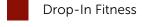
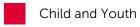
Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter Schedule



	er Schedule		MONDAY				
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio	
6:00am		5 " O .					
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 7.100111		Pickleball 6:00-8:30am			
7:30am	Lane and Fitness		Hot Tub Open 7:30-9:00am	0.00 0.000			
8:00am	Swim	Family Swim 7:30-9:00am					
8:30am	7:30-9:00am	7.30 3.004111	7.30 3.00diii				
9:00am	Aquafit						
9:30am	9:15-10:00am			Strictly Strength/]		
10:00am			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				11:30-12:15pm		Metafit	
12:30pm	Group Bookings					12:00-12:30pm	
1:00pm	12:00-2:	00pm		Introduction to Pickleball Registered			
1:30pm							
2:00pm				1:00-3:00pm			
2:30pm				Jan 5th-Feb 23rd		CARE Program	
3:00pm	Adult Rec S		Hot Tub Open			(Registered)	
3:30pm	3:00-4:	<u> </u>	3:00-4:00pm — Open Gym			1:30-5:30pm	
4:00pm	Private Swir 4:05-4:			3:15-4:30pm		Jan 5th-Apr 30th	
4:30pm							
5:00pm						Youth Wellness Registered	
5:30pm	Swim Le	essons			Y Kids (3-9yrs)	6:00-6:45pm	
6:00pm	4:45-7:	35pm		Volleyball	5:00-8:00pm		
6:30pm				Registered \$ (10-12 years) 6:00-7:00pm		Cycle 6:00-6:45pm	
7:00pm				A - 1 1.			
7:30pm				Adult Rec Volleyball		Yoga 7:00-8:00pm	
8:00pm	Open Swim Share		Hot Tub Open	Registered \$		7.00 0.00pm	
8:30pm	Aquatics 7:45-8:30pm		7:45-8:30pm	7:15-8:45pm			
9:00pm	9:00pm Fitness Floor closes at 8:50pm						









Self-Directed

Drop-In Aquatics

Health, Fitness, & Aquatics January 5th - March 15th 2026 Winter 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	0.13 7.100111	0.10 7.100111	0.10 7.104111	Open Gym 6:00-8:45am		Group Cycle
7:30am				0.00 0.43411		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	7.50 5.00dill	7.30 3.004111			
9:00am	Aquafit		Hot Tub Open	Step		
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	10.15-10.45am
10:30am	Lane Swim	Open Swim	Hot Tub Open	Yoga	9:00-12:00pm	Drums Alive
11:00am	10:05-11:45am	(Leisure Pool Only) 10:05-11:45am	10:05-11:45am	10:30-11:30am		10:30-11:15am
11:30am		20.00 2200				Chair Yoga
12:00pm	Aqua Gentle Fit					11:30-12:30pm
12:30pm	11:50-12:35pm		Hot Tub Open			
1:00pm	Aquafit		11:50am-1:30pm	Pickleball 12:00-2:30pm		
1:30pm	12:45-1:30pm			12.00 2.30pm		Musculoskeletal
2:00pm						Program
2:30pm						(Registered)
3:00pm	Adult Rec Sw	vim (18+)	Hot Tub Open 3:00-4:00pm	Basketball 13yrs+ 2:45-4:30pm		1:30-3:30pm
3:30pm	3:00-4:0	0pm				
4:00pm	Private Swim 4:05-4:3					
4:30pm						
5:00pm				Floor Hockey		
5:30pm	Swim Les 4:45-7:3			Registered \$ (6-12) yrs	Y Kids (3-9yrs) 5:00-8:00pm	
6:00pm	4.45-7.5	υ		5:15-6:00pm		
6:30pm				Group Power		Cardio Kick/ Core
7:00pm				6:30-7:30pm		6:30-7:15pm
7:30pm	Open Sv	wim	Hot Tub Open	Basketball 13yrs+		
8:00pm	7:45-8:30pm		7:45-8:30pm	7:45-8:45pm		
8:30pm						
9:00pm			Fitness Floor close	s at 8:50pm		



Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter Schedule



		١	WEDNESDAY			
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am	Martine Lana Carina	Family Caring	Hal Tak Oassa			
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am			
7:00am				Pickleball		Group Cycle
7:30am	Lancard Filmon Colins	Family College	I I a I Tark On and	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						
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	Hot Tub Open	On The Move	9:00-12:00pm	Pilates
11:00am	10:05-11:45am	(Leisure Pool Only) 10:05-11:45am	10:05-11:45am	10:30am-11:15am		10:30-11:30am
11:30am		10.05-11.45am		Family Gym 11:30-12:45pm		Zumba
12:00pm						11:45-12:30pm
12:30pm	Group Bo	oking				
1:00pm	12:00-2:0	0pm				
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	·	3:00-4:00pm			
4:00pm	Private Swim 4:05-4:3					
4:30pm				Open Gym 3:15-5:45pm		
5:00pm						Turf Time 5:00-5:30pm
5:30pm	Swim Les 4:45-7:3!				Y Kids (3-9yrs)	
6:00pm		·		Basketball (6-9yrs)	5:00-8:00pm	Cycle
6:30pm				Registered \$ 6:00-6:45pm		6:00-6:30pm
7:00pm				Basketball (10-12yrs)		Stability Ball/ Strengt
7:30pm	Private Bo	oking		Registered \$ 7:00-8:00pm		6:45-7:30pm
8:00pm	7:45-8:4	-		Basketball 13yrs+		
8:30pm				8:00-8:45pm		
9:00pm			Fitness Floor clo	ses at 8:50pm		



Drop-In Fitness

Self-Directed

Registered Programs

Child and Youth

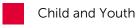
Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter Schedule



			THURSDAY			
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
6:00am				Open Gym		
6:30am	Masters Lane Swim 6:15-7:15am	Family Swim 6:15-7:15am	Hot Tub Open 6:15-7:15am	6:00-6:45am		
7:00am	0.13-7.13am	0.13-7.13am	0.13-7.13am			
7:30am				Group Power 7:00-8:00am		
8:00am	Lane and Fitness Swim	Family Swim	Hot Tub Open	7.00-8.00am		
8:30am	7:30-9:00am	7:30-9:00am	7:30-9:00am	Open Gym 8:15-8:45am		
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am			Turf Time 9:30-10:00am
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	Cardiovascular	Stay and Play 9:00-12:00pm	Stability Ball/ Strength
11:00am	Drop in Adult	Parent & Tot Registered				10:15-11:00am
11:30am	Swim Lessons 11:15-11:45am	Swim Lessons 11:15-11:45am				Yoga 11:15-12:15pm
12:00pm	Aqua Gentle Fit			Rehab (Gymnasium)		
12:30pm	11:50-12:35pm		Hot Tub Open	9:00-4:00pm		Chair Yoga
1:00pm	Aquafit		11:50-1:30pm			12:30-1:30pm
1:30pm	12:45-1:30pm					
2:00pm						CARE
2:30pm						Program
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm			(Registered)
3:30pm	Private Swim	·	3.00-4.00pm			1:30-5:30pm Jan 5th-Apr 30th
4:00pm	4:05-4:3					Jan Jul-Api Jour
4:30pm						
5:00pm						Youth Wellness Registered
5:30pm	Swim Les	sons			Y Kids	6:00-6:45pm
6:00pm	4:45-7:3	5pm		Soccer (6-9yrs)	(3-9yrs)	Step
6:30pm				Registered \$ 5:00-5:45pm	5:00-8:00pm	6:15-7:00pm
7:00pm				Group Power		Core/Stretch
7:30pm	Agrafit		Hot Tub Open	6:30-7:30pm		7:15-7:45pm
8:00pm	Aquafit 7:45-8:30pm		Hot Tub Open 7:45-8:30pm	Open Gym		
8:30pm				8:15-8:45pm		
9:00pm			Fitness Floor close	s at 8:50pm		







Registered Programs



Self-Directed

Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter 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	0.15-7.15aiii	0.15-7.158111	0.15-7.15am	Pickleball			
7:30am	Laura de Ellara			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		
8:30am	7.50 3.00am				8.00-8.30am		
9:00am	Aquafit		Hot Tub Open				
9:30am	9:15-10:00am		9:15-10:05am	Legs Tums & Bums			
10:00am				9:15-10:15am	C: 1.D.	Zumba	
10:30am	Laura Carina	Open Swim	Hat Talk Ones	On The Move	Stay and Play 9:00-12:00pm	10:30-11:15am	
11:00am	Lane Swim 10:05-11:45am	(Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am	10:30-11:15am	9.00-12.00pm		
11:30am				On the Move/Chair 11:30-12:30pm		Drums Alive 11:30am-12:15pm	
12:00pm				11.30 12.300111	1/ D 6		
12:30pm	Group Bo	-			½ Day Sport Fundamentals		
1:00pm	12:00-2	12:00-2:00pm			PA Day Camp		
1:30pm				Open Gym 12:45-2:30pm	Registered \$	Musculoskeletal	
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		Basketball 13yrs+			
4:00pm	Private Swir 4:05-4:			2:30-5:00pm			
4:30pm							
5:00pm	Rotary Op	en Swim	Hot Tub Open		YMCA & Town Partner		
5:30pm	4:35-6:		4:35-6:35pm		(monthly) 6:00-7:		
6:00pm					Youth Leaders		
6:30pm	Youth Open Swim 6:35-7:30pm		Hot Tub Open 6:35-7:30pm	Youth Gym Space 5:00-8:45pm	Registered (10-16yrs) 6:00-7:00pm		
7:00pm	0.55 7.		, , , , , , , , , , , , , , , , , , ,				
7:30pm		Open Swim					
8:00pm	Lane Swim	(Leisure Pool Only)	Hot Tub Open 7:35-8:30pm				
8:30pm	7:35-8:30pm	7:35-8:30pm	7.55-6.50pm				
9:00pm			Fitness Floor	closes at 8:50pm			



