

# East Bayfield Community Centre Drop In Schedule

**80 Livingstone Street E Barrie ON L4N 6X9 (705) 739-4225**

**April 2, 2024 - June 30, 2024**

## FITNESS CENTRE HOURS

MON-FRI 6:00AM-9:00PM  
SAT & SUN 6:00AM-5:00PM

## FITNESS CLASS SCHEDULE

### MONDAY April 8-June 24 Excl May 20

CYCLE	6:00am-7:00am
BODY SCULPT	7:30am-8:30am
PILOGA - MPR	9:15am-10:15am
TOTAL BODY WORKOUT	9:15am-10:15am
ZUMBA	10:30am-11:30am
YOGA - MPR	12:00pm-1:00pm
JUST MUSCLE	5:30pm-6:30pm
ZUMBA	6:45pm-7:45pm

### TUESDAY April 2-June 25

JUST MUSCLE	9:15am-10:15am
CYCLE & SCULPT	6:00pm-7:00pm

### WEDNESDAY April 3-June 26

CYCLE & SCULPT	6:00am-7:00am
JUST MUSCLE	7:30am-8:30am
SWEAT, STRENGTH & STRETCH	9:15am-10:15am
ZUMBA	10:30am-11:30am
UPPER BODY, CORE & STRETCH	12:00pm-1:00pm
JUST MUSCLE	6:00pm-7:00pm
YOGA - MPR	7:00pm-8:00pm

### THURSDAY April 4-June 27

CARDIO DANCE	9:15am-10:15am
PILOGA - MPR	9:15am-10:15am
BOOTCAMP	11:00am-12:00pm
PILATES FLOW	12:15pm-1:15pm
YOGA - MPR	12:00pm-1:00pm
CYCLE & SCULPT	6:00pm-7:00pm
TOTAL BODY WORKOUT	7:15pm-8:15pm

### FRIDAY April 5-June 28

ABS, BACK & BALANCE	7:30am-8:30am
STEP	9:15am-10:15am
ZUMBA	10:30am-11:30am

### SATURDAY April 6-June 29

BOOTCAMP	9:00am-10:00am
YOGAFIT	10:15am-11:15am

## 55+ DROP IN @ EBCC

### WEDNESDAY April 3-June 26

55+ ACOUSTIC JAM DROP IN	1:00pm-2:30pm
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### THURSDAY April 4-June 27

55+ SONGWRITERS CIRCLE DROP IN	1:00pm-2:30pm
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## YOUTH DROP IN - LLCC

### MONDAY April 8-June 24 Excl May 20

MONDAYS FOR YOUTH 11-17 YRS	4:00pm-8:00pm
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### FRIDAY April 5-June 28

FRIDAYS FOR YOUTH 11-17 YRS	4:00pm-8:00pm
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## GYMNASIUM SCHEDULE

### MONDAY April 8-June 24 Excl May 20

Drop-In Pickleball	11:45am-1:15pm
Drop-In Pickleball	1:30pm-3:00pm
After School Gym \$1	3:15pm-4:45pm
Adult (16+) Drop-in Volleyball	7:15pm-9:15pm

### TUESDAY April 2-June 25

Preschool Gym	10:30am-11:30am
Drop-In Badminton	11:45am-1:15pm
Drop-In Pickleball	1:30pm-3:00pm
After School Gym \$1	3:15pm-4:45pm
Basketball Drop-In	5:00pm-7:00pm

### WEDNESDAY April 3-June 26

Drop-In Pickleball	8:30am-10:00am
Drop-In Pickleball	11:45am-1:15pm
Drop-In Pickleball	1:30pm-3:00pm
After School Gym \$1	3:15pm-4:45pm
Basketball Drop-In	7:30pm-9:00pm

### THURSDAY April 4-June 27

Preschool Gym	10:30am-11:30am
Drop-In Badminton	11:45am-1:15pm
Drop-In Pickleball	1:30pm-3:00pm
After School Gym \$1	3:15pm-4:45pm

### FRIDAY April 5-June 28

Drop-In Pickleball	11:45am-1:15pm
Drop-In Pickleball	1:30pm-3:00pm
After School Gym \$1	3:15pm-4:45pm
Drop-In Pickleball	5:15pm-6:45pm
Adult (16+) Drop-in Volleyball	7:30pm-9:30pm

