

# Program Schedule Barrie YMCA *A friendly, welcoming environment for all*

## HOURS OF OPERATION

Monday – Friday	5:30am - 11:00pm
Saturday	7:00am - 7:00pm
Sunday	7:00am - 6:00pm

### Holiday Hours

<b>Statutory</b>	<b>10:00am - 5:00pm</b>
(Dec 26, Jan 1, Feb 15)	
Dec 24 and 31	5:30 - 3:00pm
Dec 25	Closed

### Day Use Fee (Including Open Swims)

<b>Child</b> (0 - 12)	<b>\$4.00</b>
(under 12, accompanied by an adult)	
<b>Youth/Student</b> (13+)	<b>\$5.00</b>
<b>Seniors</b> (60+)	<b>\$7.00</b>
<b>Adults</b> (18+)	<b>\$9.00</b>
<b>Family</b> (Minimum one adult)	<b>\$12.00</b>
<b>Membership Plus</b>	<b>\$12.00</b>

### Session Dates

<b>Winter</b>	<b>Jan 4 - Mar 14</b>
<b>Spring</b>	<b>Mar 22 - Jun 13</b>

## Childminding

Mon - Sat: 9:00 - 1:00pm  
 Fri: 5:00 - 8:30pm  
 Mon & Tues: 5:30 - 8:30pm

Members: \$30.00/10 hour ticket  
 or \$3.50 per child/hour.

Non-Members: \$5.00/child/hour

Not Available on Statutory Holidays

**For more information or registration contact:**

**YMCA of Simcoe/Muskoka  
 Barrie YMCA**

22 Grove Street West  
 Barrie, Ontario L4N 1M7  
 Tel: 705-726-6421  
 Fax: 705-726-0508

Program descriptions are available on our website

## Family Day

February 15 - Make your family day active at the Barrie YMCA! A variety of fun and active family programs available including family swim, family yoga and much more.

**Contact membership services for more information.**

## Help Yourself to Be Successful

All members are welcome to a complimentary session with one of our Wellness Coaches. Please check at our Membership Desk for details. Our coaches are always available in the Wellness Centre to Answer Questions, provide tips, or guide you in the right direction, at no extra charge. Make the most of your workout, and talk to one of our Coaches today.

## Upcoming Events

- Evening of Peace January 27, 2010  
 Come and see the amazing work being done in our community to benefit people in developing countries. A great opportunity to be inspired by local members of the community, making a difference in our community.
- YMCA Strong Kids Campaign: February 15 to March 30.

## MEMBERSHIP FEES

### GENERAL MEMBERSHIP

Child	\$ 20.00/Month
Youth	\$ 25.00/Month
Student	\$ 34.00/Month
Adult	\$ 46.00/Month
Senior	\$ 40.00/Month
Adult Couple	\$ 86.00/Month
Senior Couple	\$ 74.00/Month
1 Parent Family	\$ 59.00/Month
2 Parent Family	\$ 89.00/Month

### ADULT PLUS MEMBERSHIP

Adult Plus (18+)	\$ 63.00/Month
Adult Couple Plus	\$ 116.00/Month
Senior Couple Plus	\$ 116.00/Month
1 Parent Family Plus	\$ 78.00/Month
2 Parent Family Plus	\$ 119.00/Month

**YMCA BUILDING FUND FEE:** Above fees subject to 5% GST where applicable. The Building Fund Fee is a one time contribution of \$75.00 for all new Adult members and \$80.00 for all new Membership Plus members, provided membership does not lapse for more than 6 months. The fee is used for the maintenance of high quality YMCA facilities through capital improvements, renovations and refurbishment. Note: Only one fee per family/couple.

**MEMBERSHIP ASSISTANCE** No one is ever refused a YMCA Membership due to an inability to pay the full fee. Please ask our staff for details.

\* All Fees are subject to applicable Taxes. Fees subject to change without notice.

\* In order to maintain our equipment and facilities in as new condition, The YMCA reserves the right to close program and service areas for repair and refurbishment. Where possible advance notice will be given. We are unable to provide refunds in these cases.

\* Programs may be subject to change due to low enrolment.

