WINTER 2018

Innisfil YMCA

Health, Fitness & Aquatics Program Schedule
Dec 23, 2017 - Apr 29, 2018

The YMCA of Simcoe Muskoka is a registered Canadian charity that aims to build healthy communities. We offer a variety of programs and services around the region including Health Fitness & Aquatics at the Innisfil YMCA located within the Innisfil Recreational Complex. Invest not only in your health, but the health of our community - JOIN US!

Community starts here.

For more information, please speak with a Member Services Representative.

1-7315 Yonge Street
Innisfil, ON L9S 4V7

705-431-9622
innisfil@sm.ymca.ca
www.ymcaofsimcoemuskoka.ca

Charitable Registration Number:
119215119RR0001

Monday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 5:00am							
5:30	Pool Closed							
5:45								
6:00	Lane Swim 6:00-9:00	Open Swim 6:00-9:00						
6:15								
6:30			Cycle 6:30-7:15					
6:45								
7:00					Open Gym 5:00-9:30			
7:15								
7:30								
7:45								
8:00								
8:15								
8:30								
8:45								
9:00	Swim Lessons (3-5 years) 9:00-10:00							
9:15							Stay'n Play (0-5 years) 9:15-12:30	
9:30			Zumba/Grooves 9:30-10:15		OTM Cardio/Strength/Core 9:45-10:30			
9:45								
10:00	Lane Swim 10:00-10:45	Open Swim 10:00-10:45						
10:15								
10:30			HIIT/Strength 10:30-11:15		Kempenfelt Bay School 10:30-4:30			
10:45	(1 lane) Aquafit 11:00-11:45	Lil' Swimmers 10:45-11:30						Senior Track 11:00-12:00 *$2/non-member*
11:00						Open Gym 10:30-2:30 (except PA Days)		
11:15								
11:30		AquaTherapy 11:45-12:15	Yoga 11:30-12:15					
11:45	Lane Swim 11:45-1:00							
12:00								
12:15		Open Swim 12:15-1:00						
12:30			Gentlefit 12:30-1:15					
12:45								
1:00	School & Group Bookings $							
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45							Group Bookings $	Adult Track 12:00-2:00 *$2/non-member*
3:00	Lane Swim 3:00-4:00	Open Swim 3:00-4:00						
3:15								
3:30								
3:45								
4:00	Swim Lessons (3-12 years) 4:00-7:30							
4:15								
4:30								
4:45			Youth TriClub (10-15yrs) 4:45-7:00		Hip Hop (3-5 or 6-12 years) *See Member Services for dates and times*	Y KIDS (6-12 years) 5:00-7:15		
5:00								
5:15			HIIT 5:30-6:00				Stay'n Play (0-5 years) 5:15-7:15	
5:30								
5:45			GROUP POWER 6:10-7:10					
6:00								
6:15								
6:30								
6:45								
7:00								
7:15			GROUP RIDE 7:20-8:20	GRAVITY 7:45-8:15				
7:30	Aquafit 7:45-8:30	Open Swim 7:30-9:00			Adult Recreation (16+ years) 7:30-9:30	Open Gym 7:30-9:30	Group Bookings $	
7:45								
8:00								
8:15								
8:30	Lane Swim 7:30-9:30		Yoga 8:30-9:15					
8:45								
9:00								
9:15								
9:30	Pool Closed				Gym Closed			
9:45								
10:00	The Innisfil YMCA Closes at 10:00pm							

During the School Breaks & PA Days, we are offering a Camp for 6-12 year olds!

Register early to save your spot!

