



YMCA of  
Simcoe/Muskoka

**FALL  
2017**

Sept 5 – Dec 22

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  |                                   |                                       |   |                   |   |                                     |   |
| 6:30 AM  |                                   |                                       |   |                   |   |                                     |   |
| 7:00 AM  | Lane Swim 6:00-9:00               | Open Swim 6:00-9:00                   |   |                   | Open Gym 5:30-9:30                                      |                                     |   |
| 7:30 AM  |                                   |                                       |   |                   |   |                                     |   |
| 8:00 AM  |                                   |                                       |   |                   |   |                                     |   |
| 8:30 AM  |                                   |                                       |   |                   |   |                                     |   |
| 9:00 AM  | Swim Lessons (3-5 yrs) 9:00-10:00 |                                       |   |                   |   |                                     |   |
| 9:30 AM  |                                   |                                       | Zumba/Global Grooves 9:30-10:15               |                   | Open Gym (except PA DAY)                                | OTM Cardio/Strength/Core 9:45-10:30 |   |
| 10:00 AM |                                   | Open Swim 10:00-10:45                 |   |                   |   |                                     | STAY'N PLAY (0-5 yrs) 9:15-12:30  |
| 10:30 AM | Lane/Open Swim 10:00-1:00         | Little Swimmers (3-5 yrs) 10:45-11:30 | HIIT/Strength 10:30-11:15                     |                   | KBS 10:30-4:30  | Open Gym 10:30-4:30 (except PA DAY) |   |
| 11:00 AM | Aquafit 11-11:45                  | Aqua Therapy 11:45-12:15              | Yoga 11:30-12:15                              |                   |   |                                     |   |
| 11:30 AM |                                   | Open Swim 12:15-1:00                  | Gentlefit 12:30-1:15                          |                   |   |                                     |   |
| 12:00 PM | Group Bookings 1:00-3:00          |                                       |   |                   |   |                                     |   |
| 12:30 PM |                                   |                                       |   |                   |   |                                     | Senior Track 11:00-12:00<br>Adult Track 12:00-2:00<br>FREE FOR MEMBERS, \$2 FOR NON-MEMBERS |
| 1:00 PM  |                                   |                                       |   |                   |   |                                     |   |
| 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 yrs) 4:00-7:30 |                                       | Youth Triathlon Club (10-15yrs) 5:00 - 7:15pm |                   | PRESCHOOL HIP HOP (3-5 yrs) 5:00-5:45 (6 week sessions) | Y KIDS (6-12 yrs) 5:00-5:45         |   |
| 5:30 PM  |                                   |                                       | HIIT 5:30-6:00pm                              |                   |   |                                     |   |
| 6:00 PM  |                                   |                                       | Group Power 6:10-7:10                         |                   |   |                                     |   |
| 6:30 PM  |                                   |                                       |   |                   |   |                                     |   |
| 7:00 PM  |                                   |                                       | Group RIDE 7:20-8:20                          | Gravity 7:45-8:15 | HIP HOP (6-12 yrs) 5:45-7:15 (6 week sessions)          | Y KIDS (3-5 yrs) 5:45-7:15          |   |
| 7:30 PM  |                                   |                                       |   |                   |   |                                     |   |
| 8:00 PM  | Lane Swim 7:30-9:30               | Aquafit 7:45-8:30                     |   |                   | Adult Recreation (16+ years) 7:30-9:30                  | Open Gym 7:30-9:30                  |   |
| 8:30 PM  |                                   | Open Swim 7:30-9:30                   | Yoga 8:30-9:15                                |                   |   |                                     |   |
| 9:00 PM  |                                   |                                       |   |                   |   |                                     |   |
| 9:30 PM  | Pool Closed                       |                                       |   |                   | Gym Closed  |                                     |   |

