



ORILLIA YMCA
Health, Fitness & Aquatics

WINTER 2018

January 8, 2018 – March 11, 2018


Hours: M-F 5:30am-10:00pm, Sat 7:00am-6:00pm, Sun 7:00am-5:00pm, Stat. Holidays 10:00am-3:00pm

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												Gravity 6:30-7:00	
7:00	Lane Swim 7:00-9:00											Yoga 7:30-8:00		
7:30	Lane Swim 7:00-9:00												Gravity 8:15-8:45	
8:00	Lane Swim 7:00-9:00													
8:30	Lane Swim 7:00-9:00													
9:00	Lane Swim 9:00-1:00		Aqua Fit Combo 9:15-10:00				Child Minding 8:55-12:00 (\$)		Cardio Strength 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	Lane Swim 9:00-1:00		Family Swim 11:00-12:00						On The Move 11:15-12:00			Pilates with Ring 11:00-11:45		
10:30	Lane Swim 9:00-1:00		Family Swim 11:00-12:00											
11:00	Lane Swim 9:00-1:00		Family Swim 11:00-12:00											
11:30	Lane Swim 9:00-1:00		Family Swim 11:00-12:00											
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												Blast 12:15-12:50
12:30	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Gentle Aqua Fit 12:15-1:00												
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												
1:30	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Group Booking School Groups 1:00-2:30												
2:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Group Booking School Groups 1:00-2:30												
2:30	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Lane Swim 2:30-3:30							Group Power 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							Group Power 2:30-3:30					
3:30	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Lane Swim 2:30-3:30							Group Power 2:30-3:30					
4:00	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)	Lane Swim 2:30-3:30							Group Power 2:30-3:30					
4:30	Group Booking Channel Cats 3:30-7:00	Swimming Lessons 4:00-5:30											Youth Wellness 4:00-5:00	
5:00	Group Booking Channel Cats 3:30-7:00	Swimming Lessons 4:00-5:30					Y Kids Ages 6-12		Jr. Y Kids Ages 3-5					
5:30	Group Booking Channel Cats 3:30-7:00	Swimming Lessons 4:00-5:30					Y Kids Ages 6-12	Youth Choir Jan 15 - Mar 8 5:30p-7:00p	Y Kids Ages 6-10	Group Booking (Karate) 6:00-8:00	Zumba 5:30-6:30			5:30-6:15
6:00	Group Booking Channel Cats 3:30-7:00	Swimming Lessons 4:00-5:30					Jr. Y Kids Ages 3-5	Youth Choir Jan 15 - Mar 8 5:30p-7:00p	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	Group Booking Channel Cats 3:30-7:00	Swimming Lessons 4:00-5:30					Jr. Y Kids Ages 3-5	Youth Choir Jan 15 - Mar 8 5:30p-7:00p	Y Kids Ages 6-10	Group Booking (Karate) 6:00-8:00	Pilates Blast 6:45-7:15		Gravity 6:15-6:45	
7:00	Open Swim 7:00-8:00	Open Swim 7:00-8:00							Youth All Sport Ages 6-10					7:00-7:45
7:30	Open Swim 7:00-8:00	Open Swim 7:00-8:00							Youth All Sport Ages 6-10					
8:00	Open Swim 7:00-8:00	Open Swim 7:00-8:00							Youth All Sport Ages 6-10					
8:30	Lane Swim 8:00-9:30	Aqua Fit Combo 8:00-8:45							Supervised Youth Gym Ages 6-12		Yoga 7:30-8:30			
9:00	Lane Swim 8:00-9:30	Aqua Fit Combo 8:00-8:45							Supervised Youth Gym Ages 6-12		Yoga 7:30-8:30			
9:30	Lane Swim 8:00-9:30	Aqua Fit Combo 8:00-8:45							Adult Basketball 8:30-9:45					


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 Booki

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												
6:30													
7:00	Lane Swim 7:00-9:00												
7:30													
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										
10:00			Family Swim 11:00-12:00				Group Power 10:30-11:30		Yoga 10:15-11:15				
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							Boot Camp Blast 12:15-12:50			
12:30			Group Booking School Groups 1:00-2:30							PickleBall 1:00-3:00			
1:00			Lane Swim 2:30-3:30										
1:30													
2:00													
2:30													
3:00													
3:30	Group Booking Channel Cats 3:30-5:30												
4:00													
4:30													
5:00													
5:30													
6:00	Swimming Lessons 5:30-8:00		High School Credit Evening Course 5:30 - 7:30		Jr.Y Kids Ages 3-5		Y Kids Ages 6-12		Boot Camp 6:00-6:45		Yoga 5:30-6:30		6:00-6:45
6:30											Gravity 5:00-5:30		
7:00													
7:30	Tri Club								Group Power 7:00-8:00		Barre Cardio 7:15-8:00		
8:00													
8:30													
9:00													
9:30	CLOSED												
	Program Area Closes at 9:45pm - Building Closes at 10:00pm												
													