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

When Swim Lessons take a break from Dec 23-Jan 7 and March 12-18 all lesson times will become Open Swim

Tuesday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 5:00am							
5:30	Pool Closed				Open Gym 5:00-8:00		Did you know?!? Your 1st Personal Training Appointment is INCLUDED with a Membership. **Make an appointment today!**	
5:45								
6:00	Group Bookings $	Open Swim 6:00-10:45	Yoga 6:30-7:15					
6:15								
6:30								
6:45								
7:00								
7:15								
7:30	Lane Swim 6:00-9:00							
7:45								
8:00					Pickle Ball (16+ years) 8:00-10:10 *$2/non member*			
8:15								
8:30								
8:45			OTM Gravity 8:50-9:20					
9:00	Aqua Running 9:00-9:45						Stay'n Play (0-5 years) 9:15-11:30	Parent & Tot Track 9:30-11:00 *$2/non-member*
9:15								
9:30	(1 lane)		GRAVITY 9:30-10:00					
9:45	Aquafit 10:00-10:45							
10:00								
10:15			Bootcamp 10:15-11:15		Peaceful Playground (3-5 years) 10:15-11:00			
10:30								
10:45		AquaTherapy 10:45-11:15						
11:00	Lane Swim 10:45-1:00							
11:15								
11:30			Gentle Yoga 11:30-12:15					
11:45								
12:00		Open Swim 11:15-1:00			Pickle Ball (16+ years) 11:00-3:30 *$2/non member*		Group Bookings $	Adult Track 12:00-2:00 *$2/non-member*
12:15			Fitness Workshops $ 12:30-1:30 *See Member Services for dates and times*					
12:30								
12:45								
1:00	School & Group Bookings $							
1:15								
1:30								
1:45								
2:00								
2:15								
2:30					Kempenfelt Bay School 2:30-5:15			
2:45								
3:00	Lane Swim 3:00-4:00	Open Swim 3:00-4:00						
3:15								
3:30								
3:45								
4:00	Swim Lessons (3-12 years) 4:00-7:30	Parent & Tot Swim Lessons 4:00-4:30	Advanced Aquatics $ *See Member Services for dates and times*					Basketball $ (Grades 5-8 at Goodfellow Public School) *See Member Services for details*
4:15								
4:30								
4:45								
5:00								
5:15			Learn to... 5:30-6:00		Y KIDS (6-12 years) 5:15-7:45	Taekwondo $ (6+ years) *See Member Services for dates and times*	Stay'n Play (0-5 years) 5:15-7:45	
5:30								
5:45								
6:00	Group Bookings $		Cardio Kick 6:15-7:00					
6:15	Advanced Aquatics $ *See Members Services for dates and times*							
6:30								
6:45			CORE 7:10-7:40					
7:00								
7:15								
7:30	Aquafit 7:45-8:30	Open Swim 7:30-9:00	R30 7:45-8:15		Adult Recreation (16+ years) 8:00-9:30	Open Gym 8:00-9:30	Pilates $ *See Member Services for dates and times*	
7:45								
8:00								
8:15								
8:30								
8:45	Lane Swim 7:30-9:30							
9:00								
9:15								
9:30	Pool Closed				Gym Closed			
9:45								
10:00	The Innisfil YMCA Closes at 10:00pm							

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

When Swim Lessons take a break from Dec 23-Jan 7 and March 12-18 all lesson times will become Open Swim