| TUESDAY  | Lap Pool                    | Leisure Pool                         | Studio A                    | Studio B  | Gym A  | Gym B   | MPR or Other |  |
|----------|-----------------------------|--------------------------------------|-----------------------------|---|--|---|--------------|--|
| 5:45 AM  | Pool Closed                 |                                      |                             |   |  |   |              |  |
| 6:00 AM  | Lane Swim<br>6:00-1:00      | Open Swim<br>6:00-10:45              |                             |   | Open Gym<br>5:30-8:00  |   |              |  |
| 6:30 AM  |                             |                                      | Group Bookings<br>6:00-7:30 |   |  | Yoga<br>6:30-7:15   |              |  |
| 7:00 AM  |                             |                                      |                             |   |  |   |              | Parent & Tot Track<br>9:30-11:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS |
| 7:30 AM  |                             |                                      |                             |   |  |   |              |  |
| 8:00 AM  |                             |                                      |                             |   |  |   |              |  |
| 8:30 AM  |                             |                                      |                             |   |  |   |              |  |
| 9:00 AM  |                             |                                      |                             | OTM Gravity<br>9:00-9:30  | Pickle Ball<br>(16+ yrs)<br>8:00-10:10<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS | STAY'N PLAY<br>(0-5 yrs)<br>9:15-11:30                              |              |  |
| 9:30 AM  |                             |                                      |                             | Gravity<br>9:45-10:15   |  |   |              |  |
| 10:00 AM |                             |                                      |                             |   |  |   |              |  |
| 10:30 AM |                             | Aqua Therapy<br>10:45-11:15          |                             | Bootcamp<br>10:30-11:15   | KBS  | Peaceful Playground<br>(3-5yrs) 10:15-11:00                         |              |  |
| 11:00 AM |                             |                                      |                             |   |  |   |              |  |
| 11:30 AM |                             | Open Swim<br>11:15-1:00              |                             | Yoga (Gentle)<br>11:30-12:15  |  |   |              |  |
| 12:00 PM |                             |                                      |                             |   |  | Adult Track 12:00-2:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS  |              |  |
| 12:30 PM |                             |                                      |                             |   |  |   |              |  |
| 1:00 PM  | Group Bookings<br>1:00-3:00 |                                      |                             | Line Dancing Workshop \$<br>(13+ yrs) 12:30 -1:30<br>Sept 26 - Dec 12 |  |   |              |  |
| 1:30 PM  |                             |                                      |                             |   |  |   |              |  |
| 2:00 PM  |                             |                                      |                             |   |  |   |              |  |
| 2:30 PM  |                             |                                      |                             |   |  |   |              |  |
| 3:00 PM  | Lane Swim<br>3:00-4:00      | Open Swim<br>3:00-4:00               |                             |   | KBS  |   |              |  |
| 3:30 PM  |                             |                                      |                             |   |  | Open Gym<br>3:00-5:00   |              |  |
| 4:00 PM  |                             | Parent & Tot Lessons<br>4:00-4:30    |                             |   |  |   |              |  |
| 4:30 PM  |                             |                                      |                             |   |  |   |              |  |
| 5:00 PM  |                             |                                      |                             |   |  |   |              |  |
| 5:30 PM  |                             | Swim Lessons<br>(3-12 yrs) 4:00-7:30 |                             |   |  | STAY'N PLAY (0-5 yrs)<br>5:15-7:45                                  |              |  |
| 6:00 PM  | Group Bookings<br>6:30-7:30 |                                      |                             | Cardio Kick<br>6:15-7:00  |  |   |              |  |
| 6:30 PM  |                             |                                      |                             |   |  |   |              |  |
| 7:00 PM  |                             |                                      |                             | Group Core 7:05-7:35  |  | Y KIDS (3-5 yrs)<br>5:15-7:45                                       |              |  |
