Wasaga Beach YMCA

Health, Fitness, & Aquatics
September 8 - January 4
2026 Fall Schedule

PA Day & Holiday Camps Available
See Sunday Page for More Information

Shine On

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				Strictly Strength/ Cardio Kick 9:15-10:15am		
9:00am	Aquafit 9:15-10:00am				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	Hot Tub Open 10:05-11:45am			
10:30am				On The Move 10:30-11:15am		Pilates/Yoga 10:30-11:30am
11:00am						
11:30am				Gentlefit 11:30-12:30pm		
12:00pm	Group Bookings 12:00-2:00pm					
12:30pm						
1:00pm				Introduction to Pickleball Registered 1:00-3:00pm		CARE Program (Registered) 1:00-5:00pm Jan 4th-Apr 29th
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 3:15-4:30pm		
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm					
4:30pm	Swim Lessons 4:45-7:45pm			Family Gym 4:30-7:00pm	Y Kids (3-9yrs) 5:00-7:30pm	
5:00pm						Youth Wellness Registered 5:30-6:15pm
5:30pm						
6:00pm						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

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4

2026 Fall Schedule

Shine On

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			
8:00am						Turf Time 7:35-8:00am
8:30am				Step 9:15-9:55am		
9:00am	Aquafit 9:15-10:00am				Child Minding 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 10:30am-11:15pm 26 Participants
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				Floor Hockey Registered $ (6-12) yrs 5:15-6:00pm		
5:30pm						
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	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		
8:00pm						
8:30pm						
9:00pm						

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Drop-In Aquatics

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Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4
2026 Fall Schedule

NEW
Youth Turf Time
Tuesday 6:30-7:00pm

Shine On

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			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						
11:30am				Beginner Pickleball 11:30am-1:30pm		Zumba 11:45am-12:30pm
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			
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm			Open Gym 3:45-4:30pm		
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-9yrs) 5:00-7:30pm	Youth Wellness Registered 5:30-6:15pm
5:00pm						
5:30pm				Family Gym 4:30-5:45pm		Turf Time 5:15-5:45pm
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		Yoga 6:45-7:45pm
7:30pm						
8:00pm	Group Booking 7:45-8:45pm			Basketball 13yrs+ 8:00-8:45pm		
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

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4

2026 Fall Schedule

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			Cardiovascular Rehab (Gymnasium) 9:00-4:00pm	Child Minding 9:00-12:00pm $	Zumba 9:15-10:00am
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			Yoga 10:15-11:15am
10:30am						
11:00am	Adult Drop-in Swim Lessons 11:15-11:45am	Swim Lessons 11:15-11:45am				Chair Yoga 11:30am-12:30pm
11:30am						
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						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			
3:30pm						
4:00pm	Private Swim Lessons 4:05-4:35pm			Family Gym 4:15-5:00pm		
4:30pm	Swim Lessons 4:45-7:35pm				Y Kids (3-9yrs) 5:00-7:30pm	
5:00pm				Soccer (6-9yrs) Registered $ 5:15-6:00pm		
5:30pm						
6:00pm				Group Power 6:30-7:30pm		Step 6:15-7:00pm
6:30pm						
7:00pm						Core/ Stretch 7:15-7:45
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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Wasaga Beach YMCA

Health, Fitness, & Aquatics
September 8 - January 4
2026 Fall Schedule

Let us help make "One Day" a Reality
Ask about Personal Training Today

Shine On

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			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						
11:30am				On The Move / Chair 11:30-12:30pm		*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				Open Gym 12:45-2:30pm		
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			
3:30pm				Basketball 13yrs+ 2:30-5:00pm		
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			
5:00pm					Friday Night Social *Monthly Registered $ (10-16yrs) 5:30-8:00pm	
5:30pm						
6:00pm				Youth Gym Space 5:00-8:45pm	Youth Leaders Registered (10-16yrs) 6:00-7:30pm	
6:30pm	Youth Open Swim 6:45-7:30pm					
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 Fitness 13+ | Child and Youth | Registered Programs | Self-Directed

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4

2026 Fall Schedule

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					
8:30am						
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				Cardio/Strength/ Circuit 9:30-10:30am		
10:00am						
10:30am						Turf Time 10:00-10:30am
11:00am				Open Gym 10:45-2:30pm		
11:30am						
12:00pm						
12:30pm	Open Swim 12:30-2:30pm		Hot Tub Open 12:30-2:30pm		Bookings 12:30-2:30pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm	Lane Swim 2:35-3:30pm	Family Swim 2:35-3:30pm	Hot Tub Open 2:35-3:30pm			
3:00pm						
3:30pm				Basketball 13yrs+ 2:30-4:45pm		
4:00pm	Adult Rec Swim (18+) 3:35-4:30pm		Hot Tub Open 3:35-4:30pm			
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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Wasaga Beach YMCA

Health, Fitness, & Aquatics

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						Turf Time 9:20-9:50am
9:30am				Family Gym 9:15am-12:00pm		
10:00am	Swim Lessons 9:45am-10:15am					Yoga 10:00-11:00am
10:30am	Open Swim 10:30am-1:30pm		Hot Tub Open 10:30am-1:30pm			
11:00am						Zumba 11:15am-12:00pm
11:30am						
12:00pm				Open Gym 12:00-2:30pm		
12:30pm					Bookings 12:30-2:30pm	
1:00pm						
1:30pm						
2:00pm	Adult Rec Swim (18+) 1:45-3:20pm		Hot Tub Open 1:45-3:20pm			
2:30pm						
3:00pm				Basketball 13yrs+ 2:30-4:45pm		
3:30pm						
4:00pm	Group Booking 3:30-4:30pm					
4:30pm						
5:00pm						

PA Day & Holiday Camps

Spend your PA Day at the YMCA! PA Day Camp for ages 5 and ages 6-12 runs on November 20, from 9:00am to 4:00pm.

Then join us for holiday fun! Holiday Camps for ages 5 and ages 6-12 runs Dec. 21, 22, 23, 28, 29 & 30, from 9:00am to 4:00pm.

Campers will enjoy games, crafts, sports, and themed activities in a safe and welcoming environment. Spaces are limited!

Register at the Membership Desk or through the Member Portal. 🎨⚽

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

Drop-In Aquatics

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Wasaga Beach YMCA

Health, Fitness, & Aquatics

September 8 - January 4
2026 Fall Schedule

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

Wasaga Beach YMCA

Health, Fitness, & Aquatics
September 8 - January 4
2026 Fall Schedule

Contact Information & Hours

Monday - Friday: 6:00am-9:00pm
Saturday & Sunday: 7:00am-5:00pm
Stat Holidays: please see website & postings

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

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

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

Heart Wise Exercise · Corps à cœur ·

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.

Supported by Jumpstart Bon départ Avec le soutien de

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.

Shine On Simcoe Muskoka