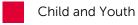
Health, Fitness, & Aquatics September 8th - January 4th

2025 Fall Schedule



			MONDAY			
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am						
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am			
7:00am	0.13-7.13am	0.15-7.15am	0.15-7.15am	Pickleball		
7:30am	Lane and Fitness			6:00-8:30am		
8:00am	Swim	Family Swim	Hot Tub Open			
8:30am	7:30-9:00am	7:30-9:00am	7:30-9:00am			
9:00am	Aquafit					
9:30am	9:15-10:00am			Strictly Strength/		
10:00am		0 0 1	Hot Tub Open	Cardio Kick 9:15-10:15am	Stay and Play	
10:30am	Lane Swim	Open Swim (Leisure Pool Only)	9:15-11:45am	On The Move	9:00-12:00pm	Pilates/Yoga
11:00am	10:05-11:45am	10:05-11:45am		10:30-11:15am		10:30-11:30am
11:30am				Gentlefit		
12:00pm				11:30-12:30pm		Metafit
12:30pm	Group Bo					12:00-12:30pm
1:00pm	12:00-2:	00pm		Introduction to Pickleball		
1:30pm						
2:00pm				Registered		
2:30pm				1:00-3:00pm		
3:00pm	Adult Rec Sv		Hot Tub Open			
3:30pm	3:00-4:0	00pm	3:00-4:00pm	Open Gym		
4:00pm	Private Swin 4:05-4:3			3:15-4:30pm		
4:30pm						
5:00pm				Volleyball Registered \$		Youth Wellness Registered
5:30pm	Swim Le 4:45-7:((6-9 years) 5:00-5:45pm	Y Kids (3-9yrs)	5:00-5:45pm
6:00pm				Volleyball	5:00-8:00pm	
6:30pm				Registered \$ (10-12 years) 6:00-7:00pm		Group Cycle 6:00-6:45pm
7:00pm				Volleyball		
7:30pm	AquaVe			(10-13 years) 7:15-8:00pm		Yoga 7:00-8:00pm
8:00pm	7:05-8:3	60pm		Volleyball 13+		
8:30pm				8:00-8:45pm		
9:00pm						







Health, Fitness, & Aquatics September 8th - January 4th 2025 Fall Schedule



TUESDAY							
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
6:00am							
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am				
7:00am	0.10 7.104111	0.10 7.100111	0.10 7.100111	Open Gym 6:00-8:45am		Group Cycle	
7:30am	1.50	F 11 C .		0.00 000		7:00-7:45am	
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am				
8:30am							
9:00am	Aquafit		Hot Tub Open	Step		T (T	
9:30am	9:15-10:00am		9:15-10:00am	9:15-9:55am		Turf Time 10:15-10:45am	
10:00am				Core 10:00-10:15	Stay and Play		
10:30am	Lane Swim	Open Swim (Leisure Pool Only)	Hot Tub Open	Yoga	9:00-12:00pm	Drums Alive	
11:00am	10:05-11:45am	10:05-11:45am	10:05-11:45am	10:30-11:30am		10:30-11:15am	
11:30am							
12:00pm	Aqua Gentle Fit						
12:30pm	11:50-12:35pm		Hot Tub Open	Pickleball			
1:00pm	Aquafit		11:50am-1:30pm	12:00-2:30pm			
1:30pm	12:45-1:30pm					Musculoskeletal	
2:00pm						Program	
2:30pm						(Registered) 1:30-3:30pm	
3:00pm	Adult Rec Sw		Hot Tub Open	Basketball 13yrs+		1.00 0.00рт	
3:30pm	3:00-4:0	·	3:00-4:00pm	2:45-4:30pm			
4:00pm	Private Swim 4:05-4:3						
4:30pm							
5:00pm				Floor Hockey			
5:30pm	Swim Les 4:45-7:3			Registered \$ (6-9) yrs	Y Kids (3-9yrs)		
6:00pm	4.45-7.3			5:15-6:00pm	5:00-8:00pm		
6:30pm				Group Power		Cardio Kick/ Core	
7:00pm				6:30-7:30pm		6:30-7:15pm	
7:30pm	Lane Swim	Open Swim	Hot Tub Open	Basketball 13yrs+			
8:00pm	7:45-8:30pm	(Leisure Pool Only) 7:45-8:30pm	7:45-8:30pm	7:45-8:45pm			
8:30pm	I	7. 13 3.30piii					
9:00pm							

