

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4

2026 Fall 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					Yoga 8:00-9:00am		
8:30am							
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-11:45am	Strictly Strength/ Cardio Kick 9:15-10:15am	Child Minding 9:00-12:00pm \$		
9:30am							
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 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	Group Bookings 12:00-2:00pm						
12:30pm							
1:00pm							
1:30pm				Introduction to Pickleball Registered 1:00-3:00pm		CARE Program (Registered) 1:00-5:00pm Jan 4th-Apr 29th	
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 4:45-7:45pm			Volleyball Registered \$ (6-9 years) 5:00-5:45pm	Y Kids (3-9yrs) 5:00-7:30pm	Youth Wellness Registered 5:30-6:15pm	
5:00pm							
5:30pm							
6:00pm				Volleyball Registered \$ (10-12 years) 6:00-7:00pm		Group Cycle 6:00-6:45pm	
6:30pm							
7:00pm				Adult Rec. Volleyball Registered \$ 7:15-8:45pm		Yoga 7:00-8:00pm	
7:30pm							
8:00pm	Open Swim 7:45-8:30pm		Hot Tub Open 7:45-8:30pm				
8:30pm							
9:00pm							

*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 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

For more information, please contact your Membership Services Desk

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2026 Fall 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						Cycle 7:00-7:30am
7:30am	Lane and Fitness Swim 7:30-9:00am	Family Swim 7:30-9:00am	Hot Tub Open 7:30-9:00am	Step 9:15-9:55am	Child Minding 9:00-12:00pm \$	Turf Time 7:35-8:00am
8:00am						
8:30am						
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am	Core 10:00-10:15		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	Yoga 10:30-11:30am		*Drums Alive 10:30am-11:15pm 26 Participants
10:30am						
11:00am						
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) 5:00-7:30pm	
5:00pm						
5:30pm						
6:00pm				Floor Hockey Registered \$ (6-12) yrs 5:15-6:00pm		*NEW Youth Turf Time 6:30-7:00pm 10 participants
6:30pm				Group Power 6:30-7:30pm		Cardio Kick/ Core 6:30-7:15pm
7:00pm						
7:30pm						
8:00pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm	Basketball 13yrs+ 7:45-8:45pm		
8:30pm						
9:00pm						

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Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed

Drop-In Aquatics For more information, please contact your Membership Services Desk

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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	Child Minding 9:00-12:00pm \$		
9:30am						Stability Ball 9:30-10:15am	
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 10:30-11:30am	
10:30am							
11:00am						Zumba 11:45am-12:15pm	
11:30am				Beginner Pickleball 11:30am-1:30pm			
12:00pm	Group Booking 12:00-2:00pm						
12:30pm							
1:00pm							
1:30pm				Pickleball 1:45-3:30pm			
2:00pm							
2:30pm							
3:00pm	Adult Rec Swim (18+) 3:00-4:00pm		Hot Tub Open 3:00-4:00pm		Open Gym 3:45-4:30pm		
3:30pm							
4:00pm	Private Swim Lessons 4:05-4:35pm						
4:30pm	Swim Lessons 4:45-7:35pm			Family Gymnasium 4:30-5:45pm		Y Kids (3-9yrs) 5:00-7:30pm	Youth Wellness Registered 5:30-6:15pm
5:00pm							Turf Time 5:15-5:45pm
5:30pm				Basketball (6-9yrs) Registered \$ 6:00-6:45pm			Cycle 6:00-6:30pm
6:00pm							
6:30pm				Basketball (10-12yrs) Registered \$ 7:00-8:00pm			Yoga 6:45-7:45pm
7:00pm							
7:30pm	Group Booking 7:45-8:45pm			Basketball 13yrs+ 8:00-8:45pm			
8:00pm							
8:30pm							
9:00pm							

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Drop-In Fitness 13+
 Child and Youth
 Registered Programs
 Self-Directed

