

# Wasaga Beach YMCA

Health, Fitness, & Aquatics

March 23 - June 30

2026 Spring 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						Metafit 8:00-8:30am	
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			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	Hot Tub Open 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						
12:30pm							
1:00pm							
1:30pm				Introduction to Pickleball Registered 1:00-3:00pm			
2:00pm						CARE Program (Registered) 1:30-5:30pm Jan 5th-Apr 30th	
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	Private Swim Lessons 4:05-4:35pm						
4:00pm							
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-9yrs) 5:00-8:00pm		
5:00pm						Volleyball Registered \$ (6-9 years) 5:00-5:45pm	Youth Wellness Registered 5:00-5:45pm
5:30pm							
6:00pm						Volleyball Registered \$ (10-12 years) 6:00-7:00pm	Cycle 6:00-6:45pm
6:30pm							
7:00pm							
7:30pm				Adult Rec Volleyball Registered \$ 7:15-8:45pm		Yoga 7:00-8:00pm	
8:00pm	Lane Swim Shared with Advanced Aquatics 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm				
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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2026 Spring 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							
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			Group Cycle 7:00-7:45am	
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am	Step 9:15-9:55am		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	Stay and Play 9:00-12:00pm	*Drums Alive 10:30-11:15am 26 Participants	
10:30am				Yoga 10:30-11:30am			
11:00am							
11:30am							Chair Yoga 11:30-12:30pm
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Hot Tub Open 11:50am-1:30pm	Pickleball 12:00-2:30pm		Musculoskeletal Program (Registered) 1:30-3:30pm	
12:30pm							
1:00pm	Aquafit 12:45-1:30pm						
1:30pm		Adult Rec Swim (18+) 3:00-4:00pm	Hot Tub Open 3:00-4:00pm	Basketball 13yrs+ 2:45-4:30pm			
2:00pm							
2:30pm							
3:00pm	Private Swim Lessons 4:05-4:35pm						
3:30pm							
4:00pm	Swim Lessons 4:45-7:35pm				Y Kids (3-9yrs) 5:00-8:00pm		
4:30pm							
5:00pm							Floor Hockey Registered \$ (6-12) yrs 5:15-6:00pm
5:30pm							
6:00pm						Cardio Kick/ Core 6:30-7:15pm	
6:30pm							Group Power 6:30-7:30pm
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						

\*Drums Alive - Ticket system in effect. Class set-up 20 minutes before the class start time. Drop-in with capacity for 26 participants.

- Drop-In Fitness
  - Child and Youth
  - Registered Programs
  - Self-Directed
  - Drop-In Aquatics
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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							
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am			Group Cycle 7:00-7:45am	
8:00am							
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am				
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	Cardio/Strength/Core 9:15-10:15am	Stay and Play 9:00-12:00pm		
10:30am				On The Move 10:30am-11:15am			Pilates 10:30-11:30am
11:00am							Zumba 11:45-12:30pm
11:30am	Group Booking 12:00-2:00pm			Family Gym 11:30-12:45pm			
12:00pm							
12:30pm							
1:00pm				Pickleball 1:00-3:00pm			
1:30pm							
2:00pm							
2:30pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm	Open Gym 3:15-4:30pm			
3:00pm							
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm			Family Gym 4:30-5:45pm		Youth Wellness 5:00-5:45pm	
4:30pm						Turf Time 5:15-5:45pm	
5:00pm						Swim Lessons 4:45-7:35pm	
5:30pm							
6:00pm							
6:30pm	Private Booking 7:45-8:45pm			Basketball (10-12yrs) Registered \$ 7:00-8:00pm			
7:00pm							
7:30pm							
8:00pm				Basketball 13yrs+ 8:15-8:45pm			
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 6:00-8:45am		Turf Time 7:00-7:30am			
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 9:15-10:00am				Cardiovascular Rehab (Gymnasium) 9:00-4:00pm	Stay and Play 9:00-12:00pm	Turf Time 9:30-10:00am
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									
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			Chair Yoga 12:30-1:30pm			
12:30pm									
1:00pm	Aquafit 12:45-1:30pm								
1:30pm						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						
3:30pm									
4:00pm	Private Swim Lessons 4:05-4:35pm								
4:30pm	Swim Lessons 4:45-7:35pm			Family Gym 4:15-4:45pm	Y Kids (3-9yrs) 5:00-8:00pm				
5:00pm									
5:30pm									
6:00pm				Soccer (6-9yrs) Registered \$ 5:00-5:45pm		Step 6:15-7:00pm			
6:30pm						Core/Stretch 7:15-7:45pm			
7:00pm			Group Power 6:30-7:30pm						
7:30pm	Aquafit 7:45-8:30pm		Hot Tub Open 7:45-8:30pm	Open Gym 7:45-8:45pm					
8:00pm									
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	Yoga 8:00-9:00am Starting April 3rd	
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			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						
11:30am				On the Move/Chair 11:30-12:15pm	*Drums Alive 11:30am-12:15pm 26 Participants	
12:00pm	Group Bookings 12:00-2:00pm				½ Day Sport Fundamentals PA Day Camp Registered \$ (10-13yrs) 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	Basketball 13yrs+ 2:30-5:00pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Rotary Open Swim 4:35-6:35pm		Hot Tub Open 4:35-6:35pm	Youth Gym Space 5:00-8:45pm		
5:00pm						
5:30pm						
6:00pm	Youth Open Swim 6:35-7:30pm		Hot Tub Open 6:35-7:30pm			Youth Leaders Registered (10-16yrs) 6:00-7:30pm
6:30pm						
7:00pm						
7:30pm	Lane Swim 7:35-8:30pm	Open Swim (Leisure Pool Only) 7:35-8:30pm	Hot Tub Open 7:35-8:30pm			
8:00pm						
8:30pm						
9:00pm	Fitness Floor closes at 8:50pm					

