

Wasaga Beach YMCA

Health, Fitness, & Aquatics

June 29 - September 7

2026 Summer 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	Open Gym 6:00-8:30am			
6:30am							
7:00am							
7:30am							
8:00am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am		Camp 7:30-8:30am		
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am		Stay and Play 0-5 years 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							
11:30am				Gentlefit 11:30-12:30pm			
12:00pm	Camp Swim 12:00-2:00pm						
12:30pm							
1:00pm							
1:30pm				Family Gym 12:45-2:15pm			
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 (Registered) \$ 4:05-4:35pm			Camp Gym 2:30-4:30pm			
4:30pm	Swim Lessons (Registered) 4:45-7:35pm				Camp 4:00-6:00pm		
5:00pm							
5:30pm					Family Gym 4:45-7:00pm		Youth Wellness Registered 5:30-6:15pm
6:00pm							
6:30pm						Cycle 6:00-6:45pm	
7:00pm							
7:30pm						Yoga 7:00-8:00pm	
8:00pm				Basketball 13 years+ 7:15-8:45pm			
8:30pm	Lane Swim 7:45-8:30pm	Family Swim 7:45-8:30pm	Hot Tub Open 7:45-8:30pm				
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	Pickleball 6:00-8:45am			
6:30am							
7:00am						Turf Time 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		Camp 7:30-8:30am		
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 0-5 years 9:00-12:00pm	Turf Time 10:15-10:45am (Fitness Floor)	
9:30am							
10:00am	Lane Swim 10:05-10:55am	Open Swim (Leisure Pool Only) 10:05-10:55am	Hot Tub Open 10:05-11:45am	Core 10:00-10:15			
10:30am							
11:00am	Aqua Gentle Fit 11:00-11:45am			Family Gym 10:30-11:45am			Yoga 10:30-11:30am
11:30am							
12:00pm	Camp Swim 12:00-2:30pm			Open Gym 11:45-2:15pm	Outdoor Explores (Registered) \$ 6-9 years 10:00-11:30pm		
12:30pm							
1:00pm							
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	Camp Gym 2:30-4:30			
3:30pm	Private Swim Lessons (Registered) \$ 4:05-4:35pm						
4:00pm	Swim Lessons (Registered) 4:45-7:35pm			Open Gym 4:45-6:00	Y Kids 3-9 years 5:00-7:30pm		
4:30pm							
5:00pm							
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 13 years+ 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.