Drop-In Aquatics
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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		
6:30am						
7:00am						Turf Time 7:00-7:30am
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						Turf Time 9:30-10:00am
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am			
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		Child Minding 9:00-12:00pm \$	
10:30am						Yoga 10:15-11:15am
11:00am	Adult Drop-in Swim Lessons 11:15-11:45am	Swim Lessons 11:15-11:45am				
11:30am						Chair Yoga 11:30am-12:30pm
12:00pm	Aqua Gentle Fit 11:50-12:35pm		Hot Tub Open 11:50-1:30pm			
12:30pm						
1:00pm	Aquafit 12:45-1:30pm					
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 4:05-4:35pm			Family Gymnasium 4:15-5:00pm		CARE Program (Registered) 1:00-5:00pm Jan 4th-Apr 29th
4:30pm	Swim Lessons 4:45-7:35pm					
5:00pm				Soccer (6-9yrs) Registered \$ 5:15-6:00pm	Y Kids (3-9yrs) 5:00-7:30pm	Turf Time 5:15-5:45pm
5:30pm						
6:00pm						Step 6:15-7:00pm
6:30pm				Group Power 6:30-7:30pm		Core/ Stretch 7:15-7:45
7:00pm						
7:30pm	Lane Swim 7:45-8:30pm	Open Swim (Leisure Pool Only) 7:45-8:30pm	Hot Tub Open 7:45-8:30pm	Open Gym 7:45-8:45pm		
8:00pm						
8:30pm						
9:00pm						

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Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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2026 Fall Schedule



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		
8:30am								
9:00am	Aquafit 9:15-10:00am		Hot Tub Open 9:15-10:00am	Legs Tums & Bums 9:15-10:15am	Child Minding 9:00-12:00pm \$			
9:30am							Zumba 9:30-10:15am	
10:00am	Lane Swim 10:05-11:45am	Open Swim (Leisure Pool Only) 10:05-11:45am	Hot Tub Open 10:05-11:45am					
10:30am				On The Move 10:30-11:15am				
11:00am				On The Move / Chair 11:30-12:30pm				
11:30am					*Drums Alive 11:00am-11:45pm 26 Participants			
12:00pm	Group Bookings 12:00-2:00pm				PA Day Camp Registered \$ (6-12yrs) 9:00-4:00pm			
12:30pm								
1:00pm								
1:30pm								
2:00pm				Open Gym 12:45-2:30pm	Musculoskeletal Program (Registered) 1:30-3:30pm			
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 4:40-6:40pm		Hot Tub Open 4:40-6:40pm	Youth Gym Space 5:00-8:45pm	Friday Night Social *Monthly Registered \$ (10-16yrs) 5:30-8:00pm			
5:00pm								
5:30pm								
6:00pm								
6:30pm	Youth Open Swim 6:45-7:30pm				Youth Leaders Registered (10-16yrs) 6:00-7:30pm			
7:00pm								
7:30pm	Lane Swim 7:35-8:30pm		Hot Tub Open 7:35-8:30pm					
8:00pm								
8:30pm								
9:00pm								

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Drop-In Aquatics For more information, please contact your Membership Services Desk

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SATURDAY						
	Lap Pool	Leisure Pool	Hot Tub	Gymnasium	MPR	Studio
7:00am	Lane Swim	Family Swim	Hot Tub Open	Pickellball 7:00-8:30am		
7:30am	7:00-8:00am	7:00-8:00am	7:00-8:00am			
8:00am	Aquafit		Hot Tub Open			
8:30am	8:15-9:00am		8:15-9:00am			
9:00am	Swim Lessons 9:15-12:15pm				Y Kids (3-9 yrs) 9:00-12:00pm	Group Cycle 9:00-9:45am
9:30am				Group Power 9:30-10:30am		
10:00am						
10:30am						Turf Time 10:00-10:30am
11:00am				Open Gym 10:45-2:30pm Basketball 13yrs+ 2:30-4:45pm		
11:30am						
12:00pm						
12:30pm						
1:00pm	Open Swim 12:30-2:30pm		Hot Tub Open		Bookings 12:30-2:30pm	
1:30pm			12:30-2:30pm			
2:00pm						
2:30pm						
3:00pm	Lane Swim	Family Swim	Hot Tub Open			
3:30pm	2:35-3:30pm	2:35-3:30pm	2:35-3:30pm			
4:00pm	Adult Rec Swim (18+) 3:35-4:30pm		Hot Tub Open			
4:30pm			3:35-4:30pm			
5:00pm						

