

ORILLIA Health, Fitness & Aquatics



Y YMCA of Simcoe/Muskoka

FALL 2017

September 11, 2017 –
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						
	Building Opens at 5:30 am														
5:30	Closed														
6:00	Group Booking Channel Cats 6:00-7:30														
6:30											Gravity 6:30-7:00				
7:00															
7:30	Lane Swim 7:00-9:00									Yoga 7:30-8:00					
8:00											Gravity 8:15-8:45				
8:30															
9:00			Aqua Fit Combo 9:15-10:00				Child Minding 8:55-12:00 (\$)	Cardio Strength 9:05-10:00		Yoga 9:00-10:15		9:15-10:00			
9:30	Lane Swim 9:00-1:00		Aqua Fit Combo 10:15-11:00					Group Core 10:15-10:45				Gravity 10:15-10:45			
10:00			Family Swim 11:00-12:00					On The Move 11:15-12:00		Barre Cardio 11:00-11:45					
10:30			Gentle Aqua Fit 12:15-1:00								Gravity 12:15-12:45	Blast 12:15-12:50			
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 Power 2:30-3:30							
12:00															
12:30															
1:00															
1:30															
2:00															
2:30															
3:00															
3:30															
4:00															
4:30	Group Booking Channel Cats 3:30-7:00		Swimming Lessons 4:00-5:30									Youth Wellness 4:00-5:00			
5:00							Y Kids Ages 6-12	Jr. Y Kids Ages 3-5							
5:30										Zumba 5:30-6:30		5:30-6:15			
6:00							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				
6:30								Youth All Sport Ages 6-10							
7:00															
7:30	Open Swim 7:00-8:00									Yoga 7:30-8:30		7:00-7:45			
8:00	Lane Swim 8:00-9:30		Aqua Fit Combo 8:00-8:45					Supervised Youth Gym Ages 6-12							
8:30															
9:00								Adult Basketball 8:30-9:45							
9:30															
	Program Area Closes at 9:45pm - Building Closes at 10:00pm														
	● Adult Drop in Program (13+years)			● Child/Youth Drop in Program			● Registered Program			● Self Directed Participation			● Group Booking		

TUESDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle
	1	2	3	4	5	6			A	B			
	Building Opens at 5:30 am												
5:30	Closed												
6:00	Group Booking Channel Cats 6:00-7:30												
7:00	Lane Swim 7:00-9:00												
7:30													
8:00	Lane Swim 7:00-9:00											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										
10:00	Lane Swim 9:00-1:00		Family Swim 11:00-12:00		Child Minding 8:55-12:00 (\$)				Group Power 10:30-11:30		Yoga 10:15-11:15		
10:30			Group Booking 12:00-1:00										
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		Child Minding 8:55-12:00 (\$)				Boot Camp Blast 12:15-12:50				
11:30			Lane Swim 2:30-3:30										
12:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00				
12:30			Lane Swim 2:30-3:30										
1:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00				
1:30			Lane Swim 2:30-3:30										
2:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Lane Swim 2:30-3:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00				
2:30			Lane Swim 2:30-3:30										
3:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Lane Swim 2:30-3:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00		Yoga Boot Camp 3:00-3:45		
3:30			Group Booking Channel Cats 3:30-5:30										
4:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking Channel Cats 3:30-5:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00				
4:30			CHAT 4:00-5:00 ages 7-13										
5:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking Channel Cats 3:30-5:30		Child Minding 8:55-12:00 (\$)				PickleBall 1:00-3:00		Gravity 5:00-5:30		
5:30			Swimming Lessons 5:30-8:00										
6:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Swimming Lessons 5:30-8:00		Child Minding 8:55-12:00 (\$)				Jr. Y Kids Ages 3-5		Y Kids Ages 6-12		Yoga 5:30-6:30
6:30			Swimming Lessons 5:30-8:00										
7:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Swimming Lessons 5:30-8:00		Child Minding 8:55-12:00 (\$)				Jr. Y Kids Ages 3-5		Y Kids Ages 6-12		Yoga 5:30-6:30
7:30			Swimming Lessons 5:30-8:00										
8:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Masters 8:00-9:00		Child Minding 8:55-12:00 (\$)				Adult Badminton 8:15-9:45				
8:30			Lane Swim 8:00-9:30										
9:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Lane Swim 8:00-9:30		Child Minding 8:55-12:00 (\$)				Adult Badminton 8:15-9:45				
9:30			Lane Swim 8:00-9:30										
	Program Area Closes at 9:45pm - Building Closes at 10:00pm												
	● Adult Drop in Program (13+years) ● Child/Youth Drop in Program ● Registered Program ● Self Directed Participation ● Group Booking												

WEDNESDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle	
	1	2	3	4	5	6			A	B				
	Building Opens at 5:30 am													
5:30	Closed													
6:00	Group Booking Channel Cats 6:00-7:30													
7:00	Lane Swim 7:00-9:00													
7:30														
8:00	Lane Swim 7:00-9:00													
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		Chair Yoga 9:15-10:00		9:15-10:00	
9:30			Aqua Fit Combo 10:15-11:00											
10:00	Lane Swim 9:00-1:00		Family Swim 11:00-12:15		Child Minding 8:55-12:00 (\$)				Group Core 10:15-10:45		Gravity 10:15-10:45			
10:30			Group Booking (Alt School)											
11:00	Lane Swim 9:00-1:00		Gentle Aqua Fit 12:15-1:00		Child Minding 8:55-12:00 (\$)				On The Move 11:15-12:00		Total Body Sculpt 11:00-11:45			
11:30			Group Booking (Alt School)											
12:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Gentle Aqua Fit 12:15-1:00		Child Minding 8:55-12:00 (\$)				Group Booking (Alt School)		Gravity 12:15-12:45			
12:30			Group Booking School Groups 1:00-2:30											
1:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30		Child Minding 8:55-12:00 (\$)				TIME Program 1:45-3:15		Yoga 2:00-3:00			
1:30			Lane Swim 2:30-3:30											
2:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Lane Swim 2:30-3:30		Child Minding 8:55-12:00 (\$)				TIME Program 1:45-3:15		Meditation 3:15-3:45			
2:30			Group Booking Channel Cats 3:30-5:30											
3:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking Channel Cats 3:30-5:30		Child Minding 8:55-12:00 (\$)				TIME Program 1:45-3:15					
3:30			Swimming Lessons 4:00-5:30											
4:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Swimming Lessons 4:00-5:30		Child Minding 8:55-12:00 (\$)				TIME Program 1:45-3:15					
4:30			Swimming Lessons 4:00-5:30											
5:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Swimming Lessons 4:00-5:30		Child Minding 8:55-12:00 (\$)				Jr. Y Kids Ages 3-5					
5:30			Group Booking Channel Cats 3:30-7:00											
6:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking Channel Cats 3:30-7:00		Child Minding 8:55-12:00 (\$)				Jr. Y Kids Ages 3-5		Zumba 5:30-6:30		5:30-6:15	
6:30			Swimming Lessons 4:00-5:30											
7:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Swimming Lessons 4:00-5:30		Child Minding 8:55-12:00 (\$)				Jr. Y Kids Ages 3-5		Group Core 6:45-7:15			
7:30			Open Swim 7:00-8:00											
8:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Open Swim 7:00-8:00		Child Minding 8:55-12:00 (\$)				Youth Basketball 7:00pm-8:30pm		Gravity 7:15-7:45			
8:30			Aqua Fit Combo 8:00-8:45											
9:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Lane Swim 8:00-9:30		Child Minding 8:55-12:00 (\$)				Adult Basket Ball 8:00-9:45					
9:30			Lane Swim 8:00-9:30											
	Program Area Closes at 9:45pm - Building Closes at 10:00pm													
	● Adult Drop in Program (13+years) ● Child/Youth Drop in Program ● Registered Program ● Self Directed Participation ● Group Booking													

