



ORILLIA YMCA

Health, Fitness & Aquatics
 300 Peter Street North
 Orillia ON, L3V5A2
 705 325-6168

Fall 2018

Sept 10, 2018 – Dec 21, 2018

Hours: M-F 5:30am-10:00pm, Sat 7:00am-5:00pm, Sun 7:00am-4:00pm, 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	Channel Cats																	
6:30																Gravity 6:30-7:00		
7:00	Lane Swim 7:00-9:15																	
8:00																		
8:30																	Gravity Power 8:15-8:45	
9:00							Aqua Fit Combo 9:15-10:00							Cardio Strength Mix 9:05-10:00		Vinyasa Power Yoga 9:00-10:15		9:15-10:00
9:30	Aqua Fit Combo 10:15-11:00						Child Minding 8:55a-12:00p (\$)											
10:00	Aqua Fit Combo 10:15-11:00											Gravity 10:15-10:45						
10:30	Family Swim 11:00-12:00								On The Move 11:15-12:00		Barre Cardio 11:00-11:45am							
11:00	Family Swim 11:00-12:00																	
11:30	Gentle Aqua Fit 12:15-1:00																	
12:00	Gentle Aqua Fit 12:15-1:00							Parent and Tot Open Gym 12:00-1:00					12:15-12:50					
12:30																		
1:00	Group Booking 1:00-2:30																	
1:30	Group Booking 1:00-2:30																	
2:00	Group Booking 1:00-2:30																	
2:30	Lane Swim 2:30-3:30																	
3:00	Lane Swim 2:30-3:30																	
3:30	Lane Swim 2:30-3:30																	
4:00	Channel Cats 3:30-7:00																	
4:30							Swimming Lessons 4:00-5:30					Y Kids Ages 3-10 4:00-5:00					Youth Wellness 4:00-5:00	
5:00	Channel Cats 3:30-7:00																	
5:30												Y Kids Ages 3-10 5:00-7:00				Zumba 5:30-6:30		5:30-6:15
6:00	Channel Cats 3:30-7:00																	
6:30																Gravity 6:15-6:45		
7:00	Channel Cats 3:30-7:00																	
7:30							Lane Swim 7:00-9:30	Open Swim 7:00-8:00					Youth Floor Hockey League (13-15) 7:00-8:00	Karate 6:00-8:00		Pilates 6:45-7:15		Power 7:00-7:45
8:00	Lane Swim 7:00-9:30	Aqua Fit Combo 8:00-8:45								Hatha Flow Yoga 7:30-8:30								
8:30	Lane Swim 7:00-9:30	Aqua Fit Combo 8:00-8:45							Adult Floor Hockey League (16+) 8:00-9:30									
9:00	Lane Swim 7:00-9:30	Aqua Fit Combo 8:00-8:45																
9:30	CLOSED																	
	Program Area Closes at 9:45pm - Building Closes at 10:00pm																	

