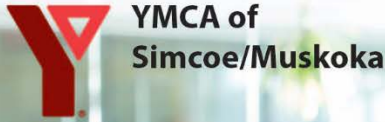


ORILLIA Health, Fitness & Aquatics







Winter 2017

January 9, 2017
– March 12,
2017

Orillia YMCA
300 Peter Street N
Orillia Ontario
L3V 5A2
705 325-6168

MONDAY	Pool	Cycle Room	Studio A	Studio B	Gym A	Gym B	MPR	Child Minding
5:45 AM								
6:00 AM	Group Booking 6:00-7:30 Channel Cats							
6:30 AM				Gravity 6:30-7:30				
7:00 AM								
7:30 AM	Lane Swim 7:30-9:00							
8:00 AM				Gravity 8:15-8:45				
8:30 AM								
9:00 AM	Lane Swim 9:00-1:00	Aquafit Combo 9:15-10:00	9:15-10:00	Yoga 9:00-10:15	Cardio Strength Mix 9:05-10:00			Child Minding 8:55-12:00 (Fee for Service)
9:30 AM					Aquafit Combo 10:15-11:00			
10:00 AM			Contemporary Yoga 10:30-11:15		On the Move 11:15-12:00			
10:30 AM					Group Core 12:15-12:45			
11:00 AM		Family Swim 11:00-12:00						
11:30 AM		Gentle Aquafit 12:15-1:00	12:15-12:50					
12:00 PM	High School Credit Program Week A: 1:30pm-2:30pm Week B: 12:05pm-1:05pm (2 Lanes)							
12:30 PM		Group Booking 1:00-3:00 School Groups						
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM						Group Power 2:30-3:30		
3:00 PM	Lane Swim 3:00-4:00							
3:30 PM								
4:00 PM	Swimming Lessons 4:00-5:30			Youth Wellness 4:00-5:00 (10-12yrs)				
4:30 PM								
5:00 PM							Y Kids 5:00-6:00 ages 3-9	
5:30 PM	Group Booking 5:30-8:00 Channel Cats	5:30-6:15	Zumba 5:30-6:30			Y Kids 6:00-7:00		
6:00 PM				Gravity 6:15-6:45				
6:30 PM				Pilates 6:45-7:15			Youth All Sport 7:00-8:00 (6-9 yrs)	
7:00 PM							Karate 6:40-8:40	
7:30 PM		7:00-7:45	Yoga 7:30-8:30					
8:00 PM	Lane Swim 8:00-9:30	Aquafit Combo 8:00-8:45				Adult Drop In Basketball 8:00-9:45		
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								

SATURDAY	Pool	Cycle Room	Studio A	Studio B	Gym A	Gym B	MPR	Child Minding	
6:30 AM	Group Booking 6:30-8:00 Channel Cats								
7:00 AM									
7:30 AM									
8:00 AM	Lane Swim 8:00-9:00	Adult Masters 8:00-9:00		Gravity 8:15-8:45					
8:30 AM									
9:00 AM	Swimming Lessons 9:00-12:00	9:00-9:45							
9:30 AM									
10:00 AM				Yoga 10:00-11:00		Group Power 10:00-11:00		Y Kids 10:00-11:00	
10:30 AM									
11:00 AM						Y Kids 11:00-12:00			
11:30 AM			Zumba 11:15-12:15						
12:00 PM	Lane Swim 12:00-5:30	Open Swim 1:00-3:00				Karate 12:00-1:00			
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
SUNDAY	Pool	Cycle Room	Studio A	Studio B	Gym A	Gym B	MPR	Child Minding	
7:00 AM	Lane Swim 7:00-9:00								
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM		9:15-10:00							
9:30 AM	Swim Lessons 9:00-12:00pm								
10:00 AM				Yoga 10:15-11:15		Group Power 10:15-11:15			
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	Lane Swim 12:00-4:30	Open Swim 1:00-3:00							
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									

 Group Fitness Class
  Drop In Programming
  Registered Programs
  Group Bookings

NOTE: Please allow for a 15 minute time frame before and after Group Power classes for set up and clean-up of equipment
 During lane swim times there is a minimum of 1 lane available to a max of 6 lanes, depending on Aquatic needs

To contact the Orillia YMCA...

Call us at 705-325-6168, or find us on the web at www.ymcaofsimcoemuskoka.ca

Program Registration can be done in Person at Membership Services, or online by creating "Your Account" on our website.

All children under the age of 10 must be supervised by a parent or guardian over the age of 16, or signed into a YMCA Program. Swim supervision ratio, and Youth Conditioning Policies are strictly enforced. Please ask a Membership Services Staff for more details.

Hours of Operation

Monday – Friday – 5:30am – 10:00pm

Statutory Holiday 10:00am – 5:00pm

Saturday – 7:00am – 6:00pm

Sunday – 7:00am – 5:00pm