Wednesday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 5:00am							
5:30	Pool Closed				Open Gym 5:00-9:30		The YMCA Healthy Hearts Program is offered in partnership with RVH. **Speak with our Cardiac Specialist for details.**	
5:45								
6:00	Lane Swim 6:00-9:00	Open Swim 6:00-9:00						
6:15								
6:30								
6:45								
7:00								
7:15								
7:30								
7:45								
8:00								
8:15								
8:30								
8:45								
9:00	Swim Lessons (3-5 years) 9:00-9:30	Parent & Tot Swim Lessons 9:00-9:30						
9:15					Walk & Weights 9:30-10:15	Cardio Kick 9:30-10:30	Stay'n Play (0-5 years) 9:15-12:30	
9:30			Taijfit 9:30-10:15					Senior Track 9:30-11:00 *$2/non-member*
9:45	Lane Swim 9:30-10:45							
10:00								
10:15		Parent & Tot Swim/Skate/Snack 10:00-11:45 **ends March 31st*						
10:30			Learn to... 10:30-11:15					
10:45	(1 lane) Aquafit 11:00-11:45				Kempenfelt Bay School 10:30-4:30	Peaceful Playground (3-5 years) 10:15-11:00		
11:00								
11:15								
11:30		AquaTherapy 11:45-12:15	Yoga 11:30-12:15					
11:45	Lane Swim 11:45-1:00					Open Gym 11:00-2:30 (except PA Days)		Adult Track 12:00-2:00 *$2/non-member*
12:00								
12:15		Open Swim 12:15-1:00						
12:30			Gentlefit 12:30-1:15				Group Bookings $	
12:45								
1:00	School & Group Bookings $							
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00	Lane Swim 3:00-4:00	Open Swim 3:00-4:00						
3:15								
3:30								
3:45								
4:00	Swim Lessons (3-12 years) 4:00-7:30							
4:15								
4:30								
4:45					Y KIDS (6-12 years) 5:00-6:00	Tumblers (0-5 years) *See Member Services for dates & times*		
5:00			Youth Boxfit (10-15yrs) 5:15-5:45	GRAVITY 5:15-5:45			Weight Watchers $ 5:00-7:00	
5:15								
5:30								
5:45					Basketball League $ (Grades 3 & 4) 6:00-7:00			
6:00			HIIT 6:00-6:30					
6:15								
6:30	Group Bookings $							
6:45			GROUP POWER 6:45-7:45		Basketball League $ (Grades 5 & 6) 7:00-8:00		Walk & Weights 6:45-7:30	
7:00								
7:15								
7:30	Lane Swim 7:30-9:30	Open Swim 7:30-9:00	Yoga 8:00-8:45		Basketball League $ (Grades 7 & 8) 8:00-9:00			
7:45	Aqua Running 7:45-8:30							
8:00								
8:15	Adult Learn to Swim 7:45-8:30							
8:30								
8:45								
9:00					Gym Closed			
9:15								
9:30	Pool Closed							
9:45								
10:00	The Innisfil YMCA Closes at 10:00pm							

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

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Thursday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 5:00am							
5:30	Pool Closed				Open Gym 5:00-9:00		Join the YMCA Silver Club - everyone is welcome! **Check the bulletin board for dates/times and**	
5:45								
6:00	Lane Swim 6:00-9:00	Open Swim 6:00-10:45						
6:15								
6:30								
6:45								
7:00								
7:15								
7:30								
7:45								
8:00								
8:15								
8:30								
8:45			OTM Gravity 8:50-9:20					
9:00	(1 lane) Aqua Running 9:00-9:45							
9:15								
9:30			GRAVITY 9:30-10:00		Peaceful Playground (3-5 years) 10:00-10:30	HIIT 9:30-10:00	Stay'n Play (0-5 years) 9:15-11:30	Alternative School Leadership 9:30-1:30
9:45								
10:00	Aquafit 10:00-10:45							
10:15			GROUP POWER 10:15-11:15			Home School Program 10:15-11:45		
10:30								
10:45	Lane Swim 10:45-1:00	AquaTherapy 10:45-11:15						
11:00								
11:15								
11:30			Gentle Yoga 11:30-12:15					
11:45								
12:00		Open Swim 11:15-1:00				Open Gym 12:00-2:30 (except PA Days)		Adult Track 12:00-2:00 *$2/non-member*
12:15								
12:30								
12:45								
1:00	School & Group Bookings $		YMCA Silver Club *See Member Services for dates and times*		Kempenfelt Bay School 10:30-4:30		Group Bookings $	
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00	Lane Swim 3:00-4:00	Open Swim 3:00-4:00						
3:15								
3:30								
3:45								
4:00	Swim Lessons (3-12 years) 4:00-7:30		Advanced Aquatics $ *See Member Services for dates and times*					
4:15								
4:30								
4:45					Group Bookings $			
5:00								
5:15			Core 5:30-6:00		Y KIDS (6-12 years) 5:15-7:15		Stay'n Play (0-5 years) 5:15-7:15	Fitness Workshop $ 5:15-6:00
5:30								
5:45								
6:00	Advanced Aquatics $ *See Members Services for dates and times*		Zumba/Grooves 6:15-7:00					Run Club (8-12 yrs) 6:10-7:05
6:15								
6:30	Group Bookings $							
6:45								
7:00								
7:15				GRAVITY 7:15-8:00				
7:30	Aquafit 7:45-8:30	Open Swim 7:30-9:00	Endurance Cycle 7:20-8:50		Adult Recreation (16+ years) 7:30-9:30	Open Gym 7:30-9:30		
7:45								
8:00								
8:15								
8:30	Lane Swim 7:30-9:30							
8:45								
9:00								
9:15								
9:30	Pool Closed				Gym Closed			
9:45								
10:00								
	The Innisfil YMCA Closes at 10:00pm							

