

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8th - January 4th

2025 Fall Schedule



MONDAY							
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	Pickleball 6:00-8:30am			
6:30am							
7:00am							
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am				
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-11:45am		Stay and Play 9:00-12:00pm		
9:30am				Strictly Strength/ Cardio Kick 9:15-10:15am			
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am		On The Move 10:30-11:15am		Pilates/Yoga 10:30-11:30am	
10:30am							
11:00am				Gentlefit 11:30-12:30pm			
11:30am							
12:00pm	Group Bookings 12:00-2:00pm				Metafit 12:00-12:30pm		
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		Hot Tub Open 3:00-4:00pm	Open Gym 3:15-4:30pm			
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Swim Lessons 4:45-7:00pm				Volleyball Registered \$ (6-9 years) 5:00-5:45pm	Y Kids (3-9yrs) 5:00-8:00pm	Youth Wellness Registered 5:00-5:45pm
5:00pm							
5:30pm				Volleyball Registered \$ (10-12 years) 6:00-7:00pm			Group Cycle 6:00-6:45pm
6:00pm							
6:30pm				Volleyball (10-13 years) 7:15-8:00pm Volleyball 13+ 8:00-8:45pm			Yoga 7:00-8:00pm
7:00pm	AquaVenture 7:05-8:30pm						
7:30pm							
8:00pm							
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

Wasaga Beach YMCA

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2025 Fall Schedule



TUESDAY						
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	Open Gym 6:00-8:45am		
6:30am						
7:00am						Group Cycle 7:00-7:45am
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am	Step 9:15-9:55am	Stay and Play 9:00-12:00pm	Turf Time 10:15-10:45am
9:30am						
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am	Core 10:00-10:15		Drums Alive 10:30-11:15am
10:30am				Yoga 10:30-11:30am		
11:00am						
11:30am						
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Hot Tub Open 11:50am-1:30pm	Pickleball 12:00-2:30pm		
12:30pm						
1:00pm	Aquafit 12:45-1:30pm					
1:30pm						
2:00pm						Musculoskeletal Program (Registered) 1:30-3:30pm
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub 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 (3-9yrs) 5:00-8:00pm	
5:00pm						
5:30pm				Floor Hockey Registered \$ (6-9) yrs 5:15-6:00pm		
6:00pm						
6:30pm						
7:00pm				Group Power 6:30-7:30pm		Cardio Kick/ Core 6:30-7:15pm
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm	Basketball 13yrs+ 7:45-8:45pm		
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness
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WEDNESDAY							
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	Pickleball 6:00-8:30am			
6:30am							
7:00am						Group Cycle 7:00-7:45am	
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am				
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am		Stay and Play 9:00-12:00pm		
9:30am				Cardio/Strength/Core 9:15-10:15am			
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am	Open Gym 10:30-12:45pm			
10:30am							Pilates 10:30-11:30am
11:00am							On The Move 11:45am-12:30pm
11:30am							
12:00pm	Group Booking 12:00-2:00pm			Pickleball 1:00-3:00pm			
12:30pm					Zumba 12:45-1:30pm		
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub 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				Rhythm and Stretch (6-9yrs) Registered \$ 5:00-5:45pm	Y Kids (3-9yrs) 5:00-8:00pm	
5:00pm							
5:30pm							Turf Time 5:00-5:30pm
6:00pm				Basketball (6-9yrs) Registered \$ 6:00-6:45pm			
6:30pm					Cycle 6:15-6:45pm		
7:00pm				Basketball (10-12yrs) Registered \$ 7:00-8:00pm	Stability Ball/ Strength 7:00-7:45pm		
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm				
8:00pm				Basketball 13yrs+ 8:00-8:45pm			
8:30pm							
9:00pm							