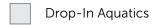


Health, Fitness, & Aquatics September 8th - January 4th 2025 Fall Schedule



Lap Pool Leisure Pool Hot Tub Gymnasium MPR Studio	WEDNESDAY							
Family Swim		Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
Color	6:00am							
7:00am 7:30am 8:00am 8:00am 8:30am 9:00am 9:00am 9:30am 9:00am 9:30am 10:00am 11:00am 11:00am 11:00am 11:30am 11:30am 11:30am 11:30am 11:30am 12:00pm 12:30pm 2:30pm 3:00pm 3:30pm 3:00pm 4:00pm 13:30pm 4:05-4:35pm 4:35pm 5:30pm 5:30pm 5:30pm 5:30pm 5:30pm 5:30pm 6:00pm 6:30pm 7:30-9:00am 7:30-9	6:30am							
Registered S Regi	7:00am	0.15 7.154111	0.15 7.154111	0.15 7.154111	Pickleball		Group Cycle	
8:30am	7:30am				6:00-8:30am			
8:30am 9:00am 9:00am 9:15-10:00am 9:15-10:00am 9:15-10:00am 10:00am 10:00am 10:05-11:45am	8:00am							
9:30am 9:15-10:00am 10:00am 10:30am 11:00am 11:00am 11:30am 11:30am 11:30am 11:30am 11:30am 11:30am 11:30pm 12:00pm 12:00pm 12:00pm 12:30pm 12:30pm 12:30pm 13:30pm 13:30pm 13:30pm 13:30pm 13:30pm 13:00pm 14:00pm 15:00pm 15	8:30am	7.30 3.00diii	7.30 3.00um	7.30 3.00dill				
10:00am	9:00am	Aquafit		Hot Tub Open				
10:30am	9:30am	9:15-10:00am		9:15-10:00am	Cardio/Strength/Core			
11:00am	10:00am				9:15-10:15am	Stay and Play		
11:00am	10:30am	Lane Swim	i i	Hot Tub Open		9:00-12:00pm	Pilates	
12:00pm 12:30pm 1:00pm 12:00-2:00pm 1:00pm 12:00-2:00pm 1:30pm 2:30pm 2:30pm 3:00pm 3:30pm 3:00pm 3:00-4:00pm 4:00pm 4:00pm 5:30pm 5:00pm 5:30pm 5:00pm 6:30pm 7:00pm 7:30pm 7:30pm 1	11:00am	10:05-11:45am	- 1	10:05-11:45am			10:30-11:30am	
12:00pm 12:30pm 1:00pm 1:30pm 1:30pm 1:30pm 2:00pm 1:30pm 2:30pm 2:30pm 3:00pm 3:00-2:00pm 4:00pm 4:00pm 4:00pm 5:30pm 5:00pm 5:30pm 5:00pm 6:30pm 6:00pm 6:30pm 7:00pm 7:00pm 7:30pm 1	11:30am						On The Move	
1:00pm 1:30pm 1:30pm 1:30pm 2:00pm 2:30pm 3:00pm 3:00pm 3:00-4:00pm 4:00pm 4:05-4:35pm 5:00pm 5:00pm 5:00pm 5:00pm 6:30pm 6:00pm 6:30pm 7:00pm 7:45-8:30pm 7:45-8:30pm 8:00pm 7:45-8:30pm 12:45-1:30pm 12:45-1:45pm	12:00pm				10.00 12.100111		11:45am-12:30pm	
1:30pm Pickleball 1:00-3:00pm	12:30pm	Group Bo	oking			Zumba		
2:00pm	1:00pm	12:00-2:0	10pm				12:45-1:30pm	
2:30pm 3:00pm 3:00pm 3:30pm 4:00pm 4:00pm 4:00pm 5:00pm 5:30pm 5:00pm 6:30pm 7:00pm 7:30pm Lane Swim 7:45-8:30pm 8:30pm 7:45-8:30pm 8:30pm 1 Adult Rec Swim (18+) 3:00-4:00pm 3:15-4:45pm Ation Tub Open Swim (16-9yrs) Registered \$ 6:00-6:45pm Basketball (10-12yrs) Registered \$ 7:00-8:00pm 7:45-8:30pm 8:00-8:45pm 8:30pm 1 Adult Rec Swim (18+) 3:00-4:00pm 3:00-4:00pm 3:00-4:00pm 3:00-4:00pm 3:00-4:00pm 3:00-4:00pm 3:15-4:45pm Ation Tub Open Swim (16-9yrs) Registered \$ 7:00-8:00pm 7:45-8:30pm 8sketball (10-12yrs) Registered \$ 7:00-8:00pm 8sketball 13yrs+ 8:30pm 8sketball 13yrs+ 8:00-8:45pm	1:30pm				Pickleball			
