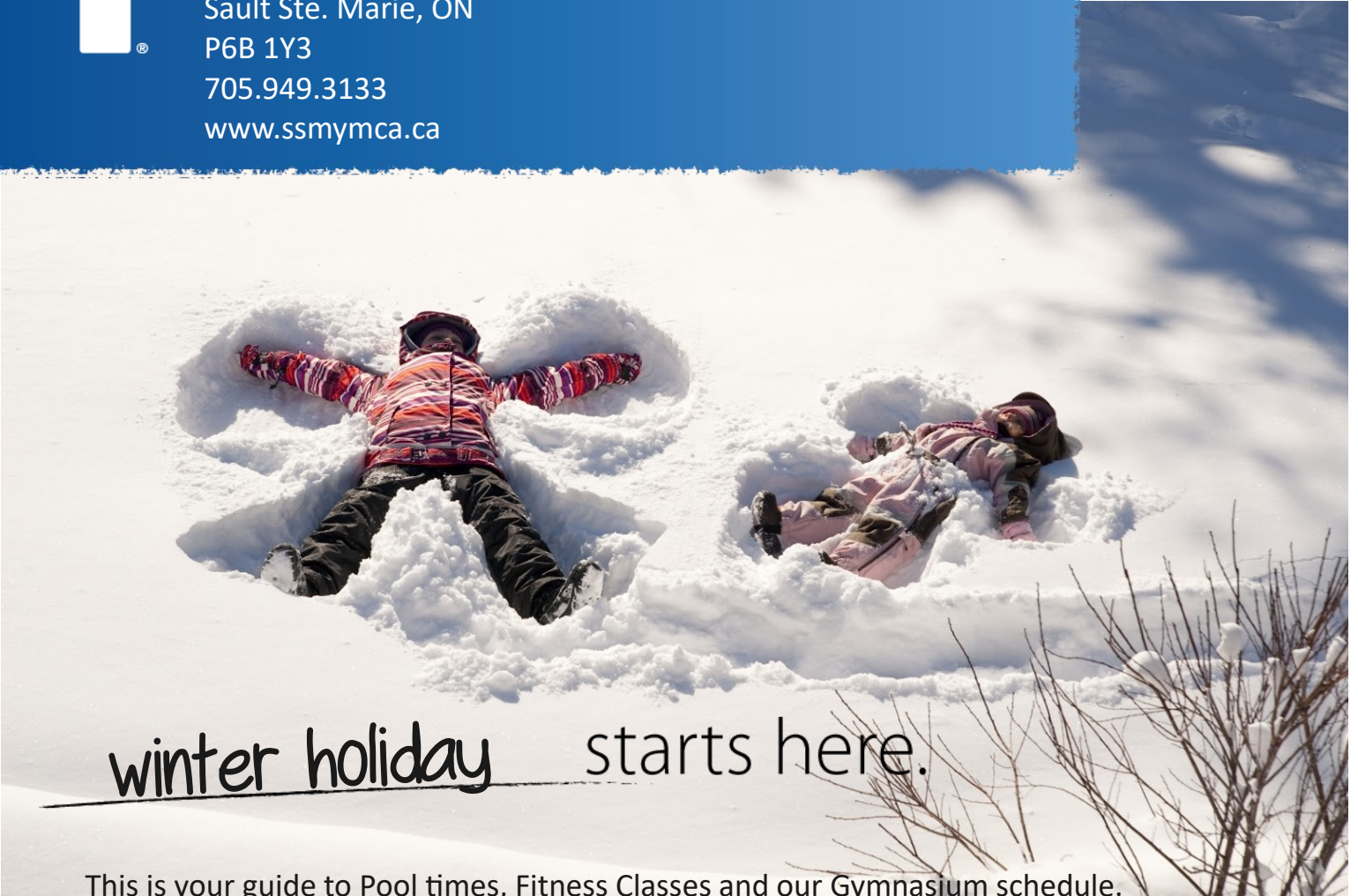




SAULT STE. MARIE YMCA HOLIDAY SCHEDULE 2021 - 2022

235 McNabb Street
Sault Ste. Marie, ON
P6B 1Y3
705.949.3133
www.ssmymca.ca



winter holiday starts here.