THURSDAY

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

FRIDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle	
	1	2	3	4	5	6			A	B				
Building Opens at 5:30 am														
5:30	Closed													
6:00	Group Booking Channel Cats 6:00-7:30													
6:30														
7:00	Lane Swim 7:00-9:00													
7:30														
8:00												Yoga Flow 7:30-8:00		
8:30												Gravity/Pilates 8:15-9:00		
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						Weight Functions Training 11:15-12:00					
10:30														
11:00														
11:30														
12:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking 12:00-1:00											
12:30			Aqua Walk/Jog 1:15-2:00											
1:00														
1:30														
2:00														
2:30			Lane Swim 2:30-3:30											
3:00														
3:30														
4:00														
4:30														
5:00							LIT's Grades 5-6							
5:30	Swimming Lessons 5:30-7:00		Swim For Success 5:30-8:30 (\$)				Jr Leaders Grades 7-8							
6:00														
6:30														
7:00														
7:30	Open Swim 7:00-9:00						Int/ Adv Leaders Grade 9+							
8:00														
8:30														
9:00			Lane Swim											
9:30														
Program Area Closes at 9:45pm - Building Closes at 10:00pm														

SATURDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle				
	1	2	3	4	5	6			A	B							
	Building Opens at 7:00 am																
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														Group Booking (Karate) 12:00-1:30			
12:30	Family Swim 12:00-1:00																
1:00	Open Swim 1:00-3:00																
1:30	Lane Swim 3:00-5:30						Birthday Parties (\$) See front desk for booking		Open Gym								
2:00																	
2:30																	
3:00																	
3:30	Group Booking 3:00-5:30																
4:00	CLOSED																
4:30	Program Area Closes at 5:45pm - Building Closes at 6:00pm																
5:00	● Adult Drop in Program (13+years) ● Child/Youth Drop in Program ● Registered Program ● Self Directed Participation ● Group Booking																

SUNDAY

	Pool						Child Minding	MPR	Gymnasium		Yoga Studio	Fitness Studio	Cycle				
	1	2	3	4	5	6			A	B							
	Building Opens at 7:00 am																
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																	9:15-10:00
9:30	Swimming Lessons 9:00-12:00																
10:00														Group Power 10:15-11:15	Yoga 10:15-11:15		
10:30																	
11:00																	
11:30	Lane Swim 12:00-4:30																
12:00							Family Swim 12:00-1:00										
12:30							Open Swim 1:00-3:00										
1:00							Group Booking 3:00-4:00										
1:30	Lane Swim 10:30am - 4:30pm						Birthday Parties (\$) See front desk for details		Open Gym								
2:00																	
2:30																	
3:00																	
3:30	CLOSED																
4:00	Program Area Closes at 4:45pm - Building Closes at 5:00pm																
4:30	● Adult Drop in Program (13+years) ● Child/Youth Drop in Program ● Registered Program ● Self Directed Participation ● Group Booking																

Statutory Holidays (Most Classes Cancelled)																			
Labour Day- Monday September 4, Thanksgiving-Monday October 9																			
Boxing Day-Tuesday December 26																			
Closed Christmas Day- Monday December 25																			
Gym																			
Pool																			
1	2	3	4	5	6	A	B												
Building Opens at 10:00am																			
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																		
12:30	Open Swim 1:00pm-3:00pm																		
1:00	Lane Swim 10:30am - 4:30pm																		
1:30							Closed												
2:00							Program Area Closes at 4:45pm - Building Closes at 5:00pm												
4:30																			

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						
<small>(Most Classes Cancelled, Called for specific details)</small>												
December 24th and 31st						7:00am-3:00pm						

Fall Registration Begins Saturday August 19, 2017												
Fall Program Schedule Monday September 18 - Sunday December 17, 2017												