



**YMCA of
Simcoe/Muskoka**



SUMMER 2017

May 1 – Sept 17

For more details,
please visit
www.ymcaofsimcoemuskoka.ca
or speak with Member
Services at the front
desk!

MONDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other	
5:45 AM	Pool Closed							
6:00 AM					Open Gym 5:30-8:30			
6:30 AM	Lane Swim 6:00-9:00	Open Swim 6:00-9:00						
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM	Swim Lessons (3-5 years) 9:00-10:00				Y KIDS SPORTS & GAMES (6-12 years) 9:15-9:45 JULY & AUG ONLY	STAY'N PLAY MOVEMENT & MUSIC (0-5 years) 9:15-12:30	Y KIDS FUN & GAMES (6-12 years) 9:45-11:00 JULY & AUG ONLY	
9:30 AM			Zumba/Global Grooves 9:30-10:15					
10:00 AM	Lane/Open Swim 10:00-1:00	Open Swim 10:00-11:45	Bootcamp 10:30-11:15		OTM Cardio & Strength 10:00-10:45			
10:30 AM								
11:00 AM			Aquafit 11:00-11:45	Aqua Therapy 11:45-12:15	Yoga 11:30-12:15			Y KIDS ARTS & CRAFTS (6-12 years) 11:00-12:30 JULY & AUG ONLY
11:30 AM								
12:00 PM			Open Swim 12:15-1:00		Gentlefit 12:30-1:30			
12:30 PM					Open Gym 12:45-5:00	Group Bookings 1:00-4:00		
1:00 PM	Group Bookings 1:00-3:00							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Lane Swim 3:00-4:00	Open Swim 3:00-4:00						
3:30 PM								
4:00 PM						Open Gym 4:00-5:15		
4:30 PM								
5:00 PM	Swim Lessons (3-12 years) 4:00-7:30				Y KIDS HIP HOP (3-5 years) 5:15-6:15 MAY & JUNE ONLY	YOUTH FITNESS (10-13 years) 5:15-6:15		
5:30 PM			HIIT 5:30-6:00		Y KIDS HIP HOP (6-12 years) 6:15-7:15 MAY & JUNE ONLY			
6:00 PM			Group Power 6:15-7:15					
6:30 PM					Adult Recreation (16+ years) 7:30-9:30	Open Gym 6:30-9:30		
7:00 PM								
7:30 PM	Lane Swim 7:30-9:00	Aquafit 7:45-8:30	Open Swim 7:30-9:00	Group Cycle 7:30-8:15			Gravity 7:45-8:15	
8:00 PM			Yoga 8:30-9:15					
8:30 PM								
9:00 PM	Pool Closed				Gym Closed			
9:30 PM								

TUESDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other			
5:45 AM	Pool Closed				Open Gym 5:30-8:30					
6:00 AM										
6:30 AM	Lane Swim 6:00-1:00	Group Bookings 6:00-7:30	Open Swim 6:00-10:45	Group Cycle 6:30-7:15	Gravity 7:30-8:00	Y KIDS SOCCER (6-12 years) 9:15-10:15 JULY & AUG ONLY	STAY'N PLAY FUN & GAMES (0-5 years) 9:15-11:30			
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM										
10:30 AM		Aquafit 10:00-10:45	Group Power 10:15-11:15	Gravity 9:30-10:00	Y KIDS PHYSICAL LITERACY (6-12 years) 10:15-11:30 JULY & AUG ONLY					
11:00 AM		Aqua Running 11:15-12:00								
11:30 AM			Yoga (Gentle) 11:30-12:15							
12:00 PM		Open Swim 11:15-1:00								
12:30 PM										
1:00 PM	Group Bookings 1:00-3:00				Pickle Ball (16+ years) 12:00-4:00	Group Bookings 1:00-4:00				
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM	Lane Swim 3:00-4:00		Open Swim 3:00-4:00							
3:30 PM										
4:00 PM	Swim Lessons (3-12 years) 4:00-7:30		Parent & Tot Lessons 4:00-4:30		TaeKwonDo (\$) (6-12 years) See Member Services for Times and Prices (AVAILABLE UNTIL JUNE 6TH ONLY, RETURNING FALL 2018)	Open Gym 4:00-5:30				
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM	Group Bookings 6:30-7:30		Cardio Kick 5:45-6:30		Y KIDS SOCCER (6-12 years) 5:30-6:30	STAY'N PLAY FUN & GAMES (0-5 years) 5:30-7:30				
6:30 PM			Group Core 6:45-7:15				Y KIDS PHYSICAL LITERACY (6-12 years) 6:30-7:30			
7:00 PM										
7:30 PM	Lane Swim 7:30-9:00	Aquafit 7:45-8:30	Open Swim 7:30-9:00							
8:00 PM					Adult Basketball (16+ years) 7:30-9:30	Open Gym 7:30-9:30				
8:30 PM										
9:00 PM	Pool Closed				Gym Closed					
9:30 PM										

WEDNESDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other		
5:45 AM	Pool Closed				Open Gym 5:30-8:30				
6:00 AM									
6:30 AM	Lane Swim 6:00-9:00	Open Swim 6:00-9:00							
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM			Swim Lessons (3-5 years) 9:00-10:00	Parent & Tot Lessons 9:00-9:30	Cardio Kick 9:30-10:15	Y KIDS BASKETBALL (6-12 years) 9:15-9:45 JULY & AUG ONLY	STAY'N PLAY IMAGINATION STATION (0-5 years) 9:15-12:30	Y KIDS FUN & GAMES (6-12 years) 9:45-11:00 JULY & AUG ONLY	
9:30 AM									
10:00 AM				Open Swim 10:00-11:45	Legs, Tums & Bums 10:30-11:00	OTM Drums Alive 10:00-10:45			
10:30 AM	Lane/Open Swim 10:00-1:00	Aquafit 11:00-11:45	Yoga 11:15-12:00	Y KIDS FLOOR HOCKEY (6-12 years) 11:00-12:30 JULY & AUG ONLY					
11:00 AM									
11:30 AM						Aqua Therapy 11:45-12:15	Gentlefit 12:30-1:30		
12:00 PM						Open Swim 12:15-1:00			
12:30 PM									
1:00 PM	Group Bookings 1:00-3:00				Open Gym 12:45-7:30	Group Bookings 1:00-4:00			
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM	Lane Swim 3:00-4:00		Open Swim 3:00-4:00						
3:30 PM									
4:00 PM	Swim Lessons (3-12 years) 4:00-7:30								
4:30 PM									
5:00 PM									
5:30 PM			Cardio Blast 6:00-6:30						
6:00 PM			Group Power 6:45-7:45			Open Gym 4:00-9:30			
6:30 PM									
7:00 PM									
7:30 PM	Lane Swim 7:30-9:00	Aquafit 7:45-8:30	Open Swim 7:30-9:00	Yoga 8:00-8:45	Adult Recreation (16+ years) 7:30-9:30				
8:00 PM									
8:30 PM									
9:00 PM	Pool Closed				Gym Closed				
9:30 PM									

THURSDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other
5:45 AM	Pool Closed						
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Lane Swim 6:00-1:00						
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Group Bookings 1:00-3:00						
1:30 PM	Group Bookings 1:00-3:00						
2:00 PM	Group Bookings 1:00-3:00						
2:30 PM	Group Bookings 1:00-3:00						
3:00 PM	Lane Swim 3:00-4:00	Open Swim 3:00-4:00					
3:30 PM	Lane Swim 3:00-4:00	Open Swim 3:00-4:00					
4:00 PM	Swim Lessons (3-12 years) 4:00-7:30						
4:30 PM	Swim Lessons (3-12 years) 4:00-7:30						
5:00 PM	Swim Lessons (3-12 years) 4:00-7:30						
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Group Bookings 6:30-7:30						
7:30 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
8:00 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
8:30 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
9:00 PM	Pool Closed						
9:30 PM	Pool Closed						

FRIDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other
5:45 AM	Pool Closed						
6:00 AM							
6:30 AM							
7:00 AM							
8:00 AM							
8:30 AM							
9:00 AM	Lane Swim 6:00-1:00						
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Group Bookings 1:00-3:00						
1:30 PM	Group Bookings 1:00-3:00						
2:00 PM	Group Bookings 1:00-3:00						
2:30 PM	Group Bookings 1:00-3:00						
3:00 PM	Lane Swim 3:00-4:30	Open Swim 3:00-4:30					
3:30 PM	Lane Swim 3:00-4:30	Open Swim 3:00-4:30					
4:00 PM	Swim Lessons (6-12 years only) 4:30-6:30						
4:30 PM	Swim Lessons (6-12 years only) 4:30-6:30						
5:00 PM	Swim Lessons (6-12 years only) 4:30-6:30						
5:30 PM	Advanced Aquatics 6:30-7:15						
6:00 PM	BTSC House League (\$) 6:30-7:30	Yth Stroke Correction (13+ years) 6:15-7:00					
6:30 PM	BTSC House League (\$) 6:30-7:30	Yth Stroke Correction (13+ years) 6:15-7:00					
7:00 PM	BTSC House League (\$) 6:30-7:30	Yth Stroke Correction (13+ years) 6:15-7:00					
7:30 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
8:00 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
8:30 PM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
9:00 PM	Pool Closed						
9:30 PM	Pool Closed						

SATURDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other	
7:00 AM	Pool Closed				Open Gym 7:00-8:30			
7:30 AM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
8:00 AM								
8:30 AM								
9:00 AM	Swim Lessons (3-12 years) 9:00-1:45		Group Cycle 9:00-9:45		Y KIDS CATCH GAMES (6-12 years) 8:45-11:15	STAY'N PLAY IMAGINATION STATION (0-5 years) 8:45-11:15		
9:30 AM								
10:00 AM				Group Power 10:00-11:00				
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM		Parent & Tot Lessons 12:30-1:00						
1:00 PM					Open Gym 11:30-5:30	Birthday Parties & Group Bookings 1:00-5:30		
1:30 PM								
2:00 PM	Group Bookings							
2:30 PM	Community Open Swim 2:00-4:30							
3:00 PM	Group Bookings							
3:30 PM								
4:00 PM								
4:30 PM	Adult Rec Swim (16+ years) 4:30-5:30							
5:00 PM								
5:30 PM	Pool Closed				Gym Closed			

SUNDAY	Lap Pool	Leisure Pool	Studio A	Studio B	Gym A	Gym B	MPR or Other	
7:00 AM	Pool Closed				Open Gym 7:00-9:00			
7:30 AM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
8:00 AM								
8:30 AM								
9:00 AM		Parent & Tot Lessons 9:00-9:30			Group Bookings 9:00-12:00			
9:30 AM				Gravity 9:45-10:15				
10:00 AM	Swim Lessons (3-12 years) 9:00-12:15							
10:30 AM			Yoga 10:30-11:15					
11:00 AM								
11:30 AM	Advanced Aquatics	Aquafit 11:30-12:15						
12:00 PM					Open Gym 12:00-5:30	Birthday Parties & Group Bookings 1:00-5:30		
12:30 PM								
1:00 PM								
1:30 PM	Lane Swim 12:15-4:30	Group Bookings						
2:00 PM		Open Swim 12:15-4:30						
2:30 PM								
3:00 PM								
3:30 PM		Group Bookings						
4:00 PM								
4:30 PM	Adult Rec Swim (16+ years) 4:30-5:30							
5:00 PM								
5:30 PM	Pool Closed				Gym Closed			

Group Fitness Class
 Registered Programs
 Child/Youth Drop In
 Open Time
 Community Offering

To contact the Innisfil YMCA...

Call us at [705-431-9622](tel:705-431-9622), Fax us at [705-431-5877](tel:705-431-5877), or Find us on the web at www.ymcaofsimcoemuskoka.ca

Program Registration can be done in person at Member Services, or online by creating your account on our website.

To gain access to the Innisfil YMCA facility, all patrons 16+ years of age must show their YMCA Membership Card, a YMCA Guardian Pass, or Government issued Photo ID. All children under 10 must be directly supervised by a parent or guardian over the age of 16, or signed in to a YMCA Program. Swim Supervision Ratios, and Youth Conditioning Policies are strictly enforced. Please ask a Membership Services Staff for more details.