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												
6:30													
7:00	Lane Swim 7:00-9:00												
7:30													
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		Chair Yoga 9:15-10:00		9:15-10:00
9:30			Aqua Fit Combo 10:15-11:00						Group Core 10:15-10:45		Gravity 10:15-10:45		
10:00			Family Swim 11:00-12:15				On The Move 11:15-12:00		Yoga Bootcamp 11:00-11:45				
10:30													
11:00													
11:30													
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							Group Booking (Alt School)		Gravity 12:15-12:45	
12:30			Group Booking School Groups 1:00-2:30									Zumba Gold 12:30-1:15	
1:00													
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30	Group Booking Channel Cats 3:30-7:00												
5:00													
5:30													
6:00													
6:30													
7:00	Open Swim 7:00-8:00		Aquatics Leadership Ages 12-14						Youth Basketball 7:00pm-8:30pm		Group Core 6:45-7:15		
7:30													
8:00													
8:30	Lane Swim 8:00-9:30		Aqua Fit Combo 8:00-8:45						Adult Basket Ball 8:00-9:45		Gravity 7:15-7:45		
9:00													
9:30	CLOSED												
	Program Area Closes at 9:45pm - Building Closes at 10:00pm												
													

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													
7:30	Lane Swim 7:00-9:00												Gravity 7:30-8:00
8:00											Cardio Blast 8:15-8:45		
8:30													
9:00			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	Lane Swim 9:00-1:00		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	High School Credit Program Week A: 1:45-3:00 Week B: 12:15-1:30 (\$)		Group Booking School Groups 1:00-2:30					Group Booking 1:00-3:30					
11:30			Lane Swim 2:30-3:30								Total Body Sculpt 2:15-3:00		
12:00													
12:30	Group Booking Channel Cats 3:30-5:30												
1:00													
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30													
5:00									Jr. Y Kids Ages 3-5	Y Kids Ages 6-12			
5:30											Yoga 5:30-6:30		
6:00	Swimming Lessons 5:30-8:00						Jr.Y Kids Ages 3-5	Y Kids Ages 6-12	Group Power 6:00-7:00				
6:30									Boot Camp 7:15-8:00		Yoga 7:00-8:00		
7:00												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													
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													6:30-7:15
7:30	Lane Swim 7:00-9:00										Yoga Flow 7:30-8:00		
8:00												Gravity/Pilates 8:15-9:00	
8:30													
9:00			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	Lane Swim 9:00-1:00		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										
11:30			Aqua Walk/Jog 1:15-2:00										
12:00			Lane Swim 2:30-3:30						TIME Program 2:15-3:45				
12:30													
1:00	Group Booking Channel Cats 3:30-5:30												
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30									LIT's Grades 5-6				
5:00													
5:30	Swimming Lessons 5:30-7:00			Swim For Success 5:30-9:30 (\$)			Jr Leaders Grades 7-8						
6:00													
6:30													
7:00	Open Swim 7:00-9:00						Int/ Adv Leaders Grade 9+	Youth Night					
7:30													
8:00													
8:30													
9:00	Lane Swim												
9:30	CLOSED												
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																	
9:00	Swimming Lessons 9:00-12:00								Group Power 10:00-11:00		Yoga 10:00-11:00		9:00-9:45				
9:30																	
10:00												Y Kids Ages 6-12	Jr.Y Kids Ages 3-5				
10:30									Y Kids Ages 6-12	Jr. Y Kids Ages 3-5	Zumba 11:15-12:15						
11:00																	
11:30									Group Booking (Karate) 12:00-1:30								
12:00	Lane Swim 12:00-3:00		Family Swim 12:00-1:00					Birthday Parties (\$) See front desk for booking	Open Gym		CHAT						
12:30			Open Swim 1:00-3:00														
1:00																	
1:30																	
2:00																	
2:30																	
3:00																	
3:30	Lane Swim 3:00-5:30		Group Booking 3:00-5:30														
4:00																	
4:30																	
5:00																	
5:30	CLOSED																
Program Area Closes at 5:45pm - Building Closes at 6:00pm																	

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													
8:00	Group Booking 8:00-9:00 (Oct 1-Jan 31)												
8:30													
9:00	Swimming Lessons 9:00-12:00												9:15-10:00
9:30							Group Booking 9:30a-12:00p						
10:00									Group Power 10:15-11:15		Yoga 10:15-11:15		
10:30													
11:00													
11:30													
12:00	Lane Swim 12:00-4:30		Family Swim 12:00-1:00					Birthday Parties (\$) See front desk for details	Open Gym				
12:30			Open Swim 1:00-3:00										
1:00													
1:30													
2:00													
2:30													
3:00	Group Booking 3:00-4:00												
3:30													
4:00													
4:30	CLOSED												
Program Area Closes at 4:45pm - Building Closes at 5:00pm													

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

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

(Most Classes Cancelled, Called for specific details)

	Pool						Gym	
	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						Open Gym 10:00am - 5:00pm	
12:30								
1:00								
1:30	Open Swim 1:00pm-3:00pm						Open Gym 10:00am - 5:00pm	
2:00								
2:30								
3:00								
3:30	Lane Swim 10:30am - 4:30pm						Open Gym 10:00am - 5:00pm	
4:00								
4:30	Closed							
Program Area Closes at 4:45pm - Building Closes at 5:00pm								

Winter Registration Begins
Friday December 1, 2017