Drop-In Fitness



Child and Youth



Registered Programs



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THURSDAY						
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	Open Gym 6:00-8:45am		
6:30am						
7:00am						Strictly Strength 7:00-7:45am
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am	Cardiovascular Rehab (Gymnasium) 9:00-4:00pm	Stay and Play 9:00-12:00pm	
9:30am						Zumba 9:15-10:00am
10:00am	Lane Swim 10:05-11:00am	Open Swim (Leisure Pool Only) 10:05-11:00am	Hot Tub Open 10:05-11:00am			Stability Ball/ Strength 10:15-11:00am
10:30am						Yoga 11:15-12:15pm
11:00am	Swim Lessons 11:15-11:45am					Chair Yoga 12:30-1:30pm
11:30am						
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Hot Tub Open 11:50-1:30pm			
12:30pm						
1:00pm	Aquafit 12:45-1:30pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm			
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-9yrs) 5:00-8:00pm	
5:00pm						
5:30pm						
6:00pm				Soccer (6-9yrs) Registered \$ 5:15-6:00pm		Step 6:15-7:00pm
6:30pm						
7:00pm				Group Power 6:30-7:30pm		Pilates 7:15-8:00pm
7:30pm	Aquafit 7:45-8:30pm		Hot Tub Open 7:45-8:30pm	Open Gym 8:15-8:45pm		
8:00pm						
8:30pm						
9:00pm						



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FRIDAY						
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	Pickleball 6:00-8:30am		
6:30am						
7:00am						
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			
8:00am					Turf Time 8:00-8:30am	Yoga 8:00-9:00am
8:30am						
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:05am		Stay and Play 9:00-12:00pm	
9:30am				Legs Tums & Bums 9:15-10:15am		Drums Alive 9:30-10:15am
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am			Zumba 10:30-11:15am
10:30am				On The Move 10:30-11:15am		
11:00am						
11:30am				Gentlefit 11:30-12:30pm		
12:00pm	Group Bookings 12:00-2:00pm				½ Day Sport Fundamentals PA Day Camp Registered \$ (6-9yrs) 12:00-3:00pm	
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		Hot Tub Open 3:00-4:00pm	Basketball 13yrs+ 2:30-5:00pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm				YMCA & Town Partnership Youth Program (monthly) Gr. 6-12 6:00-7:00pm	
4:30pm	Rotary Open Swim 4:35-6:35pm		Hot Tub Open 4:30-7:30pm		Friday Night Fun Club (2nd Friday monthly) Registered \$ (6-9yrs) 5:00-7:00pm	
5:00pm						
5:30pm						
6:00pm				Youth Open Swim 6:35-7:30pm		Youth Gym Space 5:00-8:45pm
6:30pm						
7:00pm						
7:30pm	Lane Swim 7:35-8:30pm		Hot Tub Open 7:35-8:30pm			
8:00pm						
8:30pm						
9:00pm						



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SATURDAY								
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio		
7:00am	Lane Swim 7:00-8:00am	Family Swim 7:00-8:00am	Hot Tub Open 7:00-8:00am	Pickellball 7:00-8:30am				
7:30am			Hot Tub Open 7:00-8:00am					
8:00am	Aquafit 8:15-9:00am		Hot Tub Open 8:15-9:00am					
8:30am			Hot Tub Open 8:15-9:00am					
9:00am	Swim Lessons 9:15-12:15pm			Y Kids (3-9 yrs) 9:00-12:00pm	Stay & Play (0-3 yrs) 9:00-12:00pm	Group Cycle 9:00-9:45am		
9:30am								
10:00am							Strictly Strength 10:00-10:45am	
10:30am								
11:00am							Yoga 11:00-12:00pm	
11:30am								
12:00pm								
12:30pm	Open Swim 12:30-2:30pm		Hot Tub Open 12:30-2:30pm	Open Gym 12:15-2:30pm	Bookings 12:30-2:30pm			
1:00pm								
1:30pm								
2:00pm								
2:30pm	Lane Swim 2:35-3:30pm	Family Swim 2:35-3:30pm	Hot Tub Open 2:35-3:30pm			Basketball 13yrs+ 2:30-4:45pm		
3:00pm								
3:30pm								
4:00pm	Adult Rec Swim (18+) 3:35-4:30pm		Hot Tub Open 3:35-4:30pm					
4:30pm								
5:00pm								