### SATURDAY April 6-June 29

Drop-In Pickleball	8:30am-10:00am
Drop-In Badminton	10:30am-12:00pm
Drop-in Volleyball ALL AGES	12:30pm-2:00pm
Basketball Drop-In	2:30pm-4:00pm

### SUNDAY April 7-June 30

Drop-In Pickleball	10:30am-12:00pm
Drop-In Badminton	12:30pm-2:00pm
Basketball Drop-In	2:30pm-4:00pm

## PRESCHOOL DROP IN

### TUESDAY April 2-June 4

Parent Participation	1:00pm-3:00pm
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### WEDNESDAY April 3-June 26

Parent Participation	10:00am-12:00pm
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### THURSDAY April 4-June 6

Parent Participation	2:00pm-4:00pm
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### FRIDAY April 5-June 21

Parent Participation	10:00am-12:00pm
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## SWIMMING POOL

### MONDAY April 8-June 3 Excl May 20

FITNESS LANE SWIM (4L)	7:30am-10:00am
FITNESS LANE SWIM (2L)	10:30am-1:00pm
OPEN SWIM	10:30am-1:00pm
AQUAFINNING (Self Directed) (2L)	12:00pm - 1:00pm
FITNESS LANE SWIM (4L)	8:30pm-9:30pm

### TUESDAY April 2-June 4

FITNESS LANE SWIM (4L)	7:30am-10:00am
FITNESS LANE SWIM (6L)	12:35pm-2:35pm
OPEN SWIM	6:00pm-7:25pm
FITNESS LANE SWIM (4L)	8:30pm-9:30pm

### WEDNESDAY April 3

FITNESS LANE SWIM (4L)	7:30am-10:00am
FITNESS LANE SWIM (6L)	12:35pm-2:35pm
OPEN SWIM	3:30am-4:55pm
FITNESS LANE SWIM (4L)	8:30pm-9:30pm

### THURSDAY April 4-June 6

FITNESS LANE SWIM (4L)	7:30am-10:00am
FITNESS LANE SWIM (3L)	12:35pm-2:35pm
FITNESS LANE SWIM (6L)	8:30pm-9:30pm

### FRIDAY April 5-May 31

FITNESS LANE SWIM (4L)	7:30am-10:00am
FITNESS LANE SWIM (2L)	10:30am-1:00pm
OPEN SWIM	10:30am-1:00pm
AQUAFINNING (Self Directed) (2L)	12:00pm - 1:00pm

### SATURDAY April 6-June 1

FITNESS LANE SWIM (4L)	12:30pm-1:30pm
OPEN SWIM	1:30pm-3:00pm
OPEN SWIM	3:30pm-5:00pm

### SUNDAY April 7-June 2

FITNESS LANE SWIM (4L)	12:30pm-1:30pm
OPEN SWIM	1:30pm-3:00pm
OPEN SWIM	3:30pm-5:00pm

## AQUA FITNESS

### MONDAY April 8-June 3 Excl May 20

AQUAFIT (4L)	8:00am-8:45am
AQUAFIT (4L)	9:00am-9:45am

### TUESDAY April 2-June 4

AQUAFIT (4L)	8:00am-8:45am
AQUAFIT (4L)	9:00am-9:45am

### WEDNESDAY April 3-June 5

AQUAFIT (4L)	8:00am-8:45am
AQUAFIT (4L)	9:00am-9:45am

### THURSDAY April 4-June 6

AQUAFIT (4L)	8:00am-8:45am
AQUAFIT (4L)	9:00am-9:45am

### FRIDAY April 5-May 31

AQUAFIT (4L)	8:00am-8:45am
AQUAFIT (4L)	9:00am-9:45am

## 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 aware this adapted gym time will be capped at 20 participants (plus support workers).

### TUESDAYS - LLCC - April 2-June 25

FUNNASTICS	5:30pm - 8:00pm
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\*LLCC - Lampman Lane Community Centre

**FOR UP TO DATE PROGRAM CANCELLATIONS  
PLEASE VISIT  
[barrie.ca/RecCancellations](http://barrie.ca/RecCancellations)**