

Wasaga Beach YMCA

Health, Fitness, & Aquatics

January 5th - March 15th

2026 Winter 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								
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am		Strictly Strength/ Cardio Kick 9:15-10:15am				
10:30am				On The Move 10:30-11:15am			Pilates/Yoga 10:30-11:30am	
11:00am								
11:30am				Gentlefit 11:30-12:15pm				
12:00pm	Group Bookings 12:00-2:00pm					Metafit 12:00-12:30pm		
12:30pm								
1:00pm								
1:30pm				Introduction to Pickleball Registered 1:00-3:00pm Jan 5th-Feb 23rd		CARE Program (Registered) 1:30-5:30pm Jan 5th-Apr 30th		
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 4:45-7:35pm				Y Kids (3-9yrs) 5:00-8:00pm	Youth Wellness Registered 6:00-6:45pm		
5:00pm				Volleyball Registered \$ (6-9 years) 5:00-5:45pm				
5:30pm				Volleyball Registered \$ (10-12 years) 6:00-7:00pm				
6:00pm							Cycle 6:00-6:45pm	
6:30pm								Yoga 7:00-8:00pm
7:00pm								
7:30pm								
8:00pm			Open Swim Shared with Advanced Aquatics 7:45-8:30pm			Hot Tub Open 7:45-8:30pm	Adult Rec Volleyball Registered \$ 7:15-8:45pm	
8:30pm								
9:00pm	Fitness Floor closes at 8:50pm							



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

For more information, please contact your Membership Services Desk

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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		
10:30am				Yoga 10:30-11:30am		Drums Alive 10:30-11:15am
11:00am						Chair Yoga 11:30-12:30pm
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						Musculoskeletal Program (Registered) 1:30-3:30pm
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm	Basketball 13yrs+ 2:45-4:30pm		
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				Floor Hockey Registered \$ (6-12) yrs 5:15-6:00pm		
5:30pm						
6:00pm						
6:30pm				Group Power 6:30-7:30pm		Cardio Kick/ Core 6:30-7:15pm
7:00pm						
7:30pm	Open Swim 7:45-8:30pm		Hot Tub Open 7:45-8:30pm	Basketball 13yrs+ 7:45-8:45pm		
8:00pm						
8:30pm						
9:00pm	Fitness Floor closes at 8:50pm					



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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	Cardio/Strength/Core 9:15-10:15am	Stay and Play 9:00-12:00pm		
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			On The Move 10:30am-11:15am	Pilates 10:30-11:30am
10:30am						Family Gym 11:30-12:45pm	Zumba 11:45-12:30pm
11:00am							
11:30am							
12:00pm	Group Booking 12:00-2:00pm			Pickleball 1:00-3:00pm			
12:30pm							
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 3:15-5:45pm	Y Kids (3-9yrs) 5:00-8:00pm		
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Swim Lessons 4:45-7:35pm						Turf Time 5:00-5:30pm
5:00pm							
5:30pm							
6:00pm				Basketball (6-9yrs) Registered \$ 6:00-6:45pm	Cycle 6:00-6:30pm		
6:30pm							
7:00pm			Basketball (10-12yrs) Registered \$ 7:00-8:00pm		Stability Ball/ Strength 6:45-7:30pm		
7:30pm	Private Booking 7:45-8:45pm						
8:00pm			Basketball 13yrs+ 8:00-8:45pm				
8:30pm							
9:00pm	Fitness Floor closes at 8:50pm						



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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 6:00-6:45am		
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	Group Power 7:00-8:00am		
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	Turf Time 9:30-10:00am
9:30am						
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						
11:00am	Drop in Adult Swim Lessons 11:15-11:45am	Parent & Tot Registered Swim Lessons 11:15-11:45am				Yoga 11:15-12:15pm
11:30am						
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Hot Tub Open 11:50-1:30pm			
12:30pm						Chair Yoga 12:30-1:30pm
1:00pm	Aquafit 12:45-1:30pm					
1:30pm						
2:00pm						
2:30pm						CARE Program (Registered) 1:30-5:30pm Jan 5th-Apr 30th
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						Youth Wellness Registered 6:00-6:45pm
5:30pm						
6:00pm				Soccer (6-9yrs) Registered \$ 5:00-5:45pm		Step 6:15-7:00pm
6:30pm						
7:00pm				Group Power 6:30-7:30pm		Core/Stretch 7:15-7:45pm
7:30pm	Aquafit 7:45-8:30pm		Hot Tub Open 7:45-8:30pm			
8:00pm				Open Gym 8:15-8:45pm		
8:30pm						
9:00pm	Fitness Floor closes at 8:50pm					

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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	
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			
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am	On The Move 10:30-11:15am		Zumba 10:30-11:15am
10:30am						
11:00am				On the Move/Chair 11:30-12:30pm		Drums Alive 11:30am-12:15pm
11:30am						
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	Musculoskeletal Program (Registered) 1:30-3:30pm
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			Basketball 13yrs+ 2:30-5:00pm		
4:30pm	Rotary Open Swim 4:35-6:35pm		Hot Tub Open 4:35-6:35pm			
5:00pm						YMCA & Town Partnership Youth Program (monthly) Gr. 6-12 6:00-7:00pm
5:30pm						
6:00pm					Youth Leaders Registered (10-16yrs) 6:00-7:00pm	
6:30pm	Youth Open Swim 6:35-7:30pm		Hot Tub Open 6:35-7:30pm		Youth Gym Space 5:00-8:45pm	
7:00pm						
7:30pm						
8:00pm	Lane Swim 7:35-8:30pm	Open Swim (Leisure Pool Only) 7:35-8:30pm	Hot Tub Open 7:35-8:30pm			
8:30pm						
9:00pm				Fitness Floor closes at 8:50pm		

Fitness Floor closes at 8:50pm

Drop-In Fitness
 Child and Youth
 Registered Programs
 Self-Directed
 Drop-In Aquatics

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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 (3-5yrs) MPR 9:00-12:00pm YKids (6-9yrs) Alcove 9:00-12:00pm	Group Cycle 9:00-9:45am	
9:30am				Group Power 9:30-10:30am			
10:00am							
10:30am							
11:00am						Yoga 10:45-11:45am	
11:30am							
12:00pm							
12:30pm	Open Swim 12:30-2:30pm			Open Gym 10:45-2:30pm	Bookings 12:30-2:30pm		
1:00pm			Hot Tub Open 12:30-2:30pm				
1:30pm			Hot Tub Open 12:30-2:30pm				
2:00pm			Hot Tub Open 12:30-2:30pm				
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	Fitness Floor closes at 4:50pm						

Fitness Floor closes at 4:50pm



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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SUNDAY						
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
7:00am	Lane Swim 7:00-9:35am	Family Swim 7:00-9:35am	Hot Tub Open 7:00-9:35am	Pickleball 7:00-9:00am		
7:30am						
8:00am						
8:30am						
9:00am						
9:30am	Private Swim Lessons 9:45am-10:15am	Parent & Tot Registered Swim Lessons 9:45-10:15am		Family Gym 9:15am-12:00pm <		

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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

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 6-12 years
- \$25.00 for members,
- Friday 12:00-3:00pm
 - 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

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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.

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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.