3:00pm	2:00pm				1:00-3:00pm			
3:30pm 3:00-4:00pm 3:00-4:00pm Open Gym 3:15-4:45pm	2:30pm							
4:00pm Private Swim Lessons 4:05-4:35pm Open Gym 3:15-4:45pm 5:00pm Rhythm and Stretch (6-9yrs) Registered \$ 5:00-5:45pm Turf Time 5:00-5:30pm 6:00pm Basketball (6-9yrs) Registered \$ 6:00-6:45pm 5:00-8:00pm 7:00pm Cycle 6:15-6:45pm 7:30pm Lane Swim Reisure Pool Only 7:45-8:30pm Hot Tub Open 7:45-8:30pm 8:00pm Basketball 13yrs+ 8:30pm Basketball 13yrs+ 8:00-8:45pm	3:00pm	Adult Rec Sw	im (18+)					
4:00pm Private Swim Lessons 4:05-4:35pm 3:15-4:45pm 5:00pm Rhythm and Stretch (6-9yrs) Registered \$ 5:00-5:45pm 7 Kids (3-9yrs) Registered \$ 6:00-6:45pm 6:30pm Basketball (6-9yrs) Registered \$ 6:00-6:45pm 5:00-8:00pm 7:30pm Lane Swim 7:45-8:30pm Open Swim (Leisure Pool Only) 7:45-8:30pm Hot Tub Open 7:45-8:30pm Registered \$ 7:00-8:00pm T:00-8:00pm 8:30pm Basketball 13yrs+ 8:00-8:45pm Basketball 13yrs+ 8:00-8:45pm	3:30pm	3:00-4:0	0pm	3:00-4:00pm	Onen Gym			
5:00pm Rhythm and Stretch (6-9yrs) Turf Time 5:00-5:30pm 6:00pm Basketball (6-9yrs) 5:00-8:00pm 6:30pm Basketball (6-9yrs) Registered \$ 6:00-6:45pm 7:00pm Basketball (10-12yrs) Registered \$ 7:00-8:00pm 8:00pm Cycle 6:15-6:45pm 8:00pm Lane Swim 7:45-8:30pm Open Swim (Leisure Pool Only) 7:45-8:30pm Hot Tub Open 7:45-8:30pm 8:30pm Basketball 13yrs+ 8:00-8:45pm	4:00pm							
5:30pm Swim Lessons 4:45-7:35pm (6-9yrs) Registered \$ 5:00-5:45pm Y Kids (3-9yrs) 5:00-8:00pm 6:30pm Basketball (6-9yrs) Registered \$ 6:00-6:45pm Simulation of the company of the co	4:30pm							
Swim Lessons Swim Lessons Swim Lessons Swim Lessons Six	5:00pm							
6:00pm 6:30pm 7:00pm 7:30pm Lane Swim 7:45-8:30pm 8:30pm 4:45-7:35pm Basketball (6-9yrs) Registered \$ 6:00-6:45pm Basketball (10-12yrs) Registered \$ 7:00-8:00pm T:45-8:30pm Basketball 13yrs+ 8:30pm 8:00-8:45pm 8:00-8:45pm	5:30pm				Registered \$			
6:30pm Registered \$ 6:00-6:45pm 7:00pm Basketball (10-12yrs) 7:30pm Lane Swim 7:45-8:30pm Open Swim (Leisure Pool Only) 7:45-8:30pm Hot Tub Open 7:00-8:00pm 8:30pm Basketball 13yrs+ 8:00-8:45pm 8:00-8:45pm	6:00pm	4:45-/:3	opm		Basketball (6-9yrs)		Cycle	
7:30pm	6:30pm							
7:30pm Lane Swim (Leisure Pool Only) 7:45-8:30pm Pole Swim (Leisure Pool Only) 7:45-8:30pm Registered \$ 7:00-8:00pm Pole Pool Only) 7:45-8:30pm Pole Pool Only) 8:30pm Pole Pool Only) 7:45-8:30pm Pole Pool Only) 8:30pm Pole Pool Only) 7:45-8:30pm Pole Pool Only) 8:30pm Pole Pool Only) 7:45-8:30pm Pole Pole Pole Pole Pole Pole Pole Pole	7:00pm						Stability Ball/ Strength	
8:30pm 7:45-8:30pm Basketball 13yrs+ 8:30pm 8:00-8:45pm			(Leisure Pool Only)					
C.50pm	·	7. 4 3-6.30pm	7:45-8:30pm	7. 4 3-6.30pm				
9:00pm					8:00-8:45pm			
	9:00pm							