| 7:30 PM  |                             |                                      |                             | R30 7:40-8:10   |  |   |              |  |
| 8:00 PM  | Lane Swim<br>7:30-9:30      | Open Swim<br>7:30-9:30               |                             |   | Adult Basketball<br>(16+ years)<br>7:30-9:30                                       | Open Gym<br>7:30-9:30   |              |  |
| 8:30 PM  |                             |                                      |                             | Learn to...<br>8:15 - 9:00  |  | Pilates \$<br>(13+ yrs) 7:45-8:45<br>Sept 26, 2017-<br>Dec 12, 2017 |              |  |
| 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                          |   |          |                                |  |   |  |  |
| 6:00 AM   |                                      |   |          |                                |  |   |  |  |
| 6:30 AM   |                                      |   |          |                                |  |   |  |  |
| 7:00 AM   | Lane Swim<br>6:00-9:00               | Open Swim<br>6:00-9:00                          |          |                                | Open Gym<br>5:30-9:30                                    |   | Senior Track<br>9:30-11:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS |  |
| 7:30 AM   |                                      |   |          |                                |  |   |  |  |
| 8:00 AM   |                                      |   |          |                                |  |   |  |  |
| 8:30 AM   |                                      |   |          |                                |  |   |  |  |
| 9:00 AM   | Swim Lessons<br>(3-5 yrs) 9:00-10:00 | Parent & Tot Lessons<br>9:00-9:30               |          |                                |  |   |  |  |
| 9:30 AM   |                                      |   |          | Taijfit<br>9:30-10:15          | Peaceful Playground<br>Arts/Music (3-5yrs)<br>9:30-10:15 | Cardio Kick/Core<br>9:30-10:30                | STAY'N PLAY<br>(0-5 yrs)<br>9:15-12:30                                 |  |
| 10:00 AM  |                                      | Parent & Tot<br>Swim/Skate/Snack<br>10:00-11:45 |          | Learn to ....<br>10:30-11:15   |  |   |  |  |
| 10:30 AM  | Lane/Open<br>Swim<br>10:00-1:00      | Aquafit<br>11-11:45                             |          |                                |  |   |  |  |
| 11:00 AM  |                                      |   |          |                                |  |   |  |  |
| 11:30 AM  |                                      | Aqua Therapy<br>11:45-12:15                     |          | Yoga<br>11:30-12:15            |  |   |  |  |
| 12:00 PM  |                                      | Open Swim<br>12:15-1:00                         |          |                                |  |   |  |  |
| 12:30 PM  |                                      |   |          | Gentlefit<br>12:30-1:15        |  |   |  |  |
| 1:00 PM   | Group Bookings<br>1:00-3:00          |   |          |                                |  |   |  |  |
| 1:30 PM   |                                      |   |          |                                |  |   | Adult Track 12:00-2:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS     |  |
| 2:00 PM   |                                      |   |          |                                |  |   |  |  |
| 2:30 PM   |                                      |   |          |                                |  |   |  |  |
| 3:00 PM   | Lane Swim<br>3:00-4:00               | Open Swim<br>3:00-4:00                          |          |                                | KBS<br>10:30-4:30  | Open Gym<br>10:45-4:45                        |  |  |
| 3:30 PM   |                                      |   |          |                                |  |   |  |  |
| 4:00 PM   |                                      |   |          |                                |  |   |  |  |
| 4:30 PM   |                                      |   |          |                                |  |   |  |  |
| 5:00 PM   |                                      | Swim Lessons<br>(3-12 yrs)<br>4:00-7:30         |          | Gravity<br>5:15-5:45           | Y KIDS<br>(6-12 yrs)<br>5:15-6:30                        | Tumblers \$<br>(3-5yrs) 5:15-6:00             |  |  |
| 5:30 PM   |                                      |   |          |                                |  | Family Tumblers (PPR)<br>6:00-6:30            |  |  |
| 6:00 PM   |                                      |   |          | Cardio Blast/HIIT<br>6:00-6:30 |  |   | Weight Watchers \$<br>6:00-7:00  |  |
| 6:30 PM   |                                      |   |          |                                |  |   |  |  |
| 7:00 PM   |                                      |   |          | Group Power<br>6:45-7:45       |  | Supervised Basketball<br>(12-15yrs) 6:30-7:30 | Walk & Weights<br>7:15-8:00  |  |
