



SAULT STE. MARIE YMCA SUMMER SCHEDULE 2022

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



Summer fun 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
Saturday	7:00am - 7:00pm
Sundays	CLOSED
Statutory Holidays	8:00am - 4:00pm



Sault Ste. Marie YMCA

Pool Summer Schedule 2022

June 18 - September 9, 2022

Main Pool Programs and Schedules are subject to posted changes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance 6:00 - 8:45am	Endurance 6:00 - 8:45am	Endurance 6:00 - 8:45am	Endurance 6:00 - 8:45am	Endurance 6:00 - 8:45am	UNAVAILABLE
Aquafit 9:00 - 9:45am	Aquafit 9:00 - 9:45am	Aquafit 9:00 - 9:45am	Aquafit 9:00 - 9:45am	Aquafit 9:00 - 9:45am	
Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	
OPEN SWIM/ 2 Lanes 11:00am - 1:00pm	OPEN SWIM/ 2 Lanes 11:00am - 1:00pm	OPEN SWIM/ 2 Lanes 11:00am - 1:00pm	OPEN SWIM/ 2 Lanes 11:00am - 1:00pm	OPEN SWIM/ 2 Lanes 11:00am - 1:00pm	
Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	OPEN SWIM/ 2 Lanes 12:00 - 6:00pm
OPEN SWIM/ 2 Lanes 3:30 - 8:15pm	OPEN SWIM/ 2 Lanes 3:30 - 8:30pm	OPEN SWIM/ 2 Lanes 3:30 - 8:30pm	OPEN SWIM/ 2 Lanes 3:30 - 8:30pm	OPEN SWIM/ 2 Lanes 3:30 - 8:30pm	

Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN SWIM 6:00 - 8:45am	OPEN SWIM 6:00 - 8:45am	OPEN SWIM 6:00 - 8:45am	OPEN SWIM 6:00 - 8:45am	OPEN SWIM 6:00 - 8:45am	UNAVAILABLE
UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	UNAVAILABLE	
Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	Day Camps 10:00 - 11:00am	OPEN SWIM 12:00 - 6:00pm
Aqua ROM 11:15am - 12:00pm	OPEN SWIM 11:00am - 1:00pm	Aqua ROM 11:15am - 12:00pm	OPEN SWIM 11:00am - 1:00pm	Aqua ROM 11:15am - 12:00pm	
OPEN SWIM 12:00 - 1:00pm		OPEN SWIM 12:00 - 1:00pm		OPEN SWIM 12:00 - 1:00pm	
Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	Day Camps 1:00 - 3:30pm	
OPEN SWIM 3:30 - 8:30pm	OPEN SWIM 3:30 - 8:30pm	OPEN SWIM 3:30 - 8:30pm	OPEN SWIM 3:30 - 8:30pm	OPEN SWIM 3:30 - 8:30pm	



All fitness classes require a minimum of three (3) participants.

Programs and Schedules are subject to posted changes.

■ Aquatic Class taking place in the pool area

Sault Ste. Marie YMCA

Fitness Class & Gymnasium

Summer Schedule 2022

June 19 - September 9, 2022

Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:45am	AquaFit 9:00-9:45am	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:45am
Cardio Fit 9:15-10:00am	Yoga 9:15-10:00am	Cardio Fit 9:15-10:00am	Muscle Fit 9:15-10:15am	Zumba 9:15-10:00am
Joins In Motion 10:30-11:00am		Joins In Motion 10:30-11:00am		Joins In Motion 10:30-11:00am
Aqua R.O.M 11:15am-12:00pm		Aqua R.O.M 11:15am-12:00pm		Aqua R.O.M 11:15am-12:00pm
HIIT 12:10-12:50pm	Cycle Fit 12:10-12:50pm	Yoga 12:10-12:50pm	Cycle Fit 12:10 - 12:50pm	
		Zumba Gold 1:00-1:45pm		
Cardio Kick and Core 5:15-6:00pm	Tabata Tuesday 5:15-5:45pm	Cycle Fit 5:30-6:15pm	Everything Kettlebells 5:15-5:45pm	
Zumba 6:15-7:00pm				

PROGRAM	DESCRIPTION
Aqua Fit	AquaFit will increase your cardiovascular Fitness, muscular Fitness and flexibility while you benefit from reduced stress on your joints.
Aqua R.O.M	Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M encourages use of full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility.
Cardio Fit	A cardio-based choreographed workout with both high and low impact alternatives.
Cardio Kick and Core	This high energy class 45 minute fusion class of boxing movements and core techniques will kick your cardio fitness to the next level while defining and shaping your body.
Cycle Fit	Climb hills and do sprints, surges and more in this group stationary biking class. A ticket from Membership Service and Sales desk required. 20 bikes available. First come first serve.
HIIT	High Intensity Interval Training giving you the best bang for your buck with training! This can be a low to moderate intensity levels using various pieces of equipment.
Muscle Fit	Resistance training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness.
Joins in Motion	Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement.
Tabata Tuesday	A different form of high intensity interval training. Tabata has you working for 20 seconds and then resting for 10 seconds, throughout 8 cycles.
Yoga	Increase flexibility, release tension and make the body/mind/spirit connection.
Zumba/Zumba Gold	A cardio workout with Latin flavour and international zest. Zumba Gold is at a pace for the older adult.



Sault Ste. Marie YMCA

Gymnasium Summer Schedule 2022

June 18 - September 9, 2022

Gymnasium

Open Gym is for persons **13+** who wish to exercise at their own pace.

Basketballs are available from the Membership Sales & Service Desk. The Gym is subject to external bookings and times may be subject to change.

Programs and Schedules are subject to posted changes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN GYM 5:45 - 8:00am	OPEN GYM 5:45 - 8:00am	OPEN GYM 5:45 - 8:00am	OPEN GYM 5:45 - 8:00am	OPEN GYM 5:45 - 8:00am	
Summer Day Camps 9:00 - 5:00pm	Summer Day Camps 9:00 - 5:00pm	Summer Day Camps 9:00 - 5:00pm	Summer Day Camps 9:00 - 5:00pm	Summer Day Camps 9:00 - 5:00pm	OPEN GYM 7:00am - 6:30pm
OPEN GYM 5:30-8:30pm	OPEN GYM 5:30-8:30pm	OPEN GYM 5:30-8:30pm	OPEN GYM 5:30-8:30pm	OPEN GYM 5:30-8:30pm	