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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	Open Gym 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		Camp 7:30-8:30am			
8:00am								
8:30am								
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am		Stay and Play 0-5 years 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	Cardio/Strength/Core 9:15-10:15am			Stability Ball 9:30-10:15am	
10:30am				On The Move 10:30am-11:15am			Pilates 10:30-11:30am	
11:00am								Zumba 11:45-12:30pm
11:30am								
12:00pm	Camp Swim 12:00-2:00pm			Open Gym 12:45-2:15pm				
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	Camp Gym 2:30-4:30pm				
3:30pm								
4:00pm	Private Swim Lessons (Registered) \$ 4:05-4:35pm						Youth Wellness 5:00-5:45pm	
4:30pm						Turf Time 5:15-5:45pm (Fitness Floor)		
5:00pm			Swim Lessons (Registered) 4:45-7:35pm		Family Gym 4:45-7:00pm	Y Kids 3-9 years 5:00-7:30pm		
5:30pm								
6:00pm								
6:30pm								
7:00pm				Basketball 13 years+ 7:15-8:45pm				
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm					
8:00pm								
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	Pickleball 6:00-8:45am	Camp 7:30-8:30am	Turf Time 7:00-7:45am (Fitness Floor)
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 (Registered) 9:00-4:00pm	Stay and Play 0-5 years 9:00-12:00pm	Turf Time 9:30-10:00am (Fitness Floor)
9:30am			Zumba 9:15-10:00am			
10:00am	Drop-in Adult Swim Lessons 10:15-10:55am	Family Swim (Leisure Pool Only) 10:05-10:55am	Hot Tub Open 10:05-10:55am			Yoga 10:15-11:15pm
10:30am					Chair Yoga 11:30-12:30pm	
11:00am	Aqua Gentle Fit 11:00-11:45am		Hot Tub Open 11:00-11:45am			
11:30am						
12:00pm	Camp Swim 12:00-2:30pm					
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			
3:30pm						
4:00pm	Private Swim Lessons (Registered) \$ 4:05-4:35pm				Camp 4:00-6:00pm	
4:30pm	Swim Lessons (Registered) 4:45-7:35pm			Family Gym 4:15-6:00pm		
5:00pm						
5:30pm						
6:00pm						
6:30pm						Step 6:15-7:00pm
7:00pm				Group Power 6:30-7:30pm		Core/Stretch 7:15-7:45pm
7:30pm	Open Swim 7:45-8:30pm		Hot Tub Open 7:45-8:30pm	Basketball 13 years+ 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	Open Gym 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		Camp 7:30-8:30am	Yoga 8:00-9:00am
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am			Turf Time 8:00-8:30am (Fitness Floor)
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	Legs Tums & Bums 9:15-10:15am	Stay and Play 0-5 years 9:00-12:00pm	Zumba 9:30-10:15am
10:30am				On The Move 10:30-11:15am		*Drums Alive 10:30am-11:15pm 26 Participants
11:00am				On the Move/Chair 11:30-12:30pm		
11:30am						
12:00pm	Camp Swim 12:00-2:00pm					
12:30pm						
1:00pm				Open Gym 12:45-2:15pm		Musculoskeletal Program (Registered) 1:30-3:30pm
1:30pm						
2:00pm						
2:30pm						
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm	Camp Gym 2:30-4:30pm		
3:30pm						
4:00pm	Private Swim Lessons (Registered) \$ 4:05-4:35pm				Camp 4:00-6:00pm	
4:30pm						
5:00pm	Rotary Open Swim 4:40-6:40pm		Hot Tub Open 4:35-6:35pm			
5:30pm						
6:00pm				Youth Gym Space 5:00-7:45pm		
6:30pm	Youth Open Swim 6:40-7:30pm					
7:00pm						
7:30pm						
8:00pm	Fitness Floor closes at 7:50pm					

*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.

*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						
8:00am	Aquafit 8:15-9:00am		Hot Tub Open 8:15-9:00am			
8:30am						
9:00am	Swim Lessons (Registered) 9:15-12:15pm			Group Power 9:30-10:30am		Group Cycle 9:00-9:45am
9:30am						
10:00am						
10:30am				Open Gym 10:45-2:45pm		Bookings 12:30-2:30pm
11:00am						
11:30am						
12:00pm	Open Swim 12:30-1:30pm	Hot Tub Open 12:30-1:30pm				
12:30pm						
1:00pm						
1:30pm	Lane Swim 1:35-2:30pm		Hot Tub Open 1:35-2:30pm			
2:00pm						
2:30pm	Fitness Floor closes at 2:50pm					

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	Private Swim Lessons (Registered) \$ 9:45am-10:15am	Parent & Tot (Registered) Swim Lessons 9:45-10:15am		Family Gym 9:15am-12:00pm		Yoga 9:30-10:30am		
9:30am								
10:00am	Open Swim 10:30am-1:25pm		Hot Tub Open 10:30am-1:25pm			Open Gym 12:00-1:00pm		Zumba 10:45-11:30am
10:30am								
11:00am								
11:30am						Basketball 13yrs+ 1:00-2:45pm		Bookings 12:30-2:30pm
12:00pm								
12:30pm								
1:00pm	Adult Rec Swim (18+) 1:30-2:30pm	Hot Tub Open 1:30-2:30pm						
1:30pm								
2:00pm								
2:30pm	Fitness Floor closes at 2:50pm							

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2026 Summer Schedule



Contact Information & Hours

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

Friday: 6:00am-8:00pm

Saturday & Sunday: 7:00am-3:00pm

Stat Holidays: Closed

1724 Mosley Street

Wasaga Beach, ON, L9Z 1Z7

wasagabeach@sm.ymca.ca

(705) 429-9622



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



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.