| 7:30 PM   |                                      |   |          |                                |  |   |  |  |
| 8:00 PM   | Lane Swim<br>7:30-9:30               | Open Swim<br>7:30-9:30                          |          | Yoga<br>8:00-8:45              | Adult Recreation<br>(16+ years)<br>7:30-9:30             | Open Gym<br>7:30-9:30                         |  |  |
| 8:30 PM   |                                      |   |          |                                |  |   |  |  |
| 9:00 PM   |                                      |   |          |                                |  |   |  |  |
| 9:30 PM   | Pool Closed                          |   |          |                                | Gym Closed   |   |  |  |

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

| THURSDAY | Lap Pool                    | Leisure Pool                            | Studio A | Studio B                                    | Gym A  | Gym B   | MPR or Other   |   |  |
|----------|-----------------------------|---|----------|---|--|---|--|---|--|
| 5:45 AM  | Pool Closed                 |   |          |   |  |   |  |   |  |
| 6:00 AM  | Lane Swim<br>6:00-1:00      | Open Swim<br>6:00-10:45                 |          |   | Open Gym<br>5:30-9:00                        |   |  |   |  |
| 6:30 AM  |                             |   |          |   |  |   |  |   |  |
| 7:00 AM  |                             |   |          |   |  |   |  |   |  |
| 7:30 AM  |                             |   |          |   |  | Pilates \$<br>(13+ yrs) 7:30-8:30<br>Sept 28 - Dec 14 |  |   |  |
| 8:00 AM  |                             |   |          |   |  |   |  |   |  |
| 8:30 AM  |                             |   |          |   |  |   | OTM Gravity<br>8:50-9:20   |   |  |
| 9:00 AM  |                             |   |          | Aqua Running<br>9:00-9:45                   |  |   | Gravity 9:30-10:00   |   | STAY'N PLAY<br>(0-5 yrs)<br>9:15-11:30 |
| 9:30 AM  |                             |   |          |   |  |   |  | Peaceful Playground<br>(3-5yrs) 10:00-10:25<br>Arts (Platform)<br>(3-5 yrs) 10:30-11:00 |  |
| 10:00 AM |                             | AquaFit<br>10-10:45                     |          | Group Power<br>10:15-11:15                  |  | Home School Program<br>10:15-11:45                    |  |   |  |
| 10:30 AM |                             |   |          | Yoga (Gentle)<br>11:30-12:15                |  |   |  |   |  |
| 11:00 AM |                             |   |          |   |  |   |  |   |  |
| 11:30 AM |                             | Open Swim<br>11:15-1:00                 |          |   |  |   |  |   |  |
| 12:00 PM |                             |   |          |   |  |   |  |   |  |
| 12:30 PM |                             |   |          |   |  |   |  |   |  |
| 1:00 PM  | Group Bookings<br>1:00-3:00 |   |          |   | KBS<br>10:30-4:30                            | Open Gym<br>12:00-4:45                                | Adult Track 12:00-2:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS |   |  |
| 1:30 PM  |                             |   |          |   |  |   |  |   |  |
| 2:00 PM  |                             |   |          |   |  |   |  |   |  |
| 2:30 PM  |                             |   |          |   |  |   |  |   |  |
| 3:00 PM  | Lane Swim<br>3:00-4:00      | Open Swim<br>3:00-4:00                  |          |   |  |   |  |   |  |
| 3:30 PM  |                             |   |          |   |  |   |  |   |  |
| 4:00 PM  |                             |   |          |   |  |   |  |   |  |
| 4:30 PM  |                             |   |          |   |  |   |  |   |  |
| 5:00 PM  |                             |   |          |   |  |   |  |   |  |
| 5:30 PM  |                             |   |          | Core (Legs, Tums, Bums) 5:30-6:00           | Y KIDS<br>(3-5 yrs) 5:15-7:05                | Y KIDS<br>(6-12 yrs) 5:15-7:05                        | STAY'N PLAY<br>(0-5 yrs)<br>5:15-7:15                              |   |  |
| 6:00 PM  | Group Bookings<br>6:30-7:30 | Swim Lessons<br>(3-12 yrs)<br>4:00-7:30 |          | Zumba/Global Grooves<br>6:15-7:00           | Y-KIDS Run Club<br>(6-12 yrs) 6:10-7:05      |   |  |   |  |
| 6:30 PM  |                             |   |          | Fitness Workshops \$<br>(13+ yrs) 7:05-8:05 | Gravity<br>7:15-8:00                         |   |  |   |  |
| 7:00 PM  |                             |   |          |   |  |   |  |   |  |
| 7:30 PM  |                             | AquaFit<br>7:45-8:30                    |          |   | Adult Basketball<br>(16+ years)<br>7:30-9:30 | Open Gym<br>7:30-9:30                                 | Weight Loss Challenge \$<br>(13+ yrs) 7:30-8:30<br>Sept 21-Dec 7   |   |  |
| 8:00 PM  | Lane Swim<br>7:30-9:30      | Open Swim<br>7:30-9:30                  |          | Bootcamp<br>8:15-9:00                       |  |   |  |   |  |
| 8:30 PM  |                             |   |          |   |  |   |  |   |  |
| 9:00 PM  |                             |   |          |   |  |   |  |   |  |
