



*Building healthy
communities*

OPERATING HOURS:

Mon-Thurs: 5am-10pm

Fri: 5am-9pm

Sat: 7am-5pm

Sun: 7am-4pm

For more information, please
speak with Member Services.

**1-7315 Yonge Street
Innisfil, ON L9S 4V7**

T: (705) 431-9622

innisfil@sm.ymca.ca

www.ymcaofsimcoemuskoka.ca

FALL 2018

Innisfil YMCA

Health, Fitness & Aquatics Program Schedule
September 10, 2018 - December 21, 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!**

Monday

	Lap Pool						Leisure	Fitness Studio		Gymnasium		Multipurpose	Other																		
	1	2	3	4	5	6	Pool	A	B	A	B	Room																			
	The Innisfil YMCA Opens at 5:00am																														
5:30	Pool Closed									Open Gym 5:00-8:30			Did you know?!? Your 1st Personal Training Appointment is INCLUDED with your Classic or Premium Membership. Make an Appointment today!																		
5:45	Pool Closed																														
6:00	Lane Swim 6:00-9:00																														
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	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

Tuesday

	Lap Pool						Leisure Pool	Fitness Studio		Gymnasium		Multipurpose Room	Other						
	1	2	3	4	5	6		A	B	A	B								
The Innisfil YMCA Opens at 5:00am																			
5:30	Pool Closed									Open Gym 5:00-8:30		The YMCA offers: Healthy Hearts Program & iCan (Cancer Rehabilitation Program) in partnership with RVH. Speak with our Membership Services Staff for details.							
5:45																			
6:00	Lane Swim 6:00-9:30						Open Swim 6:00-11:00	Yoga 6:30-7:15		Kempfenfelt Bay School 8:30-11:30				Stay'n Play (0-5 years) 9:15-11:30		Parent and Tot Track 9:30-11:00 \$2/Visitor			
6:15								Group Bookings \$											
6:30																		Aqua Running 9:30-10:15	
6:45								AquaFit 10:15-11:00											
7:00																		Bootcamp 10:15-11:15	
7:15								Gentle Yoga 11:45-12:30											
7:30																		Pickle Ball (16+ years) 11:30-3:30 \$2/non-member	
7:45								Adult Track 12:00-2:00 \$2/Visitor											
8:00												School & Group Bookings \$						Group Bookings \$	
8:15								Lane Swim 3:00-4:00											
8:30	Open Swim 3:00-4:00		Kempfenfelt Bay School 3:45-4:45																
8:45					Swim Lessons (3-12 years) 4:00-7:30		Group Bookings \$												
9:00	Parent & Tot Swim Lessons 4:00-4:30		Group Bookings \$																
9:15					Advanced Aquatics \$ See Members Services for dates and times		Group Bookings \$												
9:30	Cardio Kick 6:00 - 6:45		Y KIDS (3-5 years) 5:15-6:15																
9:45					Core 7:00 - 7:30		Y KIDS (6-12 years) 6:15-7:45												
10:00	Group Bookings \$		Group Bookings \$																
10:15					Lane Swim 7:30-9:30		Group Bookings \$												
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Wednesday

	Lap Pool						Leisure Pool	Fitness Studio		Gymnasium		Multipurpose Room	Other		
	1	2	3	4	5	6		A	B	A	B				
The Innisfil YMCA Opens at 5:00am															
5:30	Pool Closed									Open Gym 5:00-8:30		Book our Meeting Rooms, Gymnasium or Pools for your special event. Please contact Member Services for available dates/times and pricing.			
5:45	Pool Closed														
6:00	Lane Swim 6:00-9:00						Open Swim 6:00-9:00								
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7:30	Swim Lessons (3-5 years) 9:00-9:30						Parent & Tot Swim Lessons 9:00-9:30								
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9:00	Swim Lessons (3-5 years) 9:00-9:30						Parent & Tot Swim Lessons 9:00-9:30								
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10:30	(1 lane) Aquafit 10:15-11:00						Community Parent & Tot Swim/Skate 10:00-11:00								
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12:00	Lane Swim 11:00-1:00						Open Swim 11:30-1:00								
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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

REGISTRATION OPENS: Saturday August 18th @ 7am

To Register for a course listed in ORANGE, please visit the YMCA Member Services desk or register online at www.ymcaofsimcoemuskoka.ca. Full payment is required to confirm a space and refunds can only be provided for courses cancelled more than 7 days ahead.

Friday

	Lap Pool						Leisure Pool	Fitness Studio		Gymnasium		Multipurpose Room	Other																																																																																																								
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5:30	Pool Closed						Open Swim 6:00-11:00			Open Gym 5:00-11:00		Have you thought of Volunteering for the Innisfil YMCA? Please ask the Membership Services Desk for a Volunteer application, we would love to have you join our																																																																																																									
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The Innisfil YMCA Closes at 9:00pm																																																																																																																					

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

REGISTRATION OPENS: Saturday August 18th @ 7am
 To Register for a course listed in **ORANGE**, please visit the YMCA Member Services desk or register online at www.ymcaofsimcoemuskoka.ca. Full payment is required to confirm a space and refunds can only be provided for courses cancelled more than 7 days ahead.