**Etiquette:** The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity.

**Mission:** The YMCA of Simcoe/Muskoka is a charity that excels at strengthening our communities by providing opportunities for all to grow in spirit, mind and body.

**Vision:** The YMCA of Simcoe/Muskoka will be the recognized leader in lifelong health and personal growth.

**Values:** Caring, Honesty, Inclusiveness, Respect, Responsibility

**PRIVACY STATEMENT:** The YMCA strives to ensure that volunteers and staff conduct their relationships with each other, participants and all other Association contacts with integrity, good judgment and fairness. The YMCA respects the right of individuals to the protection of their personal information. The YMCA is committed to maintaining the confidentiality, privacy and accuracy of personal information it collects, uses and discloses about its participants, members, donors, parents/guardians, staff and volunteers.

We build strong kids,  
 strong families,  
 strong communities.



Plus de vie à la vie  
 des jeunes, des familles  
 et de la communauté.

YMCA

# PRESCHOOL PROGRAMS

ages 0-5

All Drop-In and Registered programs are included with your membership.

For a wide variety of drop-in programs see the Schedule at a Glance and Family Programs.

**Registered** FREE to Members. Members Only. Register at the Membership Services Desk.

(PP) Parent Participation

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Active Totz</b> (PP) (18mos-3 yrs)		10:30 - 11:00am	11:00 - 11:30am			9:30 - 10:00am	
<b>Jr. Movin' &amp; Groovin'</b> (0-2 yrs)		11:00 - 11:30am	11:30 - 12:00pm				
<b>Parent &amp; Tot Aquafit</b>	10:00 - 10:30am			6:00 - 6:30pm			
<b>Jr. Soccer</b> (3-5 yrs)		11:30 - 12:00pm	5:00 - 5:30pm		5:00 - 5:30pm	12:30 - 1:00pm	
<b>Jr. Fit Kidz</b> (3-5yrs) (Gym & Swim Combo)	11:30 - 12:30pm 6:00 - 7:00pm	12:00 - 1:00pm	10:30 - 11:30am	12:00 - 1:00pm	5:30 - 6:30pm	1:00 - 2:00pm	
<b>Jr. Freestyle Dance</b> (3-5 yrs)		4:30 - 5:00pm		11:30 - 12:00am		12:00 - 12:30pm	
<b>Jr. Tumblers</b> (3-5yrs)				4:00 - 4:30pm 4:30 - 5:00pm		10:00 - 10:30am	

-FREE to Members. Non Members \$105.00

-Register at the Membership Services Desk. Classes May be Combined due to Low Enrolment

## Swim Lessons

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Splashers</b> (6-18 mos)	6:00 - 6:30pm	6:30 - 7:00pm	9:30 - 10:00am 5:30 - 6:00pm	9:30 - 10:00am		10:30 - 11:00am	11:30 - 12:00pm
<b>Bubblers</b> (18-36 mos)	6:00 - 6:30pm	6:30 - 7:00pm	9:30 - 10:00am 5:30 - 6:00pm	9:30 - 10:00am		10:30 - 11:00am	11:30 - 12:00pm
<b>Bobbers</b> (3-5 yrs)	4:00 - 4:30pm 5:30 - 6:00pm	5:00 - 5:30pm	9:00 - 9:30am 6:00 - 6:30pm	10:00 - 10:30am 5:00 - 5:30pm	5:00 - 5:30pm	10:00 - 10:30am	10:30 - 11:00am
<b>Floaters</b> (3-5 yrs)	4:00 - 4:30pm 5:30 - 6:00pm	5:00 - 5:30pm	9:00 - 9:30am 6:00 - 6:30pm	10:00 - 10:30am 5:00 - 5:30pm	5:00 - 5:30pm	10:00 - 10:30am	10:30 - 11:00am
<b>Gliders</b> (3-5 yrs)	5:00 - 5:30pm	4:30 - 5:00pm	10:00 - 10:30am 6:30 - 7:00pm	9:00 - 9:30am 4:30 - 5:00pm	5:30 - 6:00pm	9:30 - 10:00am 11:00 - 11:30am	11:00 - 11:30am
<b>Divers</b> (3-5 yrs)	5:00 - 5:30pm	4:30 - 5:00pm	10:00 - 10:30am 6:30 - 7:00pm	9:00 - 9:30am 4:30 - 5:00pm	5:30 - 6:00pm	9:30 - 10:00am 11:00 - 11:30am	11:00 - 11:30am
<b>Surfers</b> (3-5 yrs)	4:30 - 5:00pm	5:30 - 6:00pm	5:00 - 5:30pm	5:30 - 6:00pm		11:30 - 12:00pm	
<b>Dippers</b> (3-5 yrs)	4:30 - 5:00pm	5:30 - 6:00pm	5:00 - 5:30pm	5:30 - 6:00pm		11:30 - 12:00pm	