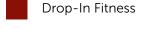
Drop-In Fitness

Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter 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					Y Kids	Group Cycle			
9:30am				Group Power	(3-5yrs) MPR	9:00-9:45am			
10:00am	Swim Less	200		9:30-10:30am	9:00-12:00pm				
10:30am	9:15-12:15				YKids				
11:00am	3.13 12.13	ρπ			(6-9yrs) Alcove	Yoga			
11:30am					9:00-12:00pm	10:45-11:45am			
12:00pm									
12:30pm				Open Gym					
1:00pm	Open Swim		Hot Tub Open	10:45-2:30pm	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 Swim	Hot Tub Open						
3:00pm	2:35-3:30pm	2:35-3:30pm	2:35-3:30pm						
3:30pm	2.30 0.30piii	2.00 0.000	2.00 0.00pm	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	Fitness Floor closes at 4:50pm								





Child and Youth



Registered Programs



Self-Directed



Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter 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	7:00-9:35am	7:00-9:35am	7:00-9:35am	7:00-9:00am					
8:30am	7.00 3.33411	7.00 3.334111	7.00 3.33411						
9:00am					Turf Time				
9:30am		Parent & Tot			9:00-9:30am				
10:00am	Private Swim Lessons 9:45am-10:15am	Registered Swim Lessons 9:45-10:15am		Family Gym - 9:15am-12:00pm		Yoga Sculpt 9:30-10:30am			
10:30am				9.13am 12.00pm		Zumba			
11:00am						10:45-11:30am			
11:30am	Open Swim		Hot Tub Open						
12:00pm			10:30am-2:30pm						
12:30pm	10:30am-2:3	50pm	10.00am 2.00pm						
1:00pm				Open Gym 12:00-2:30pm	Bookings				
1:30pm				12.00-2.30pm	12:30-2:30pm				
2:00pm					12.00 2.00pm				
2:30pm	Adult Rec Swin	n (18±)	Hot Tub Open						
3:00pm	Adult Rec Swim (18+) 2:35-3:25pm		2:35-3:25pm	Basketball 13yrs+					
3:30pm	2.33 3.23	2111	2.33 3.23pm	2:30-4:45pm					
4:00pm	Group B	ooking 3:30-4:30p		2.50 1. 15pm					
4:30pm	GIOUP D								
5:00pm			Fitness Floor close	s at 4:50pm					

Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter Schedule



New at the YMCA:

*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

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

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 6:00pm-6:45pm and Friday 6:00pm-6:45pm

Adult Recreational Volleyball -

Join our 9-week co-ed volleyball program designed for players who already know the game and are looking for a fun, competitive, and organized experience. Teams are formed upon arrival, and games are self-refereed. Register with friends or sign up on your own—it's a great way to stay active and meet others who love to play.

- Mondays, January 5-March 9, (no program February 16th Family Day)
- 7:15-8:45pm
- \$40.00

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 6-12 years
- \$25.00 for members,
- Friday 12:00-3:00pm
 - o April 24
 - June 5

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:
 - January 30 Basketball

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

Health, Fitness, & Aquatics January 5th - March 15th 2026 Winter 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.

Health, Fitness, & Aquatics

January 5th - March 15th 2026 Winter Schedule





YMCA Conditioning Room, Gymnasium, and Fitness Studio Member & Guest Responsibilities

At the YMCA, we prioritize safety and respect. Please follow these guidelines to ensure a positive experience for everyone.

Dress Code

Athletic shoes with closed toes and shirts are required at all times.

Equipment Use

Allow others to work in and share equipment. Please do not rest on equipment. Please limit time on cardio machines to 30 minutes.

Return Weights and Equipment

Please return all weights and equipment to their proper places to help keep the space safe and organized.

Cleanliness

Wipe down equipment after use.

Phone Etiquette

Refrain from taking phone calls in the conditioning room and limit phone use between sets.

Selfies

If taking selfies/personal videos, please be discreet and ensure other members and guests are NOT in the shot.

Language

Offensive language and profanity are not tolerated.

Personal Belongings

Gym bags are not permitted in the conditioning room, gymnasium, or fitness studios. Please store your items in a locker using your own lock.

Food And Drinks

Water is the only beverage permitted in the conditioning room, gymnasium or fitness studios. No food is allowed.