| 9:30 PM  | Pool Closed                 |   |          |   | Gym 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  | Lane Swim<br>6:00-1:00                    | Open Swim<br>6:00-11:45                              |                             | Group Ride<br>6:00-7:00              |                               | Open Gym<br>5:30-9:30                   |  |  |                             |  |
| 6:30 AM  |   |  | Group Bookings<br>6:00-7:30 |                                      |                               |   |  |  |                             |  |
| 7:00 AM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 7:30 AM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 8:00 AM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 8:30 AM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 9:00 AM  |   |  |                             | Adult Learn<br>to Swim<br>9:00-10:00 |                               |   | Step/HIIT<br>9:30-10:15  | OTM Cardio/Strength/Core<br>9:45-10:30 |                             | STAY'N PLAY<br>(0-5 yrs)<br>9:15-11:30 |
| 9:30 AM  |   |  |                             |                                      |                               |   | Core/Group Core<br>10:30-11:00                                     |  | Open Gym<br>(except PA DAY) |  |
| 10:00 AM |   | AquaFit<br>11-11:45                                  |                             | Yoga<br>11:30-12:15                  | Group Bookings<br>10:45-12:00 |   |  |  |                             |  |
| 10:30 AM |   |  |                             | Gentlefit<br>12:30-1:15              |                               |   |  |  |                             |  |
| 11:00 AM |   |  |                             |                                      |                               |   |  |  |                             |  |
| 11:30 AM |   |  |                             |                                      |                               |   |  |  |                             |  |
| 12:00 PM |   |  |                             |                                      |                               |   |  |  |                             |  |
| 12:30 PM |   | Open Swim 12:15-1:00                                 |                             |                                      |                               |   | Adult Track 12:00-2:00<br>FREE FOR MEMBERS,<br>\$2 FOR NON-MEMBERS |  |                             |  |
| 1:00 PM  | Group Bookings<br>1:00-3:00               |  |                             |                                      |                               |   |  |  |                             |  |
| 1:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 2:00 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 2:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 3:00 PM  | Lane Swim<br>3:00-4:30                    | Open Swim<br>3:00-4:30                               |                             |                                      |                               |   |  |  |                             |  |
| 3:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 4:00 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 4:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 5:00 PM  | Swim Lessons<br>(6-12 yrs only) 4:30-6:30 |  |                             |                                      | Open Gym<br>4:30-6:00         | Youth Leaders (Grades 5-8)<br>5:00-6:00 |  |  |                             |  |
| 5:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 6:00 PM  | Advanced<br>Aquatics<br>6:30-7:15         | Yth Stroke<br>Correction<br>(13+ years)<br>6:15-7:00 |                             |                                      |                               |   | Advanced Leaders<br>(Grades 9-12)<br>6:00-7:30                     |  |                             |  |
| 6:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 7:00 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 7:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 8:00 PM  | Lane Swim<br>7:30-9:30                    | Open Swim<br>7:30-9:30                               |                             |                                      |                               |   |  |  |                             |  |
| 8:30 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 9:00 PM  |   |  |                             |                                      |                               |   |  |  |                             |  |
| 9:30 PM  | Pool Closed                               |  |                             |                                      | Gym Closed                    |   |  |  |                             |  |

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

| 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 |  | Gravity 8:15-8:45 |                              |  |  |