## Super Fantastic Birthday Parties

Let us host your birthday party. Parties include YMCA supervision, gym or pool time and a party room. Parties are held on Saturdays and Sundays. Please check at the Membership Service Desk for available dates and pricing.

Food and Cake option available.



## Gymnastics

Develop strength, flexibility and endurance through this progressive and interactive recreational program.

**\*PLEASE NOTE TIME AND AGE CHANGES\***

THUR (9-12yrs) 5:00 - 5:45pm, (6-9yrs) 5:45 - 6:30pm  
SAT (6-9yrs) 10:30 - 11:15am, (9-12yrs) 11:15 - 12:00pm

Members: \$18.00

Non-Members: \$84.00



## Help Us Build Strong Kids!

A True Investment in our Community

For more information or to make your 2009 donation, please call or visit us today!



# CHILD PROGRAMS

ages 6-12

All Drop-In and Registered programs are included with your membership.

For a wide variety of drop in programs see the Schedule at a Glance and Family Programs.

**Registered** FREE to Members. Members Only. Register at the Membership Services Desk.

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Boot Camp for Kids	5:30 - 6:00pm		4:30 - 5:00pm		5:30 - 6:00pm	1:00 - 1:30pm	
Hoops	5:15 - 6:00pm		6:15 - 7:00pm				
Yoga		5:30 - 6:00pm	4:30 - 5:00pm				
Aqua Sport		6:00 - 6:30pm	6:30 - 7:00pm				
Jr. Chefs (6-9yrs)	5:00 - 6:00pm		5:00 - 6:00pm		5:00 - 6:00pm	12:00 - 1:00pm	
Jr. Chefs (10-12yrs)	6:00 - 7:00pm		6:00 - 7:00pm		6:00 - 7:00pm	2:00 - 3:00pm	
Jr. Leaders (12-14yrs)				7:00 - 8:00pm			
Barracudas (9-16yrs)				5:30 - 6:00pm	6:00 - 6:30pm		
Soccer	4:30 - 5:15pm		5:30 - 6:15pm			1:30 - 2:15pm	
Outdoor Explorers(9-12)				5:00 - 5:45pm		12:00 - 12:45pm	
Girlz (9-12yrs)				6:00 - 7:00pm		12:00 - 1:00pm	
Floor Hockey	6:30 - 7:15pm		7:00 - 7:35pm	6:45 - 7:30pm			
Synchronized Swimming			7:00 - 7:30pm		6:30 - 7:00pm		
Racquets (6-9yrs)		5:00 - 5:45pm					
Racquets (10-12yrs)		5:45 - 6:30pm					
Freestyle Dance (6-9)		6:00 - 6:30pm			7:00 - 7:45pm	1:00 - 1:45pm	
Freestyle Dance(10-12)		5:00 - 5:30pm			6:00 - 6:45pm	2:00 - 2:45pm	
Fit Kidz (Gym & Swim Combo)	6:00 - 7:00pm	6:30 - 7:30pm		7:00 - 8:00pm		1:00 - 2:00pm	
Jr. Lifeguard Club (9-11)					6:00 - 7:00pm		
Jr. Lifeguard Club (12-14)					6:00 - 7:00pm		

## Swim Lessons

-FREE to Members. Non Members \$105.00

-Register at the Membership Services Desk. Classes May be Combined due to Low Enrolment