\*Drums Alive - Ticket system in effect. Class set-up 20 minutes before the class start time. Drop-in with capacity for 26 participants.

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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 8:15-9:00am				
8:00am	Aquafit 8:15-9:00am						
8:30am							
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			Yoga 10:00-11:00am
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm	Open Swim 12:30-2:30pm			Open Gym 10:45-2:30pm			
12:30pm							
1:00pm							
1:30pm			Hot Tub Open 12:30-2:30pm		Bookings 12:30-2:30pm		
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	Fitness Floor closes at 4:50pm						

- Drop-In Fitness
  - Child and Youth
  - Registered Programs
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  - Drop-In Aquatics
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# Wasaga Beach YMCA

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March 23 - June 30

2026 Spring Schedule



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					Turf Time 9:00-9:30am	
9:30am	Private Swim Lessons 9:45am-10:15am	Parent & Tot Registered Swim Lessons 9:45-10:15am		Family Gym 9:15am-12:00pm		Yoga Sculpt 9:30-10:30am
10:00am						
10:30am	Open Swim 10:30am-2:00pm		Hot Tub Open 10:30am-2:00pm	Open Gym 12:00-2:30pm		Zumba 10:45-11:30am
11:00am						
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm					Bookings 12:30-2:30pm	
2:00pm	Adult Rec Swim (18+) 2:15-3:15pm		Hot Tub Open 2:15-3:15pm			
2:30pm						
3:00pm				Basketball 13yrs+ 2:30-4:45pm		
3:30pm	Group Booking 3:30-4:30pm					
4:00pm						
4:30pm						
5:00pm	Fitness Floor closes at 4:50pm					

- Drop-In Fitness
  - Child and Youth
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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

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#### AquaVenture -

A journey through water skills, fitness and fun!

Take your swimming beyond lessons with this 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

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#### 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 Thursday 5:00pm-5:45pm

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#### Adult Recreational Volleyball -

Join our 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.

- Session 1 March 23-May 11
- Session 2 May 23-June 22
- No program April 6th Easter Monday / May 18th Victoria Day
- 7:15-8:45 pm
- \$40.00 member / \$50.00 non-member per session

#### 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 10-13 years
- \$25.00 for members,
- Friday 12:00-3:00pm
  - June 5

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#### Home Alone Program

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

- Monday, March 16th, 10:00-2:00pm
- For ages 10-13 years
- \$25.00 for members

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#### 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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#### Drums Alive Registration Process -

Participants are required to register at the front prior to the scheduled class start time using the ticket system at the membership desk. Upon entering the class, participants must present their ticket to the instructor. Class set-up begins 20 minutes before the class start time.

- Drop-in / Capacity for 26 participants

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2026 Spring Schedule



## Contact Information & Hours

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

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

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1724 Mosley Street  
Wasaga Beach, ON, L9Z 1Z7  
wasagabeach@sm.ymca.ca  
(705) 429-9622

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UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



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.

# 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.