

FITNESS CENTRE HOURS

MON-FRI 6:00AM-10:00PM

SAT & SUN 6:00AM-7:00PM

YOUTH CENTRE HOURS

MONDAY (April 1 - June 24) EXCL. APR. 1st, MAY 20th

LIVING FIT	9:15am-10:15am	Sandy
H.I.I.T. (Intense Intervals)	12:15pm-1:00pm	Phyllis
ZUMBA	5:00pm-6:00pm	Heather

TUESDAY (April 2 - June 25)

CYCLE	6:00am-6:45am	Niki
YOGA FIT	9:15am-10:15am	Maria
ZUMBA	12:00pm-1:00pm	Cathy S.
TOTAL BODY WORKOUT	5:30pm-6:30pm	Phyllis
YOGA FIT	6:45pm-7:45pm	Traci

WEDNESDAY (April 3 - June 26)

CARDIO & CORE	9:15am-10:15am	Phyllis
H.I.I.T. (Intense Intervals)	12:00pm-1:00pm	Liam
CYCLE	5:45pm-6:30pm	Erica
ZUMBA	7:00pm-8:00pm	Heather

THURSDAY (April 4 - June 27)

TOP GUNS/ROCK BOTTOMS	12:15pm-1:00pm	Phyllis
TOTAL BODY WORKOUT	5:00pm-6:00pm	Chris
YOGA STRETCH	6:30pm-7:30pm	Maria

FRIDAY (April 5 - June 28)

CYCLE	6:00am-6:45am	Niki
YOGA STRETCH	9:30am-10:30am	Maria
TRX INTERVALS	12:00pm-12:45pm	Phyllis
BOOTCAMP	5:00pm-5:45pm	Chris
STRETCH OUT	6:00pm-7:00pm	Liam

SATURDAY (March 30 - June 22)

STEP & MUSCLE INTERVALS	9:00am-10:00am	Kristen
ZUMBA	10:30am-11:30am	Heather

SUNDAY (March 31 - June 23)

TOTAL BODY WORKOUT	9:30am-10:30am	Shannon
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YOUTH CENTRE

MONDAY (April 8 - June 24) EXCL. APR. 1st, MAY 20th

YOUTH CENTRE DROP IN 3:30pm-7:30pm

WEDNESDAY (April 3 - June 26)

YOUTH CENTRE DROP IN 3:30pm-7:30pm

THURSDAY (April 4 - June 27)

YOUTH CENTRE DROP IN 3:30pm-8:30pm

SATURDAY (March 30 - June 22)

YOUTH CENTRE DROP IN 3:30pm-8:30pm

GYMNASIUM SCHEDULE

MONDAY (April 8 - June 24) EXCL. APR. 1st, MAY 20th

ADULT (16+) PICKLEBALL DROP-IN	11:30am-1:00pm
ADULT (16+) PICKLEBALL DROP-IN	1:15pm-2:45pm
AFTER SCHOOL DROP-IN	3:00pm-4:15pm

TUESDAY (April 2 - June 25)

PRESCHOOL DROP-IN 1/2 GYM	11:00am-12:00pm
ADULT (16+) PICKLEBALL DROP-IN	12:30pm-2:00pm
AFTER SCHOOL DROP-IN	2:30pm-4:00pm
PICKLEBALL DROP-IN ALL AGES APRIL 2nd ONLY	4:45pm-6:15pm
BASKETBALL DROP-IN ALL AGES APRIL 2nd ONLY	6:45pm-8:15pm
ADULT BASKETBALL DROP-IN (18+)	8:45pm-10:15pm

WEDNESDAY (April 3 - June 26)

ADULT (16+) PICKLEBALL DROP-IN	9:30am-11:00am
ADULT (16+) BADMINTON DROP-IN	11:15am-12:45pm
ADULT (16+) PICKLEBALL DROP-IN	1:00pm-2:30pm
AFTER SCHOOL DROP-IN	3:00pm-4:15pm
BADMINTON DROP-IN ALL AGES APRIL 3rd ONLY	4:30pm-6:00pm

THURSDAY (April 4 - June 27)

PRESCHOOL DROP-IN 1/2 GYM	11:00am-12:00pm
ADULT (16+) DROP-IN PICKLEBALL	12:30pm-2:00pm
AFTER SCHOOL DROP-IN	2:30pm-4:00pm
BASKETBALL DROP-IN ALL AGES APRIL 4th ONLY	4:15pm-5:45pm
BADMINTON DROP-IN ALL AGES APRIL 4th ONLY	6:00pm-7:30pm
ADULT (16+) DROP-IN VOLLEYBALL	8:00pm-10:00pm

FRIDAY (April 5 - June 28)

ADULT (16+) DROP-IN PICKLEBALL	11:30am-1:00pm
ADULT (16+) DROP-IN PICKLEBALL	1:15pm-2:45pm
AFTER SCHOOL DROP-IN	3:00pm-5:00pm
PICKLEBALL DROP-IN ALL AGES APRIL 5th ONLY	5:30pm-7:30pm
BASKETBALL DROP-IN ALL AGES	8:00pm-9:30pm