Child and Youth



Drop-In Fitness

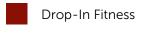
Self-Directed

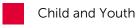
Registered Programs

Health, Fitness, & Aquatics September 8th - January 4th 2025 Fall Schedule

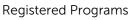


			THURSDAY			
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am	M	F 11 C 1				
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am			
7:00am				Open Gym		Strictly Strength
7:30am	1.50			6:00-8:45am		7:00-7:45am
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			
8:30am	, 100 5100a	7.00 3.000	7.00 5.000			
9:00am	Aquafit		Hot Tub Open			
9:30am	9:15-10:00am		9:15-10:00am			Zumba
10:00am	Lane Swim	Open Swim	Hot Tub Open		Stay and Play	9:15-10:00am
10:30am	10:05-11:00am	(Leisure Pool Only) 10:05-11:00am	10:05-11:00am		9:00-12:00pm	Stability Ball/ Strength
11:00am	Swim Les					10:15-11:00am
11:30am		11:15-11:45am				Yoga
12:00pm	Aqua Gentle Fit			Cardiovascular Rehab		11:15-12:15pm
12:30pm	11:50-12:35pm		Hot Tub Open	(Gymnasium) 9:00-4:00pm		Chair Yoga
1:00pm	Aquafit 12:45-1:30pm		11:50-1:30pm			12:30-1:30pm
1:30pm	12.43-1.30pm					
2:00pm 2:30pm						
3:00pm	Adult Rec Sw	im (18+)	Hot Tub Open			
3:30pm	3:00-4:0		3:00-4:00pm			
4:00pm	Private Swim 4:05-4:3					
4:30pm						
5:00pm						
5:30pm	Swim Les	sons			Y Kids	
6:00pm	4:45-7:3	5pm		Soccer (6-9yrs)	(3-9yrs)	Step
6:30pm				Registered \$ 5:15-6:00pm	5:00-8:00pm	6:15-7:00pm
7:00pm				Group Power		Pilates
7:30pm	Aquafit		Hot Tub Open	6:30-7:30pm		7:15-8:00pm
8:00pm	7:45-8:30pm		7:45-8:30pm	Open Gym		
8:30pm				8:15-8:45pm		
9:00pm						











Self-Directed

Health, Fitness, & Aquatics

September 8th - January 4th 2025 Fall Schedule



FRIDAY							
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
6:00am							
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am				
7:00am	0.15 7.15dill	0.13 7.134111	0.13 7.13am	Pickleball			
7:30am	Laura and Eitarra			6:00-8:30am			
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am		Turf Time	Yoga 8:00-9:00am	
8:30am	7.50 5.00am				8:00-8:30am	6.00-9.00am	
9:00am	Aquafit		Hot Tub Open				
9:30am	9:15-10:00am		9:15-10:05am	Legs Tums & Bums 9:15-10:15am		Drums Alive 9:30-10:15am	
10:00am					Stay and Play	Zumba	
10:30am	Lane Swim	Open Swim (Leisure Pool Only)	Hot Tub Open	On The Move	9:00-12:00pm	10:30-11:15an	
11:00am	10:05-11:45am	10:05-11:45am	10:05-11:45am	10:30-11:15am			
11:30am				Gentlefit			
12:00pm				11:30-12:30pm			
12:30pm	Group B	ookings			½ Day Sport Fundamentals		
1:00pm	12:00-2:00pm				PA Day Camp		
1:30pm				Open Gym 12:45-2:30pm	Registered \$	Musculoskelet	
2:00pm				12.43 2.30pm	(6-9yrs) 12:00-3:00pm	Program	
2:30pm					12.00 0.00pm	(Registered)	
3:00pm	Adult Rec S	wim (18+)	Hot Tub Open			1:30-3:30pm	
3:30pm	3:00-4:	:00pm	3:00-4:00pm	Basketball 13yrs+			
4:00pm	Private Swii 4:05-4			2:30-5:00pm	YMCA & Town Partnership Youth P (monthly) Gr. 6-12		
4:30pm					6:00-7:		
5:00pm					Friday Night		
5:30pm		Rotary Open Swim 4:35-6:35pm			(2nd Friday Registe (6-9) 5:00-7:	ered \$ yrs)	
6:00pm			4:30-7:30pm	V 11 0	Youth Leaders		
6:30pm	Youth Open Swim 6:35-7:30pm			Youth Gym Space 5:00-8:45pm	Registered (10-16yrs) 6:00-7:00pm		
7:00pm							
7:30pm	106		LI-AT I				
8:00pm	Lane Swim 7:35-8:30pm		Hot Tub Open 7:35-8:30pm				
8:30pm	7.00 0.00pm		7.00 0.00piii				
9:00pm							

