

FITNESS CENTRE HOURS		
MON-FRI 6:00AM-10:00PM		
SAT & SUN 6:00AM-7:00PM		
FITNESS CLASS SCHEDULE		
MONDAY (January 8 - March 25)		
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 (January 9 - March 26)		
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 (January 10 - March 27)		
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 (January 11 - March 28)		
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 (January 12 - March 22) <b>EXCL. MAR. 29th</b>		
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 (January 13 - March 23)		
STEP & MUSCLE INTERVALS	9:00am-10:00am	Kristen
ZUMBA	10:30am-11:30am	Heather
SUNDAY (January 14 - March 24)		
TOTAL BODY WORKOUT	9:30am-10:30am	Shannon

Skating		
MONDAY (March 18 - March 25)		
Public Skate	9:00am-10:50am	
Public Skate	3:30pm-5:20pm	
TUESDAY (March 19 - March 26)		
Stick and Puck	10:00am-11:50am	
Stick and Puck	3:15pm-4:05pm	
Stick and Puck	4:15pm-5:05pm	
WEDNESDAY (March 20 - 27 )		
Public Skate	9:00am-10:50am	
Public Skate	4:00pm-5:20pm	
THURSDAY (March 21 - 28)		
Stick and Puck	10:00am-11:50am	
Public Skate	3:15pm-5:05pm	
FRIDAY (March 22) <b>EXCL March 29</b>		
Stick and Puck	4:00pm-4:50pm	
Stick and Puck	5:00pm-5:50pm	
Public Skate	7:00pm-8:20pm	
SUNDAY (March 31) <b>EXCL March 24</b>		
Adult Hockey	7:00pm-7:50pm	
Adult Hockey	8:00pm-8:50pm	

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 10 participants (plus support workers).	
SATURDAY - January 13, 2024 - March 23rd, 2024	
SENSORY OPEN GYM	9:30am-11:30am

GYMNASIUM SCHEDULE		
MONDAY (January 8 - March 25)		
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 (January 9 - March 26)		
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	
ADULT BASKETBALL DROP-IN (18+)	8:45pm-10:15pm	
WEDNESDAY (January 10 - March 27)		
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	
THURSDAY (January 11 - March 28)		
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	
ADULT (18+) DROP-IN VOLLEYBALL	8:00pm-10:00pm	
FRIDAY (January 12 - March 22) <b>EXCL. MAR. 29th</b>		
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	
BASKETBALL DROP-IN ALL AGES	8:00pm-9:30pm	
SATURDAY (January 13 - March 23)		
BADMINTON DROP-IN ALL AGES	12:00pm-2:00pm	
BASKETBALL DROP-IN ALL AGES	2:30pm-4:00pm	
SUNDAY (January 7 - March 24)		
VOLLEYBALL DROP-IN ALL AGES	11:45am-1:00pm	
BASKETBALL DROP-IN ALL AGES	1:30pm-3:00pm	
YOUTH (13-17) VOLLEYBALL DROP-IN	3:30pm-4:45pm	

YOUTH CENTRE		
MONDAY (January 8 - March 25)		
YOUTH CENTRE DROP IN	3:30pm-7:30pm	
WEDNESDAY (January 10 - March 27)		
YOUTH CENTRE DROP IN	3:30pm-7:30pm	
THURSDAY (January 11 - March 28)		
YOUTH CENTRE DROP IN	3:30pm-8:30pm	
SATURDAY (January 13 - March 30)		
YOUTH CENTRE DROP IN	3:30pm-8:30pm	

PRESCHOOL ROOM DROP IN		
MONDAY (January 15 - March 25)		
PRESCHOOL ROOM DROP IN	12:00pm-2:00pm	
TUESDAY (January 16 - March 26)		
PRESCHOOL ROOM DROP IN	10:00am-12:00pm	
WEDNESDAY (January 17 - March 27)		
PRESCHOOL ROOM DROP IN	12:00pm-2:00pm	
THURSDAY (January 18 - March 28)		
PRESCHOOL ROOM DROP IN	10:00am-12:00pm	
FRIDAY (January 19 - March 22)		
PRESCHOOL ROOM DROP IN	12:00pm-2:00pm	

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

SWIMMING POOL		
MONDAY (January 8 - March 25)		
FITNESS LANE SWIM	6:00am-10:00am	
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 (January 9 - March 26)		
FITNESS LANE SWIM	6:00am-9:10am	
FITNESS LANE SWIM (2 lanes)	10:45am-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 (January 10 - March 27)		
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 (January 11 - March 28)		
FITNESS LANE SWIM	6:00am-9:10am	
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 (January 12 - March 22) <b>EXCL. MAR. 29th</b>		
FITNESS LANE SWIM	6:00am-9:30am	
OPEN SWIM	6:30pm-8:00pm	
FITNESS LANE SWIM	8:45pm-9:45pm	
SATURDAY (January 13 - March 23)		
FITNESS LANE SWIM	11:30am-12:25pm	
OPEN SWIM	12:30pm-2:30pm	
OPEN SWIM	5:00pm-6:30pm	
SUNDAY (January 14 - March 24)		
FITNESS LANE SWIM	7:30am-8:25am	
OPEN SWIM	11:45am-1:45pm	
OPEN SWIM	2:15pm-3:45pm	

AQUAFITNESS		
MONDAY (January 8 - March 25)		
AQUA FIT	8:00pm-8:45pm	
TUESDAY (January 9 - March 26)		
AQUA FIT	9:15am-10:00am	
AQUA FIT	10:15am-11:00am	
WEDNESDAY (January 10 - March 27)		
AQUA FIT	8:00am-8:45am	
THURSDAY (January 11 - March 28)		
AQUA FIT	9:15am-10:00am	
AQUA FIT	10:15am-11:00am	
FRIDAY (January 12 - March 22) <b>EXCL. MAR. 29th</b>		
AQUA FIT	9:30am-10:15am	

SCHEDULE SUBJECT TO CHANGE - FOR MOST UP TO DATE VERSION PLEASE VISIT [play.barrie.ca](http://play.barrie.ca)

