

# ORILLIA Health, Fitness & Aquatics



**Y** YMCA of Simcoe/Muskoka

# FALL 2017

September 18 –  
December 17,  
2017

YMCA of  
Simcoe/Muskoka  
Orillia Location

## MONDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle
	1	2	3	4	5	6			A	B			
	<b>Building Opens at 5:30 am</b>												
5:30	Closed												
6:00	Group Booking Channel Cats 6:00-7:30											Gravity 6:30-7:00	
7:00	Lane Swim 7:00-9:00										Yoga 7:30-8:00		
7:30													
8:00	Lane Swim 9:00-1:00						Child Minding 8:55-12:00 (\$)			Cardio Strength 9:05-10:00	Yoga 9:00-10:15		
8:30													
9:00	Lane Swim 9:00-1:00						Child Minding 8:55-12:00 (\$)			On The Move 11:15-12:00	Barre Cardio 11:00-11:45		
9:30													
10:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)						Gentle Aqua Fit 12:15-1:00						
10:30													
11:00	Group Booking School Groups 1:00-2:30												
11:30													
12:00	Lane Swim 2:30-3:30												
12:30													
1:00	Group Booking Channel Cats 3:30-7:00												
1:30													
2:00	Swimming Lessons 4:00-5:30												
2:30													
3:00	Open Swim 7:00-8:00						Y Kids Ages 6-12			Jr. Y Kids Ages 3-5	Zumba 5:30-6:30		
3:30													
4:00	Lane Swim 8:00-9:30						Jr. Y Kids Ages 3-5			Y Kids Ages 6-10	Group Booking (Karate) 6:00-8:00	Pilates Blast 6:45-7:15	Gravity 6:15-6:45
4:30													
5:00	Aqua Fit Combo 8:00-8:45						Supervised Youth Gym Ages 6-12			Youth All Sport Ages 6-10	Yoga 7:30-8:30		
5:30													
6:00	Adult Basketball 8:30-9:45												
6:30													
7:00	CLOSED												
7:30	<b>Program Area Closes at 9:45pm - Building Closes at 10:00pm</b>												
8:00	<span style="color: blue;">●</span> Adult Drop in Program (13+years) <span style="color: red;">●</span> Child/Youth Drop in Program <span style="color: orange;">●</span> Registered Program <span style="color: green;">●</span> Self Directed Participation <span style="color: yellow;">●</span> Group Booking												

## TUESDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle	
	1	2	3	4	5	6			A	B				
	<b>Building Opens at 5:30 am</b>													
5:30	Closed													
6:00	Group Booking Channel Cats 6:00-7:30													
7:00	Lane Swim 7:00-9:00													
7:30												Gravity 7:30-8:00		
8:00											Strong by Zumba 8:15-8:45			
8:30														
9:00	Lane Swim 9:00-1:00		Aqua Walk/Jog 9:15-10:00		Child Minding 8:55-12:00 (\$)				Cardio Strength Mix 9:15-10:00		Yoga 9:05-10:05		9:15-10:00	
9:30			Aqua Fit Combo 10:15-11:00						Group Power 10:30-11:30		Yoga 10:15-11:15			
10:00			Family Swim 11:00-12:00						Boot Camp Blast 12:15-12:50					
10:30			Group Booking 12:00-1:00						PickleBall 1:00-3:00					
11:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30											
11:30			Lane Swim 2:30-3:30					Group Booking 1:30-3:30						
12:00														
12:30	Group Booking Channel Cats 3:30-5:30													
1:00														
1:30														
2:00														
2:30														
3:00												Yoga Boot Camp 3:00-3:45		
3:30														
4:00														
4:30								CHAT 4:00-5:00 ages 7-13						
5:00														
5:30										Jr. Y Kids Ages 3-5	Y Kids Ages 6-12		Gravity 5:00-5:30	
6:00	Swimming Lessons 5:30-8:00													
6:30								Jr.Y Kids Ages 3-5	Y Kids Ages 6-12	Boot Camp 6:00-6:45				
7:00														
7:30														
8:00	Masters 8:00-9:00													
8:30	Lane Swim 8:00-9:30													
9:00														
9:30	CLOSED													
	<b>Program Area Closes at 9:45pm - Building Closes at 10:00pm</b>													
	<span style="color: blue;">●</span> Adult Drop in Program (13+years) <span style="color: red;">●</span> Child/Youth Drop in Program <span style="color: orange;">●</span> Registered Program <span style="color: green;">●</span> Self Directed Participation <span style="color: yellow;">●</span> Group Booking													

## WEDNESDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle	
	1	2	3	4	5	6			A	B				
	<b>Building Opens at 5:30 am</b>													
5:30	Closed													
6:00	Group Booking Channel Cats 6:00-7:30													
6:30														6:30-7:15
7:00	Lane Swim 7:00-9:00											Yoga Flow 7:00-7:30		
7:30												Gravity 7:30-8:00		
8:00												Pilates 8:00-8:45		
8:30														
9:00	Lane Swim 9:00-1:00		Aqua Fit Combo 9:15-10:00		Child Minding 8:55-12:00 (\$)				Cardio Strength Mix 9:05-10:00		Chair Yoga 9:15-10:00		9:15-10:00	
9:30			Aqua Fit Combo 10:15-11:00						Group Booking (Alt School)		Group Core 10:15-10:45		Gravity 10:15-10:45	
10:00			Family Swim 11:00-12:15						On The Move 11:15-12:00		Total Body Sculpt 11:00-11:45			
10:30			Gentle Aqua Fit 12:15-1:00						Group Booking (Alt School)		Gravity 12:15-12:45			
11:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30								Zumba Gold 12:30-1:15		Gravity 12:15-12:45	
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30														
4:00														
4:30	Swimming Lessons 4:00-5:30													
5:00	Group Booking Channel Cats 3:30-7:00													
5:30														
6:00														
6:30														
7:00	Open Swim 7:00-8:00													
7:30														
8:00														
8:30	Aqua Fit Combo 8:00-8:45													
8:00	Lane Swim 8:00-9:30													
9:00														
9:30	CLOSED													
	<b>Program Area Closes at 9:45pm - Building Closes at 10:00pm</b>													
	<span style="color: blue;">●</span> Adult Drop in Program (13+years) <span style="color: red;">●</span> Child/Youth Drop in Program <span style="color: orange;">●</span> Registered Program <span style="color: green;">●</span> Self Directed Participation <span style="color: yellow;">●</span> Group Booking													

## THURSDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle			
	1	2	3	4	5	6			A	B						
	<b>Building Opens at 5:30 am</b>															
5:30	Closed															
6:00	Group Booking Channel Cats 6:00-7:30															
6:30												Gravity 6:30-7:00				
7:00	Lane Swim 7:00-9:00															
7:30											Cardio Blast 8:15-8:45	Gravity 7:30-8:00				
8:00																
8:30																
9:00	Lane Swim 9:00-1:00		Aqua Walk/Jog 9:15-10:00		Child Minding 8:55-12:00 (\$)		Cardio Kick 9:05-10:00		Yoga 9:05-10:05		9:10-10:10					
9:30			Aqua Fit Combo 10:15-11:00				Group Power 10:30-11:30		Yoga 10:15-11:15							
10:00			Family Swim 11:00-12:00				Yoga Blast 11:45-12:15									
10:30																
11:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)						Lane Swim 12:00-1:00		Boot Camp Blast 12:15-12:50							
12:00																
12:30							Group Booking School Groups 1:00-2:30									
1:00									Group Booking 1:00-3:30							
1:30											Stability Ball/Pilates 2:15-3:00					
2:00																
2:30	Lane Swim 2:30-3:30															
3:00																
3:30	Group Booking Channel Cats 3:30-5:30															
4:00																
4:30																
5:00									Jr. Y Kids Ages 3-5 Y Kids Ages 6-12							
5:30									Group Power 6:00-7:00		Yoga 5:30-6:30					
6:00	Swimming Lessons 5:30-8:00						Jr.Y Kids Ages 3-5		Y Kids Ages 6-12							
6:30											Group Power 6:00-7:00					
7:00											Boot Camp 7:15-8:00		Yoga 7:00-8:00		7:15-8:00	
7:30																
8:00	Masters 8:00-9:00								Group Booking Lakehead 8:00-9:45							
8:30	Lane Swim 8:00-9:30															
9:00	CLOSED															
9:30	<b>Program Area Closes at 9:45pm - Building Closes at 10:00pm</b>															

## FRIDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle
	1	2	3	4	5	6			A	B			
	<b>Building Opens at 5:30 am</b>												
5:30	Closed												
6:00	Group Booking Channel Cats 6:00-7:30												
6:30													
7:00	Lane Swim 7:00-9:00										Yoga Flow 7:30-8:00		6:30-7:15
7:30												Gravity/Pilates 8:15-9:00	
8:00													
8:30													
9:00	Lane Swim 9:00-1:00		Aqua Fit Combo 9:15-10:00		Child Minding 8:55-12:00 (\$)		Cardio Strength Mix 9:05-10:00		Stability Ball 9:15-10:00		9:10-10:10		
9:30			Aqua Fit Combo 10:15-11:00				Group Core 10:15-10:45		Gentle Yoga 10:15-11:00				
10:00			Family Swim 11:00-12:00				Pickle Ball 11:00-1:00		Weight Functions Training 11:15-12:00				
10:30													
11:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)						Group Booking 12:00-1:00				Blast 12:15-12:50		
12:00													
12:30							Aqua Walk/Jog 1:15-2:00						
1:00													
1:30													
2:00									TIME Program 1:45-3:15				
2:30	Lane Swim 2:30-3:30												
3:00													
3:30	Group Booking Channel Cats 3:30-5:30												
4:00									LIT's Grades 5-6				
4:30													
5:00													
5:30	Swimming Lessons 5:30-7:00		Swim For Success 5:30-8:30 (\$)				Jr Leaders Grades 7-8						
6:00													
6:30							Int/ Adv Leaders Grade 9+						
7:00	Open Swim 7:00-9:00												
7:30							Youth Night						
8:00													
8:30	Lane Swim												
9:00	CLOSED												
9:30	<b>Program Area Closes at 9:45pm - Building Closes at 10:00pm</b>												

## SATURDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle					
	1	2	3	4	5	6			A	B								
	<b>Building Opens at 7:00 am</b>																	
6:30	Group Booking Channel Cats 6:30-8:00																	
7:00																		
7:30																		
8:00	Adult Masters 8:00-9:00					Lane Swim						Gravity 8:15-8:45						
8:30	Swimming Lessons 9:00-12:00													9:00-9:45				
9:00																		
9:30																		
10:00												Y Kids Ages 6-12	Jr. Y Kids Ages 3-5	Group Power 10:00-11:00		Yoga 10:00-11:00		
10:30	Lane Swim 12:00-3:00																	
11:00													Y Kids Ages 6-12	Jr. Y Kids Ages 3-5	Zumba 11:15-12:15			
11:30																		
12:00																		
12:30	Family Swim 12:00-1:00																	
1:00	Open Swim 1:00-3:00																	
1:30																		
2:00																		
2:30																		
3:00	Lane Swim 3:00-5:30																	
3:30																		
4:00																		
4:30																		
5:00	Group Booking 3:00-5:30																	
5:30	CLOSED																	
	<b>Program Area Closes at 5:45pm - Building Closes at 6:00pm</b>																	
	<span style="color: blue;">●</span> Adult Drop in Program (13+years) <span style="color: red;">●</span> Child/Youth Drop in Program <span style="color: orange;">●</span> Registered Program <span style="color: green;">●</span> Self Directed Participation <span style="color: yellow;">●</span> Group Booking																	

## SUNDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle				
	1	2	3	4	5	6			A	B							
	<b>Building Opens at 7:00 am</b>																
7:00	Lane Swim 7:00-8:00																
7:30	Group Booking 8:00-9:00 (Oct 1-Jan 31)																
8:00																	
8:30																	
9:00																	
9:30	Swimming Lessons 9:00-12:00																
10:00																	
10:30																	
11:00																	
11:30	Lane Swim 12:00-4:30																
12:00																	
12:30																	
1:00																	
1:30	Open Swim 1:00-3:00																
2:00																	
2:30																	
3:00																	
3:30	Group Booking 3:00-4:00																
4:00	Open Gym																
4:30																	
4:00																	
4:30							CLOSED										
	<b>Program Area Closes at 4:45pm - Building Closes at 5:00pm</b>																
	<span style="color: blue;">●</span> Adult Drop in Program (13+years) <span style="color: red;">●</span> Child/Youth Drop in Program <span style="color: orange;">●</span> Registered Program <span style="color: green;">●</span> Self Directed Participation <span style="color: yellow;">●</span> Group Booking																
<b>Statutory Holidays (Most Classes Cancelled)</b> Labour Day- Monday September 4, Thanksgiving-Monday October 9 Boxing Day-Tuesday December 26 Closed Christmas Day- Monday December 25																	
<b>Hours Of Operation</b> Monday - Friday: 5:30am-10:00pm Saturday: 7:00am-6:00pm Sunday: 7:00am-5:00pm Statutory Holidays: 10:00am-5:00pm (Most Classes Cancelled, Called for specific details) December 24th and 31st 7:00am-3:00pm																	
	Pool						Gym										
	1	2	3	4	5	6	A	B									
	<b>Building Opens at 10:00am</b>																
10:00	Lane Swim 10:30am - 4:30pm						Open Gym 10:00am- 5:00pm										
10:30																	
11:00																	
11:30																	
12:00	Family Swim 12:00pm-1:00pm						Open Gym 10:00am- 5:00pm										
12:30																	
1:00																	
1:30																	
2:00	Open Swim 1:00pm-3:00pm						Open Gym 10:00am- 5:00pm										
2:30																	
3:00																	
3:30																	
4:00	Lane Swim 10:30am - 4:30pm																
4:30	Closed																
	<b>Program Area Closes at 4:45pm - Building Closes at 5:00pm</b>																

Fall Registration Begins  
Saturday August 19, 2017

Fall Program Schedule  
Monday September 18 - Sunday December 17, 2017