Child and Youth

Drop-In Fitness

Self-Directed

Registered Programs

Health, Fitness, & Aquatics September 8th - January 4th 2025 Fall Schedule



SATURDAY								
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio		
7:00am	Lane Swim	Family Swim	Hot Tub Open					
7:30am	7:00-8:00am	7:00-8:00am	7:00-8:00am	Pickellball				
8:00am	Aquafit		Hot Tub Open	7:00-8:30am				
8:30am	8:15-9:00am		8:15-9:00am					
9:00am						Group Cycle		
9:30am				Y Kids	Stay & Play (0-3 yrs) 9:00-12:00pm	9:00-9:45am		
10:00am	Swim Less	200		- Y Kids - (3-9 yrs) - 9:00-12:00pm		Strictly Strength		
10:30am	9:15-12:15					10:00-10:45am		
11:00am	3.13 12.13	ρπ				Yoga		
11:30am						11:00-12:00pm		
12:00pm								
12:30pm								
1:00pm	Open Swi	m	Hot Tub Open	Open Gym 12:15-2:30pm	Bookings 12:30-2:30pm			
1:30pm	12:30-2:30	pm	12:30-2:30pm					
2:00pm								
2:30pm	Lana Curim	Family Swim	Hot Tub Open					
3:00pm	Lane Swim Family Swim 2:35-3:30pm 2:35-3:0pm		Hot Tub Open 2:35-3:30pm					
3:30pm	2.55 5.50piii	2.33 3.30pm	2.33 3.30pm	Basketball 13yrs+				
4:00pm	Adult Rec Swir	n (18+)	Hot Tub Open	2:30-4:45pm				
4:30pm	3:35-4:30	om	3:35-4:30pm					
5:00pm								



Health, Fitness, & Aquatics September 8th - January 4th 2025 Fall Schedule



SUNDAY								
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio		
7:00am								
7:30am	Lane Swim	Family Swim	Hot Tub Open	Pickleball				
8:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am				
8:30am								
9:00am								
9:30am	Di ala Caisa I							
10:00am	Private Swim Lessons 9:05am-10:15am			Family Gym 9:15am-12:00pm		Yoga Sculpt 9:30-10:30am		
10:30am						Zumba		
11:00am						10:45-11:30am		
11:30am			Hat Tub Onen					
12:00pm	Open Swi	m	Hot Tub Open 10:30am-2:30pm					
12:30pm	10:30am-2:3	i0pm	10.30am 2.30pm	Open Gym 12:00-2:30pm				
1:00pm					Dealine			
1:30pm					Bookings 12:30-2:30pm			
2:00pm					12.30 2.30pm			
2:30pm	Adult Des Code	n (10 L)	Llot Tub On					
3:00pm	Adult Rec Swir 2:35-3:25p		Hot Tub Open 2:35-3:30pm	Packethall 17viis				
3:30pm	2.55-5.25	7111	,	Basketball 13yrs+ 2:30-4:45pm				
4:00pm	Croup P	ooking 3:30-4:30p		2.50 4.45pm				
4:30pm	Group B	OOKING 3.30-4.30	лп -					
5:00pm								

Health, Fitness, & Aquatics

September 8th - January 4th 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

1/2 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

Health, Fitness, & Aquatics September 8th - January 4th 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



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.