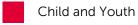
Health, Fitness, & Aquatics September 8th - January 4th

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	0.15-7.15am	0.15-7.15dff	6:15-7:15am	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/] i	
10:00am		On an Colina	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:			3:15-4:30pm		
4:30pm						
5:00pm				Volleyball Registered \$		Youth Wellness Registered
5:30pm	Swim Le 4:45-7:0			(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	30pm		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 7.104111	Open Gym 6:00-8:45am		Group Cycle		
7:30am	15	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	20120 201 100111		
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 12:00-2:30pm				
1:00pm	Aquafit		11:50am-1:30pm					
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 Basketk	Basketball 13yrs+		1.30 0.30pm		
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 Le: 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



WEDNESDAY								
	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 7.134111	0.13 7.134111	0.13 7.13am	Pickleball		Group Cycle		
7:30am				6:00-8:30am		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	7.30 3.00dill	7.30 3.00um	7.30 3.00dill					
9:00am	Aquafit		Hot Tub Open					
9:30am	9:15-10:00am		9:15-10:00am	Cardio/Strength/Core				
10:00am				9:15-10:15am	Stay and Play			
10:30am	Lane Swim	Open Swim (Leisure Pool Only)	Hot Tub Open		9:00-12:00pm	Pilates		
11:00am	10:05-11:45am	10:05-11:45am	10:05-11:45am			10:30-11:30am		
11:30am				Open Gym 10:30-12:45pm		On The Move		
12:00pm				10.50 12. 150111		11:45am-12:30pm		
12:30pm	Group Bo	oking			Zumba			
1:00pm	12:00-2:0	10pm				12:45-1:30pm		
1:30pm				Pickleball				
2:00pm				1:00-3:00pm				
2:30pm								
3:00pm	Adult Rec Sw	im (18+)	Hot Tub Open					
3:30pm	3:00-4:0	0pm	3:00-4:00pm	Open Gym				
4:00pm	Private Swim 4:05-4:3			3:15-4:45pm				
4:30pm								
5:00pm				Rhythm and Stretch				
5:30pm	Swim Les			h:00 h:4hnm	Y Kids	Turf Time 5:00-5:30pm		
6:00pm	4:45-7:3	opm		Basketball (6-9yrs)	(3-9yrs) 5:00-8:00pm	Cycle		
6:30pm				Registered \$ 6:00-6:45pm	6:15-6:45pm			
7:00pm				Basketball (10-12yrs)		Stability Ball/ Strength		
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only)	Hot Tub Open 7:45-8:30pm	Registered \$ 7:00-8:00pm		7:00-7:45pm		
8:00pm	7.43-0.30pm	7:45-8:30pm	7.43-6.30pm	Basketball 13yrs+				
8:30pm				8:00-8:45pm				
9:00pm								

Child and Youth



Drop-In Fitness

Self-Directed

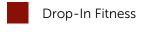
Registered Programs

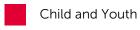
Health, Fitness, & Aquatics September 8th - January 4th

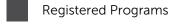
2025 Fall Schedule



			THURSDAY			
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am				Open Gym		
6:30am	Masters Lane Swim	Family Swim	Hot Tub Open	6:00-6:45am		
7:00am	6:15-7:15am	6:15-7:15am	6:15-7:15am	Group Power		
7:30am				7:00-8:00am		
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am	Open Gym		
8:30am	7.30 3.00dill	7.30 3.00diii	7.30 3.00am	8:15-8:45am		
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	11:15-11:4	l5am		Cardiovascular		Yoga
12:00pm	Aqua Gentle Fit			Rehab (Gymnasium) 9:00-4:00pm		11:15-12:15pm
12:30pm	11:50-12:35pm		Hot Tub Open 11:50-1:30pm			Chair Yoga
1:00pm	Aquafit					12:30-1:30pm
1:30pm	12:45-1:30pm					
2:00pm						
2:30pm						
3:00pm	Adult Rec Sw 3:00-4:0		Hot Tub Open 3:00-4:00pm			
3:30pm	Private Swim	·	3.00 4.00pm			
4:00pm	4:05-4:3					
4:30pm						
5:00pm				Soccer (6-9yrs)		
5:30pm	Swim Les			Registered \$ 5:00-5:45pm	Y Kids	
6:00pm	4:45-7:3	5pm			(3-9yrs) 5:00-8:00pm	Step
6:30pm				Group Power	3.00-0.00pm	6:15-7:00pm
7:00pm				6:30-7:30pm		Pilates
7:30pm	Aquafit		Hot Tub Open	Open Gym		7:15-8:00pm
8:00pm	7:45-8:30pm		7:45-8:30pm	7:45-8:45pm		
8:30pm						
9:00pm						









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 8:00-8:30am	Yoga 8:00-9:00am	
8:30am	7.50 5.00am				6.00-6.30am	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	½ Day Sport Fundamentals		
12:30pm	Group B	ookings					
1:00pm	12:00-2	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						(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 Partner (monthly)	•	
4:30pm					6:00-7:		
5:00pm					Friday Night		
5:30pm	Rotary Op 4:35-6:		Hot Tub Open 4:30-7:30pm		(2nd Friday Registe (6-9) 5:00-7:	ered \$ yrs)	
6:00pm			4.50-7.50pm	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	0.00 /						
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				Group Power	Y Kids (3-9 yrs) 9:00-12:00pm	9:00-9:45am		
10:00am	Swim Lesso	200		9:30-10:30am		Yoga		
10:30am	9:15-12:15					10:00-11:00pm		
11:00am	J.13 12.13	Sili						
11:30am								
12:00pm								
12:30pm				Open Gym				
1:00pm	Open Swi	m	Hot Tub Open		Bookings			
1:30pm	12:30-2:30	pm	12:30-2:30pm		12:30-2:30pm			
2:00pm					12.30-2.30pm			
2:30pm	Lane Swim	Family Swins	Hot Tub Onco					
3:00pm	2:35-3:30pm	Family Swim 2:35-3:30pm	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				- 9:15am-12:00pm		Zumba		
11:00am						10:45-11:30am		
11:30am			Hat Tub Onen					
12:00pm	Open Swi	m	Hot Tub Open 10:30am-2:30pm	Open Gym 12:00-2:30pm				
12:30pm	10:30am-2:3	i0pm	10.30am 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	2.33-3.30pm	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.