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Otter	4:30 - 5:00pm	5:15 - 5:45pm	5:00 - 5:30pm	5:30 - 6:00pm	5:00 - 5:30pm	10:00 - 10:30am 12:30 - 1:00pm	9:30 - 10:00am
Seal	4:30 - 5:00pm	5:15 - 5:45pm	5:00 - 5:30pm	5:30 - 6:00pm	5:00 - 5:30pm	10:00 - 10:30am 12:30 - 1:00pm	9:30 - 10:00am
Dolphin	5:00 - 5:30pm	4:00 - 4:30pm	4:30 - 5:00pm	6:15 - 6:45pm	5:30 - 6:00pm	11:30 - 12:00pm	10:00 - 10:30am
Swimmer	5:30 - 5:30pm	4:00 - 4:30pm	4:30 - 5:00pm	6:15 - 6:45pm	5:30 - 6:00pm	11:30 - 12:00pm	10:00 - 10:30am
Star 1	4:00 - 4:30pm		5:30 - 6:00pm	4:30 - 5:00pm	6:00 - 6:30pm	9:30 - 10:00am	
Star 2	4:00 - 4:30pm		5:30 - 6:00pm	4:30 - 5:00pm	6:00 - 6:30pm	9:30 - 10:00am	
Star 3		5:45 - 6:15pm	4:00 - 4:30pm	5:00 - 5:30pm		10:30 - 11:00am	
Star 4		5:45 - 6:15pm	4:00 - 4:30pm	5:00 - 5:30pm		10:30 - 11:00am	
Star 5	5:30 - 6:15pm	4:30 - 5:15pm		6:00 - 6:45pm		12:00 - 12:45pm	
Star 6	5:30 - 6:15pm	4:30 - 5:15pm		6:00 - 6:45pm		12:00 - 12:45pm	

## WELLNESS COACHING and PERSONAL TRAINING

Exercise and **Wellness Coaching** is included in the price of your YMCA membership. A YMCA Coach will get you started and keep you going in your exercise class, the Wellness Centre or the pool.

**Personal Training** focuses on, but is not exclusive to, advanced participant education, development and performance. Personal Training emphasizes the physiological aspects of exercise and often involves a Coach with advanced training and/or qualifications. This is offered on a fee-for-service basis, as follows:

1 Session: \$25 +GST

3 Sessions: \$70 +GST

7 Sessions: \$140 +GST

Please speak with one of our Membership Service Representatives to arrange a convenient appointment for either of these services.

# YOUTH PROGRAMS

ages 13+

All Drop-In and Registered programs are included with your membership.

## Drop-IN

(V) Volunteer Time

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Basketball		9:00 - 10:45pm		9:00 - 10:45pm			

## Registered FREE to Members. Members Only. Register at the Membership Services Desk.

(V) Volunteer Time

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Wellness (Jan 4 - Feb 7) (Feb 8 - Mar14)	6:30 - 7:30pm					11:00 - 12:00pm	
Youth Wellness 2 (Jan 4 - Feb 7) (Feb 8 - Mar14)					7:30 - 8:30pm	12:00 - 1:00pm	
Youth Gravity		4:00 - 4:30pm		7:30 - 8:00pm			
Youth Leaders(14-17)				7:00 - 8:00pm			
Jr. Lifeguard Club (12-14)						6:00 - 7:00pm	

## ADVANCED AQUATICS

Please Register at the Membership Services Desk.

