



**YMCA of  
Simcoe/Muskoka**



# SUMMER 2017

May 1 – Sept 17

For more details,  
please visit  
[www.ymcaofsimcoemuskoka.ca](http://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								
12:30 PM			Gentlefit 12:30-1:30					
1:00 PM	Group Bookings 1:00-3:00				Open Gym 12:45-5:00	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						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					
6:00 PM			Group Power 6:15-7:15					
6:30 PM					Y KIDS HIP HOP (6-12 years) 6:15-7:15 MAY & JUNE ONLY			
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	Open Gym 6:30-9:30		
8:00 PM			Yoga 8:30-9:15		Adult Recreation (16+ years) 7:30-9:30			
8:30 PM								
9:00 PM	Pool Closed							
9:30 PM					Gym Closed			

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

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							
7:00 AM	Lane Swim 6:00-9:00	Open Swim 6:00-9:00					
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							
11:00 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		
11:30 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						
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							
4:30 PM							
5:00 PM		Swim Lessons (3-12 years) 4:00-7:30					
5:30 PM			Cardio Blast 6:00-6:30				
6:00 PM			Group Power 6:45-7:45				
6:30 PM							
7:00 PM							
7:30 PM	Lane Swim 7:30-9:00	Aquafit 7:45-8:30	Yoga 8:00-8:45				
8:00 PM		Open Swim 7:30-9:00					
8:30 PM					Adult Recreation (16+ years) 7:30-9:30		
9:00 PM							
9:30 PM	Pool Closed				Gym Closed		

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								
8:00 AM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
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						Birthday Parties & Group Bookings 1:00-5:30		
1:30 PM								
2:00 PM					Open Gym 11:30-5:30			
2:30 PM	Group Bookings							
3:00 PM	Community Open Swim 2:00-4:30							
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			

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							
8:00 AM	Lane Swim 7:30-9:00	Open Swim 7:30-9:00					
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 12:00-1:00	
12:30 PM						Birthday Parties & Group Bookings 1:00-5:30	
1:00 PM							
1:30 PM							
2:00 PM	Lane Swim 12:15-4:30	Group Bookings			Open Gym 12:00-5:30		
2:30 PM		Open Swim 12:15-4:30					
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](http://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.