This is your guide to Pool times, Fitness Classes and our Gymnasium schedule.
All schedules are subject to change.

Facility Hours

Monday to Friday	5:30am - 9:00pm
Saturdays	7:00am - 7:00pm
Sundays	CLOSED

Christmas Eve 7:00am - 4:00 pm
Christmas Day CLOSED
Boxing Day 8:00am - 4:00pm
New Years Eve 7:00am - 4:00 pm
New Years Day 8:00am - 4:00pm

- **Pool Admission Criteria will apply. Pool Admission is a first come first serve basis.**
- **Areas close 30 minutes prior to building closing.**



Sault Ste. Marie YMCA

Holiday Schedule 2021 - 2022

December 21 - January 02

	Facility Hours	Holiday Camps (Registration required)
20-12-21	5:30am - 9:00pm	Wacky Shirt Day
21-12-21	5:30am - 9:00pm	Taco Tuesday
22-12-21	5:30am - 9:00pm	Wacky Wednesday Sports Edition
23-12-21	5:30am - 9:00pm	Christmas Eve Eve Pajama Day
24-12-21	7:00am - 4:00pm	N/A
25-12-21	CLOSED	N/A
26-12-21	CLOSED	N/A
27-12-21	5:30am - 9:00pm	Red or Black Day
28-01-21	5:30am - 9:00pm	Jersey Day
29-01-21	5:30am - 9:00pm	Wear Your Favourite Colour
30-01-21	5:30am - 9:00pm	Happy New Year
31-01-21	7:00am - 4:00pm	N/A
01-01-22	8:00am - 4:00pm	N/A
02-01-22	CLOSED	N/A

Week 1: December 20-23

Week 2: December 27-30

Member Fee: \$184.00/week

Non-member Fee: \$224.00/ Week

Registration opens November 15th and closes December 16, 2021

In person registration can be done at the YMCA at the membership sales and services desk

Online Registration can be completed through our Active Net user portal at:

<https://ca.apm.activecommunities.com/ssymca/Home>

What to bring: Indoor shoes, winter clothes as they may go outside weather permitting, nutritious snacks, extra masks, lunches, swimsuits, extra clothes.

Let's work together and help keep everyone safe.

CONTACT TRACING

Please make sure that you have your YMCA card with you and scan in to make sure we have contact tracing information.

MASKS

Masks are **mandatory** when you enter the facility, through all common areas of the facility or when you cannot physically distance. Only when you are working out (on a machine, weights or in a fitness class) you can, if you wish take it off. You do not need to wear it in the pool or while taking a shower.

Building healthy communities



Sault Ste. Marie YMCA

Pool Schedule 2021 - 2022

December 20 - December 25

Main Pool

Activity Area Unavailable

Programs and Schedules are subject to posted changes.

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:30am - 12:30pm	CLOSED
Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am		
Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	OPEN SWIM (2 lanes) 12:45pm - 3:30pm	
Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm		
OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm		

Leisure Pool

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 3:30pm	CLOSED
UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE		
Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am		
OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm		

Building healthy communities



Sault Ste. Marie YMCA

Pool Schedule 2021 - 2022

December 27 - January 01

Main Pool

 Activity Area Unavailable

Programs and Schedules are subject to posted changes.

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 01
Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:00 - 9:00am	Endurance 7:30am - 12:30pm	Endurance 8:30am - 12:30pm
Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am		
Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	Endurance 10:15am - 12:30pm	OPEN SWIM (2 lanes) 12:45pm - 3:30pm	OPEN SWIM (2 lanes) 12:45pm - 3:30pm
Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm	Day Camps 12:45 - 1:30pm		
OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm	OPEN SWIM (2 lanes) 1:45 - 8:30pm		

Leisure Pool

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 01
OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 9:00am	OPEN SWIM 7:30am - 3:30pm	OPEN SWIM 8:30am - 3:30pm
UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE		
Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am	Day Camps 10:45 - 11:15am		
OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm	OPEN SWIM 11:30am - 8:30pm		

Building healthy communities



Sault Ste. Marie YMCA

Fitness Class Schedule 2020 - 2021

December 20 - December 25

- MUST have 3 participants to run a class

Programs and Schedules are subject to posted changes.