CLASS	Barrie 705-726-6421	Collingwood 705-445-5705	Innisfil 705-431-9622	Midland 705-526-7828	Orillia 705-325-6168	Wasaga Beach 705-429-9622
<b>Master Swimmer</b> Fees: Member: Free Prereq: Star 6	MON or WED 5:00 - 6:00pm (2 Options)	TUE or WED 7:30 - 8:30pm (2 Options)	SAT 9:30 - 10:30am	MON 6:00 - 7:00pm	MON 4:00 - 5:00pm	
<b>Bronze Star</b> Fees: Member: \$36.00+GST Non Member: \$105.00+GST	FRI 5:00 - 6:00pm	THURS 7:30 - 8:30pm	SAT 11:00 - 12:00pm	MON 6:00 - 7:00pm	WED 4:30 - 6:00pm	
<b>Bronze Medallion:</b> EFA & CPR'B Fees: Member: \$130.00+GST Non Member: \$195.00+GST Prereq: 13+	WED 6:30 - 8:30pm (See below for more options)	MON 6:00 - 8:00pm	WED 6:00 - 8:00pm	MON 5:00 - 7:00pm	FRI 5:00 - 7:00pm	WED 6:00 - 8:00pm
<b>Bronze Cross:</b> SFA & CPR'C Fees: Member: \$156.00+GST Non Member: \$221.00+GST Prereq: 13+, Bronze Medallion & EFA	MON 5:30 - 7:30pm (See below for more options)	MON 6:00 - 8:00pm	SAT 9:00 - 11:00am	MON 5:00 - 7:00pm	SAT 9:00 - 12:00pm (8 Weeks)	WED 6:00 - 8:00pm
<b>NLS Certification:</b> Fees: Member: \$150.00+GST Non Member: \$225.00+GST Prereq: Bronze Cross, 16+, SFA, CPR'CT	Holiday Plus March Break Options (See below for more options)	Mar 15 - 19  MARCH BREAK 9:00 - 5:00pm	Jan 22,23,24 Feb 5,6,7 FRI 4:00-8:00pm SAT 9:00-9:00pm SUN 8:00-4:00pm	Jan 22,23,24 Jan 29,30,31 Fri 5:00-9:00pm Sat 9:00-6:00pm Sun 9:00-4:30pm		
<b>NLS Recertification:</b> Fees: Member: \$75.00+GST Non Member: \$100.00+GST Prereq: 16+		Mar 15 - 19 8:00 - 5:00pm	Feb 7 1:00 - 5:00pm	Jan 31 12:00 - 4:30pm		Mar 6 5:00 - 9:00pm
<b>Emergency First Aid, CPR 'B'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST		Feb 27 8:00 - 4:00pm				
<b>Standard First Aid, CPR 'C'</b> Fees: Member: \$100.00+GST Non Member: \$125.00+GST	Jan 30 & 31 9:00 - 5:00pm (See below for more options)	Feb 27 & 28 8:00 - 4:00pm	Mar 6 & 7 8:00 - 4:00pm			Jan 17 - 18 8:00 - 4:00pm
<b>SFA Recertification, CPR 'C'</b> Fees: Member: \$50.00+GST Non Member: \$75.00+GST	Jan 31 9:00 - 5:00pm	Feb 28 8:00 - 4:00pm	Mar 7 8:00 - 4:00pm			Jan 18 8:00 - 4:00pm
<b>YMCA Swim Instructors</b> Fees: Member: \$83.20+GST Non Member: \$89.60+GST						WED 6:00 - 9:00pm (Must be 16yrs by exam date)

**Holiday Season Course:**  
Bronze Med & Bronze Cross  
December 19 - 22.  
9:00am - 5:00pm

**March Break: Become a fully qualified lifeguard in just one week!**  
Bronze Medallion & Bronze Cross March 13,14 & 15  
NLS & Standard First Aid March 16 - 21.  
9:00am - 6:00pm

# ADULT PROGRAMS

All Drop-In and Registered programs are included with your membership.