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Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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September 8 - January 4

2026 Fall 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						
9:30am						
10:00am	Swim Lessons 9:45am-10:15am			Family Gym 9:15am-12:00pm		Yoga 10:00-11:00am
10:30am	Open Swim 10:30am-1:30pm		Hot Tub Open 10:30am-1:30pm			Zumba 11:15am-12:00pm
11:00am						
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm	Adult Rec Swim (18+) 1:45-3:20pm		Hot Tub Open 1:45-3:20pm	Open Gym 12:00-2:30pm	Bookings 12:30-2:30pm	
2:00pm						
2:30pm						
3:00pm						
3:30pm	Group Booking 3:30-4:30pm			Basketball 13yrs+ 2:30-4:45pm		
4:00pm						
4:30pm						
5:00pm						

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New at the YMCA:

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.

- Mondays (session 1 Sept. 14-Nov. 1) (session 2 Nov. 2-Dec. 20)
- 7:15-8:45pm
- member \$40.00+tax
- non-member \$50.00+tax

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, September 26th, 9:00-12:00pm
- For ages 10-13 years
- \$25.00 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 trainers 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 5:30pm-6:15pm and Wednesdays 5:30pm-6:15pm

Youth Turf Time - * NEW

Meet us on the turf for a high-energy workout designed just for youth and teens ages 12-16 years! Led by our YMCA Fitness Staff, Youth Turf Time combines strength, agility, conditioning, and functional fitness through fun and challenging workouts that will keep you moving and motivated.

Whether you're looking to improve your athletic performance, build confidence, or simply get active, this drop-in program is a great way to challenge yourself in a supportive group environment.

Drop-in Program • Maximum 10 participants per class

Access included with your YMCA Membership or purchase a Day Pass.

- Tuesdays 6:30pm-7:00pm
- Drop-in/maximum 10 participants per class

PA Day Camps - * NEW

Led by our Child and Youth Staff, YMCA PA Day Camps are the perfect way for kids to stay active, make new friends, and have fun on their day off from school. Campers enjoy a full day of outdoor adventures, games, gym activities, pool time, and engaging group activities in a safe, supportive environment.

*Winter Break Camp and March Break Camp are here too!

- For ages 6-12 years
- Members \$ Non-members \$
- PA Day Fridays 9:00am - 4:00pm
 - November 20
 - January 29
 - April 30

Friday Night Social - * NEW

Kick off your weekend at Friday Night Social! Held one Friday each month, this exciting evening gives youth ages 10-16 a chance to connect with friends, stay active, and have fun in a safe, supervised YMCA environment.

Each month features a different theme, from pool parties and dodgeball to sports nights, team challenges, and other exciting activities. Every event includes pizza, a drink, and plenty of opportunities to socialize, laugh, and make new friends.

Whether you're jumping into the pool or competing in the gym, every Friday Night Social is a new adventure you won't want to miss!

- Open to youth ages 10-16
- Member \$ Non-member \$
- Friday 5:30-8:00pm
 - September 25
 - October 23
 - November 27
 - December 18

Child Minding

Child Minding is available for day pass and membership use with the purchase of a Child Minding Punch Pass. Buy 1 hour at a time, or purchase 10 hours at a time. The program offers up to 1.5 hours of daily participation per child on a first-come, first-served basis, in accordance with our staff-to-participant ratios.

- Drop-in /see program schedule
- \$3 per hour for members. \$5 for non-members.
- \$25 for a 10-hour bundle - Members.
- \$40 for a 10-hour bundle - Non-members

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2026 Fall Schedule



Contact Information & Hours

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

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

Stat Holidays: please see website & postings

Check the YMCA of Simcoe/Muskoka website or portal for Notices of cancellations or closures at www.ymcaofsimcoemuskoka.ca

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.

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.