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Latin Aerobics 9:15 - 10:00am	Merry Muscle Fit 9:15 - 10:00am	Holiday Cardio Fit 9:15 - 10:00am	Christmas Eve Latin Aerobics 9:15 - 10:00am	Holiday hours 7:00am - 4:00pm	CLOSED
Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am		
Tabata 12:10 - 12:50pm	Cycle Fit 12:10 - 12:50pm	Cardio Kick & Core 12:10 - 12:50pm	Cycle Fit 12:10 - 12:50pm		
Cycle Fit 5:30 - 6:15pm	Power 45 5:30 - 6:15pm	Cycle Fit 5:30 - 6:15pm	Power 45 5:30 - 6:15pm		

PROGRAM	DESCRIPTION	LOCATION
Aqua Fit	Aqua Fit will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints.	Pool
Holiday Cardio Fit	A cardio-based choreographed workout, with both high intensity and low-impact alternatives.	Studio
Cardio Kick & Core	A high-energy class of boxing movements and core techniques that will kick your cardio fitness to the next level.	Studio
Cycle Fit	Climb hills and do sprints, surges and more, in this group stationary biking class.	Studio
Latin Aerobics	A cardio workout using basic aerobic steps with Latin flavour and international zest.	Studio
Merry Muscle Fit	Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness.	Studio
Power 45	Build strength, get toned and work all those major muscles! Using various pieces of equipment, and get your fitness on in this fun class.	Studio
Tabata	Challenge yourself with interval-based exercises featuring shorter, more intense segments to get you into shape fast, while working in 20 seconds and resting for 10 seconds.	Studio

Tickets are required for all classes. They are put out 30 minutes before the class starts at the Membership Services desk.

Building healthy communities



Sault Ste. Marie YMCA

Fitness Class Schedule 2021- 2022

December 27 - January 01

- MUST have 3 participants to run a class

Programs and Schedules are subject to posted changes.

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 01
Holiday Cardio Fit 9:15 - 10:00am	Zumba 10:30 - 11:30am	Holiday Cardio Fit 9:15 - 10:00am	Muscle Fit 9:15 - 10:00am	Holiday hours 7:00am - 4:00pm	Holiday hours 8:00 am - 4:00 pm
Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am	Aqua Fit 9:15 - 10:00am		
Cardio Kick & Core 12:10 - 12:50pm	Tabata 12:10- 12:50pm	Work Your Core 12:10- 12:50pm	Everything Kettlebells 12:10- 12:50pm		
Cycle Fit 5:30 - 6:15pm	Power 45 5:30 - 6:15pm	Cycle Fit 5:30 - 6:15pm	Power 45 5:30 - 6:15pm		

PROGRAM	DESCRIPTION	LOCATION
Aqua Fit	Aqua Fit will increase your cardiovascular endurance, muscular endurance and flexibility while you benefit from reduced stress on your joints.	Pool
Cardio Fit	A cardio-based choreographed workout, with both high intensity and low-impact alternatives.	Studio
Cardio Kick & Core	A high-energy class of boxing movements and core techniques that will kick your cardio fitness to the next level.	Studio
Cycle Fit	Climb hills and do sprints, surges and more, in this group stationary biking class.	Studio
Everything Kettlebells	Learn how to effectively use a kettlebell for various exercises. Focus on form, execution and power.	Studio
Muscle Fit	Strength training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness.	Studio
Power 45	Build strength, get toned and work all those major muscles! Using various pieces of equipment, and get your fitness on in this fun class.	Studio
Tabata	You push yourself as hard as you can for 20 seconds and rest for 10 seconds. You'll complete 8 sets of exercise. Every week will be different from cardio tabatas to lower body to full body workouts.	Studio
Work Your Core	This class includes Pilate-inspired moves used to develop stabilizer muscles, improve core strength and flexibility.	Studio
Zumba	A cardio workout with Latin flavour and international zest.	Studio

Tickets are required for all classes. They are put out 30 minutes before the class starts at the Membership Services desk.