| 8:00 AM  |   |                     |  |                   |                              |  |  |
| 8:30 AM  |   |                     |  |                   |                              |  |  |
| 9:00 AM  | Swim Lessons (3-12 years) 9:00-1:45         |                     | Cycle 9:00-9:45                                  |                   | Y KIDS (6-12 yrs) 8:45-11:15 | Y KIDS (3-5 yrs) 8:45-11:15                                      | STAY'N PLAY (0-5 years) 8:45-11:15                         |
| 9:30 AM  |   |                     | Group Power 10:00-11:00                          |                   |                              |  |  |
| 10:00 AM |   |                     |  |                   |                              |  |  |
| 10:30 AM |   |                     |  |                   |                              |  |  |
| 11:00 AM |   |                     |  |                   |                              |  |  |
| 11:30 AM |   |                     | Learn to .... (ages 8+ welcomed PPR) 11:15-12:00 |                   |                              |  |  |
| 12:00 PM |   |                     |  |                   |                              |  | Community Skate 12:30-1:50 (Oct 7-Dec 16) FREE FOR MEMBERS |
| 12:30 PM | Parent & Tot Lessons 12:30-1:00             |                     |  |                   |                              |  |  |
| 1:00 PM  |   |                     |  |                   |                              |  |  |
| 1:30 PM  |   |                     |  |                   |                              |  |  |
| 2:00 PM  | Group Bookings                              |                     |  |                   | Open Gym 11:30-6:30          | Birthday Parties & Group Bookings 12:30-2:30 3:00-5:00 4:30-6:30 |  |
| 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  | Birthday Parties & Group Bookings 5:30-6:30 |                     |  |                   |                              |  |  |
| 5:30 PM  |   |                     |  |                   |                              |  |  |
| 6:00 PM  |   |                     |  |                   |                              |  |  |
| 6:30 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  | Swim Lessons (3-12 years) 9:00-12:15 |                            |                                |          | Group Bookings 9:00-12:00 |  |                    |
| 9:30 AM  |                                      |                            | Parent & Tot Lessons 9:00-9:30 |          |                           |  |                    |
| 10:00 AM |                                      |                            |                                |          |                           |  | Gravity 9:30-10:15 |
| 10:30 AM |                                      |                            |                                |          |                           |  | Yoga 10:30-11:15   |
| 11:00 AM |                                      |                            |                                |          |                           |  |                    |
| 11:30 AM | Advanced Aquatics                    | Family Aquafit 11:30-12:15 |                                |          |                           |  |                    |
| 12:00 PM |                                      |                            |                                |          |                           |  |                    |
| 12:30 PM |                                      |                            |                                |          |                           |  |                    |
| 1:00 PM  |                                      |                            |                                |          |                           |  |                    |
| 1:30 PM  | Lane Swim 12:15-3:30                 | Group Bookings             |                                |          | Open Gym 12:00-4:30       | Birthday Parties & Group Bookings 12:00-2:00 2:30-4:30 |                    |
| 2:00 PM  | Open Swim 12:15-3:30                 |                            |                                |          |                           |  |                    |
| 2:30 PM  |                                      |                            |                                |          |                           |  |                    |
| 3:00 PM  |                                      |                            |                                |          |                           |  |                    |
| 3:30 PM  |                                      |                            |                                |          |                           |  |                    |
| 4:00 PM  | Adult Rec Swim (16+ years) 3:30-4:30 |                            |                                |          |                           |  |                    |
| 4:30 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.