Saturday

	Lap Pool						Leisure Pool	Fitness Studio		Gymnasium		Multipurpose Room	Other	
	1	2	3	4	5	6		A	B	A	B			
The Innisfil YMCA Opens at 7:00am														
7:00	Pool Closed													
7:15	Pool Closed													
7:30	Pool Closed													
7:45	Pool Closed													
8:00	Lane Swim 7:30-9:00						Open Swim 7:30-9:00			Open Gym 7:00-9:00	Open Gym 7:00-9:00			
8:15	Lane Swim 7:30-9:00						Open Swim 7:30-9:00			Open Gym 7:00-9:00	Open Gym 7:00-9:00			
8:30	Lane Swim 7:30-9:00						Open Swim 7:30-9:00			Open Gym 7:00-9:00	Open Gym 7:00-9:00			
8:45	Lane Swim 7:30-9:00						Open Swim 7:30-9:00			Open Gym 7:00-9:00	Open Gym 7:00-9:00			
9:00	Swim Lessons (3-12 years) 9:00-1:45						Parent & Tot Swim Lessons 12:30-1:00							
9:15														
9:30														
9:45														
10:00														
10:15														
10:30	Swim Lessons (3-12 years) 9:00-1:45						Parent & Tot Swim Lessons 12:30-1:00							
10:45														
11:00														
11:15														
11:30														
11:45														
12:00	Swim Lessons (3-12 years) 9:00-1:45						Parent & Tot Swim Lessons 12:30-1:00							
12:15														
12:30														
12:45														
1:00														
1:15														
1:30	Community Open Swim 1:00 - 3:30						Parent & Tot Swim Lessons 12:30-1:00							
1:45														
2:00														
2:15														
2:30														
2:45														
3:00	Community Open Swim 1:00 - 3:30						Parent & Tot Swim Lessons 12:30-1:00							
3:15														
3:30														
3:45														
4:00														
4:15														
4:30	Pool Closed													
5:00														
The Innisfil YMCA Closes at 5:00pm														

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

Open House Trial!!

August 27th - September 9th, 2018

Non-Members - Pick up your FREE 5 Days, 5 Ways Pass!! Experience the YMCA for 5 days within the trial period free of charge!

Current Recreation Members - Use this trial period to upgrade your membership to a Classic membership and take advantage to try the amazing drop-in fitness classes, child and youth drop-in programs offered by the YMCA!

Current Classic and Premium Members - Thank you for helping welcome new members into our amazing YMCA community! As a token of our appreciation, we invite you to enter our Member Appreciation Draw (prize will be awarded on Monday September 10th)



SAVE

— the —

DATE

04.06.19

MOVE TO GIVE

Sunday

	Lap Pool						Leisure Pool	Fitness Studio		Gymnasium		Multipurpose Room	Other
	1	2	3	4	5	6		A	B	A	B		
The Innisfil YMCA Opens at 7:00am													
7:00	Pool Closed									Open Gym 7:00-8:45			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!
7:15													
7:30	Lane Swim 7:30-9:00						Open Swim 7:30-9:00		Group Bookings \$ 9:00-12:00				
7:45													
8:00	Swim Lessons (3-12 years) 9:00-11:30						Parent & Tot Swim Lessons 9:00-9:30		Yoga 10:30-11:15				
8:15													
8:30	Advanced Aquatics \$ <i>See Member Services for dates and times</i>						Interested in Private Swim Lessons? Our qualified Swim Instructors will work with your child 1 on 1. 4 Lesson Packages are available at the Member Services desk.		Open Gym 12:00-3:30		Birthday Parties & Group Bookings \$ 12:00-3:30		
8:45													
9:00	Aquafit 11:30-12:15												
9:15													
9:30	Lane Swim 12:15-2:30						Birthday Parties \$		Open Swim 12:15-2:30				
9:45													
10:00	Adult Rec Swim (16+ years) 2:30-3:30												
10:15													
10:30	Pool Closed								Gym Closed				
10:45													
11:00	Pool Closed												
11:15													
11:30	Pool Closed												
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2:30	Pool Closed												
2:45													
3:00	Pool Closed												
3:15													
3:30	Pool Closed												
3:45													
4:00	Pool Closed												
The Innisfil YMCA Closes at 4:00pm													

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

Statutory Holidays - Sept 3, Oct 8, (CLOSED Dec 25), Dec 26

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

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!
Fall Registration: August 18th, 2018

Volunteers Needed!

Whatever your special talents, interests or schedule may be, there is a way for you to become a YMCA volunteer and help change someone's life! If you share the YMCA's commitment to help build healthy communities, please consider becoming a YMCA volunteer.

Volunteer opportunities are available for those age 13 and older or those involved in our Advanced Aquatics or Youth Leadership Programs and require successful completion of our Training Program as well as a clear Criminal Reference Check.

For more information, please apply at our Member Services desk!