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

When Swim Lessons take a break from Dec 23-Jan 7 and March 12-18 all lesson times will become Open Swim

Friday

Lap Pool 1	Lap Pool 2	Lap Pool 3	Lap Pool 4	Lap Pool 5	Lap Pool 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
The Innisfil YMCA Opens at 5:00am												
Pool Closed												
Lane Swim 6:00-10:45						Open Swim 6:00-11:45	GROUP RIDE 6:00-7:00		Open Gym 5:00-9:30		The YMCA wants to help you develop new skills. **Try a "Learn to..." class, join a group, volunteer, or complete a YMCA certification!**	
(1 lane)		Adult Learn to Swim 9:00-9:45					Step/HIIT 9:30-10:15		OTM Drums/Strength/Core 9:45-10:30		Stay'n Play (0-5 years) 9:15-12:30	
		Aqua Running 10:00-10:45					GROUP CORE 10:25-10:55		Kempenfelt Bay School 10:30-12:00	Open Gym 10:30-12:00 (except PA Days)		
		Aquafit 11:00-11:45										
Lane Swim 11:45-1:00						AquaTherapy 11:45-12:15	Yoga 11:30-12:15		Pickle Ball (16+ years) 12:30-3:30 *$2/non-member*			Adult Track 12:00-2:00 *$2/non-member*
						Open Swim 12:15-1:00	Gentlefit 12:30-1:15				Group Bookings $	
School & Group Bookings $												
Lane Swim 3:00-4:30		Open Swim 3:00-4:30							Kempenfelt Bay School 3:30-4:30			
Group Bookings $		Swim Lessons (6-12 years) 4:30-6:30							Open Gym 4:30-6:00			
Youth Stroke Correction (13+ yrs) 6:15-7:00		Advanced Aquatics $ *See Members Services for dates and times*							Youth Night - Youth in Grades 8-12 can join us for Supervised Gym, Swim & Fitness Activities from 6:00-9:00 *(Non-members pay $2/night) (not offered during school breaks)*		Youth Leadership (Grades 5-8/9-12) 6:00-7:00	
Lane Swim 7:30-9:30						Open Swim 7:30-9:00					Group Bookings $	
Pool Closed									Gym Closed			
The Innisfil YMCA Closes at 10:00pm												

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

When Swim Lessons take a break from Dec 23-Jan 7 and March 12-18 all lesson times will become Open Swim

Saturday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A	Fitness Studio B	Gymnasium A	Gymnasium B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 7:00am							
7:00	Pool Closed							
7:15								
7:30	Lane Swim 7:30-9:00	Open Swim 7:30-9:00						
7:45								
8:00			GRAVITY 8:15-8:45		Open Gym 7:00-9:45			
8:15								
8:30								
8:45								
9:00	Swim Lessons (3-12 years) 9:00-1:45		Cycle 9:00-9:45					
9:15					Y KIDS (6-12 years) 9:15-11:15	Y KIDS (3-5 years) 9:15-11:15	Stay'n Play (0-3 years) 8:45-11:15	
9:30								
9:45								
10:00			GROUP POWER 10:00-11:00					
10:15								
10:30								
10:45								
11:00								
11:15								
11:30								
11:45								
12:00								
12:15								
12:30		Parent & Tot Swim Lessons 12:30-1:00						Community Skate 12:30-1:50 *FREE FOR YMCA MEMBERS* **ends March 31st*
12:45								
1:00	Aquatic Workshops 1:05-1:35							
1:15								
1:30								
1:45								
2:00	Birthday Parties $							
2:15								
2:30								
2:45					Open Gym 11:30-6:30	Birthday Parties & Group Bookings $		
3:00	Community Open Swim 2:00-4:30							
3:15								
3:30								
3:45	Birthday Parties $							
4:00								
4:15								
4:30	Adult Rec Swim (16+ years) 4:30-5:30							
4:45								
5:00								
5:15								
5:30	Group Bookings $							
5:45								
6:00								
6:15								
6:30								
6:45	Pool Closed				Gym Closed			
7:00								
	The Innisfil YMCA Closes at 7:00pm							

