

# ORILLIA Health, Fitness & Aquatics



**YMCA of**  
Simcoe / Muskoka

# 2017 Summer

Monday July 3, 2017 –  
Sunday August 27, 2017

YMCA Of Simcoe  
Muskoka

Orillia Location  
300 Peter Street N  
Orillia ON  
705 325-6168

| Monday   | Pool |   |   |   |   |   | Cycle | Studio A | Studio B                    | Gym A                      | Gym B | MPR | Child Minding |
|----------|------|---|---|---|---|---|-------|----------|-----------------------------|----------------------------|-------|-----|---------------|
|          | 1    | 2 | 3 | 4 | 5 | 6 |       |          |                             |                            |       |     |               |
| 5:45 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 6:00 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 6:30 AM  |      |   |   |   |   |   |       |          | Gravity<br>6:30-7:00        |                            |       |     |               |
| 7:00 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 7:30 AM  |      |   |   |   |   |   |       |          |                             | Group Booking<br>7:00-8:30 |       |     |               |
| 8:00 AM  |      |   |   |   |   |   |       |          | Gravity<br>8:15-8:45        |                            |       |     |               |
| 8:30 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 9:00 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 9:30 AM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 10:00 AM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 10:30 AM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 11:00 AM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 11:30 AM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 12:00 PM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 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  |      |   |   |   |   |   |       |          | Youth Wellness<br>4:00-5:00 |                            |       |     |               |
| 5:00 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 5:30 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 6:00 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 6:30 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 7:00 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 7:30 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 8:00 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 8:30 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 9:00 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 9:30 PM  |      |   |   |   |   |   |       |          |                             |                            |       |     |               |
| 10:00 PM |      |   |   |   |   |   |       |          |                             |                            |       |     |               |





| Saturday | Pool                                    |   |   |   |   |   | Cycle              | Studio A             | Studio B             | Gym A | Gym B                              | MPR | Child Minding       |  |                            |  |                                    |
|----------|---|---|---|---|---|---|--------------------|----------------------|----------------------|-------|------------------------------------|-----|---------------------|--|----------------------------|--|------------------------------------|
|          | 1                                       | 2 | 3 | 4 | 5 | 6 |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 7:00 AM  | Lane Swim                               |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 7:30 AM  | 7:15-9:00                               |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 8:00 AM  | Masters                                 |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 8:30 AM  | 8:00-9:00 5Lanes                        |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 9:00 AM  | Swim Lessons<br>9:00-11:00              |   |   |   |   |   | Cycle<br>9:00-9:45 |                      | Gravity<br>8:15-8:45 |       |                                    |     |                     |  |                            |  |                                    |
| 9:30 AM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 10:00 AM |   |   |   |   |   |   |                    |                      |                      |       |                                    |     | Yoga<br>10:00-11:00 |  | Group Power<br>10:00-11:00 |  | Y Kids<br>(3-9 yrs)<br>10:00-11:00 |
| 10:30 AM |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 11:00 AM | Family Swim<br>11:00-12:00              |   |   |   |   |   |                    | Zumba<br>11:15-12:15 |                      |       | Y Kids<br>(3-9 yrs)<br>11:00-12:00 |     |                     |  |                            |  |                                    |
| 11:30 AM |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 12:00 PM | Lane Swim<br>11:00 - 5:30               |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 12:30 PM |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 1:00 PM  | Open Swim<br>1:00-3:00                  |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 1:30 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 2:00 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 2:30 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 3:00 PM  | Group Booking<br>3:00 - 5:00<br>4 Lanes |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 3:30 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 4:00 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 4:30 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 5:00 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 5:30 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |
| 6:00 PM  |   |   |   |   |   |   |                    |                      |                      |       |                                    |     |                     |  |                            |  |                                    |

| Sunday   | Pool                       |   |   |   |   |   | Cycle | Studio A            | Studio B | Gym A                      | Gym B | MPR | Child Minding |  |  |  |  |
|----------|----------------------------|---|---|---|---|---|-------|---------------------|----------|----------------------------|-------|-----|---------------|--|--|--|--|
|          | 1                          | 2 | 3 | 4 | 5 | 6 |       |                     |          |                            |       |     |               |  |  |  |  |
| 7:00 AM  | Lane Swim<br>7:15-4:30     |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 7:30 AM  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 8:00 AM  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 8:30 AM  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 9:00 AM  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 9:30 AM  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 10:00 AM |                            |   |   |   |   |   |       | Yoga<br>10:15-11:15 |          | Group Power<br>10:15-11:15 |       |     |               |  |  |  |  |
| 10:30 AM | Family Swim<br>10:00-12:00 |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 11:00 AM |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 11:30 AM |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 12:00 PM |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 12:30 PM |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 1:00 PM  | Open Swim<br>1:00-3:00     |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |
| 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  |                            |   |   |   |   |   |       |                     |          |                            |       |     |               |  |  |  |  |

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](http://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  
 Saturday - 7:00am - 6:00pm  
 Sunday – 7:00am -5:00pm

Statutory Holidays 10:00am – 5:00pm  
 \*Closed Christmas Day