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SUNDAY								
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio		
7:00am	Lane Swim 7:00-9:00am	Family Swim 7:00-9:00am	Hot Tub Open 7:00-9:00am	Pickleball 7:00-9:00am				
7:30am								
8:00am								
8:30am								
9:00am	Private Swim Lessons 9:05am-10:15am							
9:30am								
10:00am				Family Gym 9:15am-12:00pm		Yoga Sculpt 9:30-10:30am		
10:30am	Open Swim 10:30am-2:30pm		Hot Tub Open 10:30am-2:30pm			Zumba 10:45-11:30am		
11:00am								
11:30am								
12:00pm			Open Gym 12:00-2:30pm	Bookings 12:30-2:30pm				
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm	Adult Rec Swim (18+) 2:35-3:25pm		Hot Tub Open 2:35-3:30pm	Basketball 13yrs+ 2:30-4:45pm				
3:00pm								
3:30pm								
4:00pm	Group Booking 3:30-4:30pm							
4:30pm								
5:00pm								

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2025 Fall Schedule



New at the YMCA:

AquaVenture -

A journey through water skills, fitness and fun!

Take your swimming beyond lessons with this 14-week advanced program designed for confident swimmers. Each lesson blends fitness, lifesaving skills, aquatic sports, and teamwork in a fun supportive environment. From underwater hockey and water polo to rescue and survival challenges, swimmers build strength, confidence, and new friendships.

- Mondays, 7:00-8:30pm
- For ages 8-15 years
- \$126.00 for members

Metafit -

Metafit is a high-intensity workout that includes a series of body-weight exercises with interval style training that is designed to target large muscle groups and have a positive impact on your heart health. One session keeps your metabolism working rapidly for up to 24 hours, so you'll still be burning fat long after your training session is complete.

- Drop-in / see program schedule

Youth Wellness -

The Youth Wellness program is designed to equip youth ages 10-12 with the knowledge to safely workout in the conditioning room with adult participants. The course is taught by YMCA fitness professionals and is divided into 2 classes. Class 1 Cardio/Etiquette and Class 2 Strength/Etiquette/ Review. Successful completion of both classes will allow youth to use various parts of the wellness centre and its equipment.

- Monday 5:00pm-5:45pm and Friday 6:15pm-7:00pm

*Stay and Play & Y Kids -

Both Stay and Play and Y Kids programs are available for day pass and membership use. Each program offers a maximum of 1.5 hours of daily participation per child on a first-come, first-served basis, following our staff-to-participant ratios.

- Drop-in / see program schedule

½ Day Sport Fundamentals PA Day Camps -

Led by NCCP-certified coaches and dedicated volunteers, our half-day PA Day Sport Camps are the perfect way for kids to stay active, social, and engaged. Each camp focuses on developing a variety of fundamental sport skills in a fun and supportive environment.

- For ages 6-9 years
- \$25.00 for members,
- Friday 12:00-3:00pm
 - September 26
 - October 24
 - November 14

Friday Night Fun Club -

Join us for a night of social games, fun activities, and active play in a safe and welcoming environment. Bring your energy, your smile, and your friends — lets make Friday nights FUN!

- For ages 6-9 years
- \$15.00 for members
- Friday 5:00- 7:00pm
 - September 12
 - October 10
 - November 14
 - December 12

YMCA & Town Partnership Youth Program -

The YMCA and the Wasaga Beach Youth Centre have partnered to bring you monthly Youth Programs designed to engage, inspire, and connect young people in our community. Each month will feature fun activities, skill-building opportunities, and a welcoming space to hang out with friends and try something new.

- Open to youth grades 6-12.
- Friday activities:
 - September 26 - Disc Golf
 - October 24 - Pickleball
 - November 28 - Volleyball
 - December 19 - Relay Races and Dodgeball

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2025 Fall Schedule



Contact Information & Hours

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

Saturday & Sunday: 7:00am-5:00pm

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

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.