ADULT RECREATION

Adult Co-Ed Indoor Volleyball

Our co-ed indoor volleyball program is a great way for adults to meet new people, sign up with your friends or as an individual and make some great new connections through sport. Time slots available on a first come first server basis, priorities given to full cohorts.

Session I: Wednesdays, Sept. 7 – Dec. 21

Times: 6:00 – 7:30 pm or 7:45 – 9:15 pm

Fees: $65.00 + HST/person/time-slot

Location: Wasaga Beach RecPlex Hall 1/A, 1724 Mosley Street

No Programs: Sept. 21, Oct. 19, Nov. 9

Low-Impact Pilates

Join our low impact Pilates program lead by Lindsay Elms, certified fitness coach and instructor. This program will focus on strengthening, toning and shaping. Each routine is geared for beginner to intermediate exercisers and is suitable for individuals of all ages. Classes will be run out of the RecPlex Oakview Meeting Room.

Session I: Wednesdays, Nov. 2 – Jan. 4

Session II: Wednesdays, Jan. 18 – Mar. 8

Time: 1:00 – 2:00 pm

Fees: $65 + HST/session

Bring your own exercise mat

Location: RecPlex Oakview Meeting Room, 1724 Mosley Street

No Classes: Dec. 7 & 28

Co-Ed Volleyball Tournaments

Whether you're a recreational or competitive volleyball player, this co-ed volleyball tournament will guarantee to be a hit with you and your friends! Recreation and competitive divisions' available pending registration. Fully officiated, three men, three women on the court at all times.

Tournament I: Sun., Nov. 6

Tournament II: Sun., Mar. 12

Times: 9:00 am start

Fees: $175 + HST/team/tournament

Location: Wasaga Beach RecPlex Hall 1/A and B, 1724 Mosley Street

Fab, Fit n' Fun

Our certified fitness coaches will lead you through one hour workouts during this eight week program. These workouts will focus on building physical strength, conditioning and can be tailored to individual needs.

Session I: Wednesdays, Sept. 7 – Oct. 26

Session II: Wednesdays, Nov. 9 – Jan. 4

Session III: Wednesdays, Jan. 11 – Mar. 1

Times: Low-Mid Intensity 5:45 – 6:30 pm
Mid-High Intensity 6:35 – 7:35 pm

Fees: $75.00 + HST

Location: Wasaga Stars Arena Recreation Hall, 425 River Road West

No Programs: Dec. 28

(FREE) Aquafit

Is Aquafit something you have been wanting to try? Well here is your chance to try it for FREE! These aerobic fitness classes are now more popular than ever! Stay in shape without pounding the concrete, make new friends and have some fun with Lindsay Elms, Certified Instructor Specialist. Register online today at www.wasagabeach.com, maximum class size is 30 participants.

Date: Third Friday of Every Month

Time: 2:15 – 3:00 pm

Fees: Free of Charge

Location: Wasaga Beach YMCA Pool, 1724 Mosley Street