Birthday Party rentals are AVAILABLE. **Celebrate with the Innisfil YMCA!**

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

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MOVE TO GIVE

Do something MASSIVE to help your community!
Join us for our annual Move to Give fundraiser -

This year we are offering a ZUMBATHON
April 7th, 2018 from 10am-12pm

All funds raised help subsidize people who are unable to afford access to YMCA programs & services. For more details, enquire at the Member Services desk.

Sunday

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Fitness Studio A | B	Gymnasium A | B	Multipurpose Room	Other
	The Innisfil YMCA Opens at 7:00am					
7:00	Pool Closed			Open Gym 7:00-8:45		
7:15						
7:30	Endurance Swim (Adult Masters) 7:30-9:00 / Lane Swim 7:30-9:00	Open Swim 7:30-9:00				
7:45						
8:00						
8:15						
8:30						
8:45						
9:00	Swim Lessons (3-12 years) 9:00-12:15	Parent & Tot Swim Lessons 9:00-9:30		Lil Kickers $ 9:00-12:00		
9:15						
9:30			GRAVITY A TOTAL GYM STUDIO 9:30-10:15			
9:45						
10:00						
10:15						
10:30	Advanced Aquatics $ *See Member Services for dates and times*		Yoga 10:30-11:15			
10:45						
11:00						
11:15						
11:30	Family Aquafit 11:30-12:15					
11:45						
12:00				Open Gym 12:00-4:30	Birthday Parties & Group Bookings	
12:15	Lane Swim 12:15-3:30	Open Swim 12:15-3:30				
12:30						
12:45						
1:00						
1:15						
1:30						
1:45						
2:00						
2:15						
2:30		Birthday Parties $				
2:45						
3:00						
3:15						
3:30	Adult Rec Swim (16+ years) 3:30-4:30					
3:45						
4:00						
4:15						
4:30	Pool Closed			Gym Closed		
4:45						
5:00						
	The Innisfil YMCA Closes at 5:00pm					

Please remember to bring photo ID to access the YMCA. All children under the age of 10 must be directly supervised by a guardian (16+) and our swim supervision ratios are strictly enforced. **My Y is safe!**

Adult Drop in Program (13+ years) | Child/Youth Drop in Program | Registered Program | Self Directed Participation | $ Additional Fee

When Swim Lessons take a break from Dec 23-Jan 7 and March 12-18 all lesson times will become Open Swim

Statutory Holidays - Dec 26, Jan 1, Feb 19, Mar 30

No classes offered. We are closed Dec 25, and close at 3pm Dec 24 & Jan 31

	Lap Pool 1 | 2 | 3 | 4 | 5 | 6	Leisure Pool	Gymnasium East | West
	The Innisfil YMCA Opens at 9:00am		
9:00	CLOSED		Open Gym 9:00-3:30
9:30	Lane Swim 9:30-2:30 / Open Swim 9:30-2:30		
10:00			
10:30			
11:00			
11:30			
12:00			
12:30			
1:00			
1:30			
2:00			
2:30	Lane Swim 2:30-3:30	Adult Rec 2:30-3:30	
3:00			
3:30			
4:00	CLOSED		
	The Innisfil YMCA Closes at 4:00pm		

We want your YMCA experience to be a great one!

Have a question or concern? Please contact us!

Phone: 705-431-YMCA
Email: innisfil@sm.ymca.ca
Website: www.ymcaofsimcoemuskoka.ca

Request a $3.00 Ride to the Innisfil YMCA from anywhere in town at www.uber.com/ride

7315 Yonge Street
Innisfil, ON L9S 4V7

Save The Date: Winter Registration Day
Saturday December 9th at 7am