**Drop-In** FREE to Members

**-Bolted Classes are Registered Programs** **-Classes highlighted in red take place in the gym.**

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Group Fitness</b> Morning	On-the-move 50+ 9:15 - 10:00am		On-the-move 50+ 9:15 - 10:15am		<b>On-the-move 50+ 9:15 - 10:00am</b>	Pilates 8:15 - 9:00am	
	<b>30-30-30 9:30 - 11:00am</b>	Yoga 9:30 - 10:40am	<b>Hi-Lo/Step 9:30 - 10:30am</b>	<b>Pump 9:30 - 10:30am</b>	Pilates 9:30 - 10:30am	30/30/30 9:15 - 10:45am	Yoga 10:00 - 11:15am
	Yoga 11:15 - 12:00pm	<b>REGISTERED Postnatal Fitness 10:50 - 11:50am</b>	<b>Core 10:30 - 10:45am</b>	<b>Core 10:30 - 10:45am</b>	Yoga 11:15 - 12:00pm	Yoga 11:00 - 12:00pm	
Afternoon		Pilates 12:10 - 12:50pm		Yoga 12:10 - 12:50pm	Stability & Balance 12:10 - 12:50pm		
Evening	Cardio Kick 5:30 - 6:15pm		Pump Step 5:30 - 6:15pm	Zumba/Hi-Lo 5:30 - 6:15pm			
	Core 6:15 - 6:30pm	<b>Step 5:30 - 6:15pm</b>	Core 6:15 - 6:30pm	Core 6:15 - 6:30pm			
	Pilates 6:35 - 7:30pm	Core 6:15 - 6:30pm	Yoga 6:35 - 7:35pm				
	<b>Boot Camp Circuit 7:40 - 8:40pm</b>	Yoga 7:00 - 8:00pm	<b>REGISTERED Boot Camp 7:45 - 8:45pm</b>	<b>Boot Camp Circuit 7:40 - 8:40pm</b>			

## NEW GRAVITY

Please see "Gravity News" for all the latest information, including program scheduling for this exciting new program! Please note that a new edition of "Gravity News" will be published monthly. "Gravity News" can be picked up at the Barrie YMCA, or on our website at [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)

<b>Group Cycling</b> Morning		6:30 - 7:15 am		6:30 - 7:15 am			
	9:30 - 10:30am	9:30 - 10:15am	9:30 - 10:15 am		9:30 - 10:30am	9:15 - 10:00am	9:00 - 9:45am
Lunch Hour	12:05 - 12:45pm	12:05 - 12:45pm	12:05 - 12:45pm	12:05 - 12:45pm			
Evening	5:15 - 6:00pm	5:15 - 6:00pm	5:45 - 6:30 pm	5:15 - 6:00 pm	5:15 - 6:00pm		
<b>Aquatic Fitness</b> Morning	Combo Water 10:45-11:30am	Combo Water 10:45 - 11:30am	Combo Water 10:45 - 11:30am	Combo Water 10:45 - 11:30am	Combo Water 10:45 - 11:30am		Combo Water 11:15 - 12:00pm
	Aqua Yoga 11:30 - 12:00pm	Combo Water 1:00 - 1:30pm	Aqua Yoga 11:30 - 12:00pm	Combo Water 1:00 - 1:30pm	Aqua Yoga 11:30 - 12:00pm		
Lunch Hour	Combo Water 1:00 - 1:40pm	Aqua Yoga 1:30 - 2:00pm	Combo Water 1:00 - 1:40pm	Aqua Yoga 1:30 - 2:00pm			
Evening	Water Power 6:45 - 7:30pm	Combo Water/ Plus Aqua Yoga 7:35 - 8:20pm		Water Power 7:35 - 8:20pm			

## Registered

FREE to Members. Members Only  
Register at the Membership Services Desk. (NM) - Open to Non-Members

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Postnatal Fitness(NM)		10:50 - 11:50am					
Boot Camp (NM)			7:45 - 8:45 pm Jan 6 - Feb 3 Feb 10 - Mar 10				
Triathlon Club			9:15 - 11:30am				
Kickstart	9:00 - 10:00am			8:45 - 9:45pm			
Plateau		7:30 - 8:10pm					
Adult Learn to Swim Beginner Basics			6:00 - 7:00pm				10:00 - 11:00am
Adult Learn to Swim Stroke Improvement			6:00 - 7:00pm				
Squash League	6:00 - 9:00pm						
Racquetball League	6:00 - 10:00pm		6:00 - 10:00pm				

