aquafit 12:45-1:30pm			Pickleball 12:30-2:30pm			
1:30pm							
2:00pm							
2:30pm							
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Basketball 13yrs+ 2:45-4:30pm			
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-5yrs) 4:30-6:00pm		
5:00pm				Volleyball (6-9yrs) Sept 9-Oct 21 Reg. Soccer (6-9yrs) Nov 4-Dec 22 Reg. 5:00-6:00pm			
5:30pm							
6:00pm				Volleyball (10-12yrs) Sept 9-Oct 21 Reg. Soccer (10-12yrs) Nov 4-Dec 22 Reg. 6:00-7:00pm	Y Kids Games (5-12yrs) 6:00-8:00pm		
6:30pm							
7:00pm						Cardio Kickboxing 7:00-7:40pm	
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Spa Open 7:45-8:30pm	Youth Volleyball 7:15-8:45pm			
8:00pm							Core 7:45-8:00pm
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	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Pickleball 6:00-7:30am		
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	Youth Basketball (10-13yrs) 7:45-8:45am		Group Cycle 8:15-9:00am
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 9:15-10:15am	Stay and Play 9:00-12:00pm	Pilates 10:30-11:30am
10:30am						
11:00am						
11:30am						
12:00pm	Group Booking 12:00-2:00pm			Open Gym 10:30-12:45pm		On The Move 11:45-12:30pm
12:30pm						
1:00pm						
1:30pm			Introduction to Pickleball Registered 1:00-3:00pm			
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Open Gym 3:15-4:45pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-5yrs) 4:30-6:00pm	
5:00pm						
5:30pm						
6:00pm						
6:30pm			Basketball (10-12yrs) Registered 6:00-7:00pm		Y Kids Games (5-12yrs) 6:00-8:00pm	Cycle Blast 6:15-6:45pm
7:00pm						
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Spa Open 7:45-8:30pm	Basketball 13yrs+ 7:15-8:45pm		
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	Family Swim 6:15-7:15am	Spa Open 6:15-7:15am	Open Gym 6:00-7:45am		
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	Youth Basketball (10-13yrs) 8:00-9:00am		Strictly Strength 7:00-7:45am
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am	Open Swim (Leisure Pool Only) 10:05-11:00am	Spa Open 9:15-11:00am	Zumba 9:30-10:15am	Stay and Play 9:00-12:00pm	Cardiovascular Rehab 9:00-4:00pm
9:30am						
10:00am	Lane Swim 10:05-11:00am					
10:30am				Stability Ball Strength 10:30-11:15am		
11:00am	Swim Lessons 11:15-11:45am			Yoga 11:30-12:30pm		
11:30am				Chair Yoga and Strength 12:45-1:45pm		
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Spa Open 11:50-1:30pm			
12:30pm						
1:00pm	Aquafit 12:45-1:30pm					
1:30pm						
2:00pm					Stroller Fit (Lobby/Outside) Sept 9-Oct 27 2:00-2:45pm	
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm	Basketball 13yrs+ 2:30-4:15pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm			Y Kids (3-12yrs) 4:30-6:30pm		
5:00pm						
5:30pm						
6:00pm						
6:30pm					Zumba 6:00-6:45pm	
7:00pm				Group Power 7:00-8:00pm	Y Kids Games (5-12yrs) 6:30-8:00pm	Relax & Restore Yoga 7:00-8:00pm
7:30pm	Open Swim 7:45-8:30pm		Spa Open 7:45-8:30pm			
8:00pm					Open Gym 8:15-8:45pm	
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	Pickleball 6:00-7:30am			
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	Youth Basketball (10-13yrs) 7:45-8:45am		Yoga 8:10-9:10am	
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 (Leisure Pool Only) 10:05-11:45am	Spa Open 9:15-11:45am	Legs Tums & Bums 9:15-10:15am			Pilates 10:20-11:05am
10:30am				On The Move Strength & Cardio 10:30-11:15am			Zumba 11:15-12:00pm
11:00am				Gentlefit 11:30-12:30pm			
11:30am					Drums Alive 12:15-1:00pm		
12:00pm	Group Bookings 12:00-2:00pm						
12:30pm							
1:00pm							
1:30pm				Open Gym 12:45-2:30pm			
2:00pm							
2:30pm							
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Spa Open 3:00-4:00pm				Basketball 13yrs+ 2:30-5:00pm
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Rotary Open Swim 4:30-6:30pm		Spa Open 4:30-7:30pm	Youth Gym Space 5:00-8:45pm			
5:00pm							Youth Leaders Registered (10-16yrs) 5:00-6:00pm
5:30pm							
6:00pm	Youth Open Swim 6:30-7:30pm						
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

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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				
8:00am	Aquafit		Spa Open	Open Gym		
8:30am	8:15-9:00am		7:00-9:00am	7:00-8:45am		
9:00am	Swim Lessons 9:15-12:15pm			Y Kids (6-12 yrs) 9:00-12:00pm	Y Kids (3-5 yrs) 9:00-12:00pm	Group Cycle
9:30am			9:00-9:45am			
10:00am			Strictly Strength			
10:30am			10:00-10:45am			
11:00am			Yoga			
11:30am						11:00-12:00pm
12:00pm						
12:30pm	Open Swim 12:30-2:30pm		Spa Open 12:30-2:30pm	Open Gym 12:15-2:45pm		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						

SUNDAY

	Lap Pool	Leisure Pool	Spa	Gymnasium	MPR	Studio	
7:00am	Lane Swim	Family Swim	Spa Open 7:00-2:30pm	Pickleball			
7:30am					7:00-9:00am	7:00-9:00am	
8:00am							
8:30am							
9:00am	Open Swim 9:05-1:25pm						
9:30am							
10:00am				Sports Fundamentals Registered (6-12yrs)		Power Yoga	
10:30am				9:30-10:30am		9:30-10:30am	
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm	Adult Rec Swim (18+)			Open Gym	Art Spark Registered (6-12yrs)	Zumba	
2:00pm			1:30-2:30pm				10:45-1:00pm
2:30pm							
3:00pm				Basketball 13yrs+			
				1:00-2:45pm			

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Contact Information & Hours

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

Saturday & Sunday: 7:00am-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.