SATURDAY (April 13 - June 22) EXCL. MAR. 30, APR. 6

BADMINTON DROP-IN ALL AGES	12:00pm-2:00pm
BASKETBALL DROP-IN ALL AGES	2:30pm-4:00pm

SUNDAY (April 14 - June 23) EXCL. MAR. 31, APR. 7

VOLLEYBALL DROP-IN ALL AGES	12:00pm-1:15pm
BASKETBALL DROP-IN ALL AGES	1:45pm-3:15pm
YOUTH (13-17) VOLLEYBALL DROP-IN	3:45pm-5:00pm

ADAPTED/SENSORY DROP-INS

Sensory Drop-ins - no music and minimal noise levels. Adapted equipment available for participant use. Participants must come accompanied by their own support worker or parent/guardian. Individual accompanying the participant attends for free (one support worker per individual). To keep this a sensory space the adapted gym time will be capped at 10 participants (plus support workers).

SATURDAY - April 13, 2024 - June 29, 2024	
SENSORY OPEN GYM	9:30am-11:30am

PRESCHOOL ROOM DROP IN

MONDAY (April 8 - June 24) EXCL. APR. 1st, MAY 20th

PRESCHOOL ROOM DROP IN 12:00pm-2:00pm

TUESDAY (April 2 - June 25)

PRESCHOOL ROOM DROP IN 10:00am-12:00pm

WEDNESDAY (April 3 - June 26)

PRESCHOOL ROOM DROP IN 12:00pm-2:00pm

THURSDAY (April 4 - June 27)

PRESCHOOL ROOM DROP IN 10:00am-12:00pm

FRIDAY (April 5 - June 28)

PRESCHOOL ROOM DROP IN 12:00pm-2:00pm

SWIMMING POOL

MONDAY (April 8 - June 24) EXCL. APR. 1st, MAY 20th

FITNESS LANE SWIM	6:00am-8:00am
OPEN SWIM - slide closed	10:30am-12:00pm
FITNESS LANE SWIM (2 lanes)	10:30am-12:00pm
OPEN SWIM	6:30pm-8:00pm
FITNESS LANE SWIM	8:45pm-9:45pm

TUESDAY (April 2 - June 25)

FITNESS LANE SWIM	6:00am-8:00am
FITNESS LANE SWIM (2 lanes)	10:30am-12:30pm
OPEN SWIM - slide closed	11:00am-12:30pm
OPEN SWIM	3:30pm-4:55pm
FITNESS LANE SWIM	8:45pm-9:45pm
SMALL POOL OPEN SWIM	8:45pm-9:45pm

WEDNESDAY (April 3 - June 26)

FITNESS LANE SWIM	6:00am-7:55am
OPEN SWIM - slide closed	10:30am-12:00pm
FITNESS LANE SWIM (2 lanes)	10:30am-12:00pm
OPEN SWIM	6:30pm-8:00pm
FITNESS LANE SWIM	8:45pm-9:45pm

THURSDAY (April 4 - June 27)

FITNESS LANE SWIM	6:00am-8:00am
OPEN SWIM - slide closed	11:00am-12:30pm
FITNESS LANE SWIM (2 lanes)	10:15am-12:30pm
OPEN SWIM	3:30pm-4:55pm
FITNESS LANE SWIM	8:45pm-9:45pm
SMALL POOL OPEN SWIM	8:45pm-9:45pm

FRIDAY (April 5 - June 28)

FITNESS LANE SWIM	6:00am-9:30am
OPEN SWIM - SMALL POOL ONLY	6:15am-10:15am
OPEN SWIM	6:30pm-10:00pm
FITNESS LANE SWIM	8:45pm-9:45pm

SATURDAY (April 6 - June 22)

FITNESS LANE SWIM	11:30am-12:25pm
OPEN SWIM	12:30pm-2:30pm
OPEN SWIM	5:00pm-6:30pm

SUNDAY (April 7 - June 23)

FITNESS LANE SWIM	7:30am-8:25am
OPEN SWIM	11:45am-1:45pm
OPEN SWIM	2:15pm-3:45pm

AQUAFITNESS

MONDAY (April 8 - June 24) EXCL. APR. 1st, MAY 20th

AQUA FIT TUESDAY (April 2 - June 25) 8:00pm-8:45pm

AQUA FIT 10:15am-11:00am

AQUA FIT WEDNESDAY (April 3 - June 26) 8:00am-8:45am

AQUA FIT THURSDAY (April 4 - June 27) 9:15am-10:00am

AQUA FIT FRIDAY (April 5 - June 28) 10:15am-11:00am

AQUA FIT 9:30am-10:15am

SCHEDULE SUBJECT TO CHANGE - FOR MOST UP TO DATE VERSION PLEASE VISIT play.barrie.ca

FOR UP TO DATE PROGRAM CANCELLATIONS PLEASE VISIT
barrie.ca/RecCancellations