# Schedules at a glance

## Gym Schedule

(\*) = Shared Gym

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Open Gym	5:30 - 9:00am	5:30 - 9:00am 1:15 - 4:00pm	5:30 - 9:00am	5:30 - 9:00am 1:15 - 3:45pm	5:30 - 9:00am 1:15 - 4:00pm	7:00 - 9:00am 5:00 - 6:45pm	7:00 - 12:00pm
Open Gym (13+)	8:30 - 10:45pm*		8:45 - 10:45pm*	8:30 - 10:45pm*	8:30 - 10:45pm*		
Family Open Gym						2:00 - 5:00pm*	1:00 - 2:45pm*
Drop-In Basketball		9:00 - 10:45pm		9:00 - 10:45pm		5:00 - 6:45pm*	2:45 - 4:45pm
Drop-In Volleyball (16+)	8:30 - 10:45pm*		8:30 - 10:45pm*				
Drop-In Adult Floor Hockey	12:15 - 1:15pm		12:15 - 1:15pm		12:15 - 1:15pm		
Friday Night Drop-In					7:00 - 9:00pm		

Children under 12 must be supervised by a parent or guardian 16+

## Pool Schedule

(SP) Small Pool (BP) Both Pools (MP) Main Pools

PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN	
Adult/Teen Length Swim (MP)	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	6:15 - 9:00am 11:30 - 1:00pm 3:00 - 4:00pm 8:30 - 10:00pm	7:00 - 9:30am 5:00 - 6:30pm	7:00 - 9:30am 3:30 - 4:30pm
Family Swim	9:15 - 10:00am(SP) 12:00 - 1:30pm (SP)	9:15 - 10:30am(SP) 12:00 - 1:30pm (SP)	12:00 - 1:30pm(SP)	12:00 - 1:30pm(SP) 6:30 - 8:00pm (SP)	12:00 - 1:00pm(SP) 6:30 - 7:00pm(SP)	2:00 - 3:30pm(BP)	12:30 - 1:00(BP) 1:00 - 2:30pm(BP)	
Open Swim					7:00 - 8:30pm(BP)	3:30 - 5:00pm(BP)	2:00 - 3:30pm(BP)	
Adult Recreation Swim (single lane swim available) (MP)	9:30-10:45am (MP)	9:30-10:45am (MP)	10:15 - 10:45am (MP)	10:15 - 10:45am (MP)	10:00 - 10:45am (MP)			

## Adult Fitness Leadership

Please Register at the Membership Services Desk.

CLASS	Barrie	Innisfil
YMCA Individual Conditioning Level 1 Prereq: 16+	Jan 26th 6:15 - 10:00pm	
YMCA Individual Conditioning Level 2 Prereq: Basic Theory/ I.C.1	Jan 31 & Feb 7 9:00 - 5:00pm	
YMCA Group Cycling Prereq: Basic Theory, Fundamentals of Group Fitness	Jan 10 9:00 - 3:00pm	
YMCA Group Resistance Training Prereq: Basic Theory, Fundamentals of Group Fitness	Mar 21 9:00 - 5:00pm	
YMCA Basic Theory Prereq: 16+		Jan 15,16 / 29,30 FRI 5:00 - 9:30pm SAT 8:30 - 5:00pm
YMCA Aquatic Fitness: Prereq Basic Theory & Fundamentals of Group Fitness		Mar 7 SUN 8:30 - 5:00pm
YMCA Fundamentals of Group Fitness Prereq: Basic Theory		Feb 7 SUN 8:30 - 5:00pm
YMCA Group Resistance Training Prereq:		Feb 20t SAT 8:30 - 5:00pm

Members Only Fee: \$50.00 + GST (materials fee)



### TEN THOUSAND VILLAGES SALE!

JANUARY 30 & 31.

TEN THOUSAND VILLAGES™

PLEASE SEE MEMBERSHIP SERVICES FOR MORE DETAILS.

## Supervision of Children:

Supervision of children under the age of 12 is required in all areas of the building unless in a registered program.

## COMING EVENTS

- **Holiday Open House:** Wednesday December 16, 2009
- **Festive Fitness Class:** Friday December 11, 2009

- **Member Bring Member:** Bring a member to the YMCA and receive a Ballot to enter our draw to win a variety of prizes including a Free Family towel service, locker service, water bottles, T-Shirt and much more. Promotion starts Jan 5, 2010
- **Passport to Fitness:** February 2-13. Join our passport to fitness. This is a great fitness incentive program that will help keep you motivated and excited.