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	Channel Cats												
6:30													
7:00	Lane Swim 7:00-9:15												
7:30													
8:00	Lane Swim 7:00-9:15												
8:30													
9:00	Aqua Fit Combo 9:15-10:00		Lane Swim 9:15-1:00				Child Minding 8:55-12:00 (\$)			Cardio Strength Step Mix 9:05-10:00	Yoga 9:05-10:05		Power 9:15-10:00
9:30	Aqua Fit Combo 10:15-11:00												
10:00	Family Swim 11:00-12:00		Lane Swim 9:15-1:00				Child Minding 8:55-12:00 (\$)			Group Power 10:30-11:30	Yoga 10:15-11:15		
10:30	Group Booking												
11:00	Group Booking 1:00-2:30												
11:30													
12:00	Lane Swim 2:30-3:30												
12:30													
1:00	Channel Cats 3:30-5:30												
1:30													
2:00	Channel Cats 3:30-5:30							Group Booking 1:30-3:30					
2:30													
3:00	Channel Cats 3:30-5:30												
3:30													
4:00	Channel Cats 3:30-5:30												
4:30												CHAT 4:00-5:00 ages 7-13	
5:00	Swimming Lessons 5:30-8:00						Y Kids 5:00-6:00 Ages 3-10						Gravity 5:00-5:30
5:30													
6:00	Swimming Lessons 5:30-8:00						Child Minding 6:00-8:00 (\$)						
6:30													
7:00	Swimming Lessons 5:30-8:00						Child Minding 6:00-8:00 (\$)						
7:30													
8:00	Swimming Lessons 5:30-8:00						Child Minding 6:00-8:00 (\$)						
8:30													
9:00	Swimming Lessons 5:30-8:00						Child Minding 6:00-8:00 (\$)						
9:30													
	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	Channel Cats												
6:30													
7:00	Lane Swim 7:00-9:15												
7:30													
8:00	Lane Swim 7:00-9:15												
8:30													
9:00	Aqua Fit Combo 9:15-10:00		Lane Swim 9:15-1:00				Child Minding 8:55-12:00 (\$)			Cardio Strength Step 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	Family Swim 11:00-12:00		Lane Swim 9:15-1:00				Child Minding 8:55-12:00 (\$)						
10:30	Gentle Aqua Fit 12:15-1:00												
11:00	Group Booking 1:00-2:30												
11:30													
12:00	Lane Swim 2:30-3:30												
12:30													
1:00	Channel Cats 3:30-7:00												
1:30													
2:00	Channel Cats 3:30-7:00												
2:30													
3:00	Channel Cats 3:30-7:00												
3:30													
4:00	Channel Cats 3:30-7:00												
4:30												Y Kids 4:00-5:00 Ages 3-10	
5:00	Channel Cats 3:30-7:00												
5:30													
6:00	Channel Cats 3:30-7:00												
6:30													
7:00	Open Swim 7:00-8:00												
7:30													
8:00	Open Swim 7:00-8:00												
8:30													
9:00	Open Swim 7:00-8:00												
9:30													
	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	Channel Cats												
6:30													
7:00	Lane Swim 7:00-9:15												
7:30													
8:00	Lane Swim 7:00-9:15										Cardio Blast 8:15-8:45		
8:30													
9:00	Aqua Fit Combo 9:15-10:00		Lane Swim 9:15-12:00				Child Minding 8:55-12:00 (\$)			Zumba 9:05-10:00	Yoga 9:05-10:05		9:10-10:10
9:30	Aqua Fit Combo 10:15-11:00												
10:00	Family Swim 11:00-12:00		Lane Swim 9:15-12:00				Child Minding 8:55-12:00 (\$)			Group Power 10:30-11:30	Vinyasa Yoga 10:15-11:15		
10:30	Family Swim 11:00-12:00												
11:00	Lane Swim 12:00-1:00												
11:30	Lane Swim 12:00-1:00												
12:00	Lane Swim 12:00-1:00												
12:30	Lane Swim 12:00-1:00										Boot Camp 12:15-12:50	Indo Board Yoga 11:30-12:15	
1:00	Lane Swim 12:00-1:00												
1:30	Group Booking 1:00-2:30												
2:00	Group Booking 1:00-2:30												
2:30	Group Booking 1:00-2:30												
3:00	Lane Swim 2:30-3:30												
3:30	Lane Swim 2:30-3:30												
4:00	Lane Swim 2:30-3:30												
4:30	Channel Cats 3:30-5:30												
5:00	Channel Cats 3:30-5:30												
5:30	Channel Cats 3:30-5:30												
6:00	Swimming Lessons 5:30-8:00												
6:30	Swimming Lessons 5:30-8:00												
7:00	Swimming Lessons 5:30-8:00												
7:30	Swimming Lessons 5:30-8:00												
8:00	Swimming Lessons 5:30-8:00												
8:30	Swimming Lessons 5:30-8:00												
9:00	Swimming Lessons 5:30-8:00												
9:30	Swimming Lessons 5:30-8:00												
	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	Channel Cats												
6:30													
7:00	Lane Swim 7:00-9:15												
7:30													
8:00	Lane Swim 7:00-9:15												
8:30	Lane Swim 7:00-9:15												
9:00	Aqua Fit Combo 9:15-10:00		Lane Swim 9:15-1:00				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												
10:00	Aqua Fit Combo 10:15-11:00		Lane Swim 9:15-1:00				Child Minding 8:55-12:00 (\$)				Gentle Yoga 10:15-11:00		
10:30	Family Swim 11:00-12:00												
11:00	Lane Swim 9:15-1:00												
11:30	Lane Swim 9:15-1:00												
12:00	Lane Swim 9:15-1:00												
12:30	Group Booking												
1:00	Group Booking 1:00-2:30												
1:30	Group Booking 1:00-2:30												
2:00	Group Booking 1:00-2:30												
2:30	Lane Swim 2:30-3:30												
3:00	Lane Swim 2:30-3:30												
3:30	Lane Swim 2:30-3:30												
4:00	Channel Cats 3:30-5:30												
4:30	Channel Cats 3:30-5:30												
5:00	Channel Cats 3:30-5:30												
5:30	Swimming Lessons 5:30-7:00												
6:00	Swimming Lessons 5:30-7:00												
6:30	Swimming Lessons 5:30-7:00												
7:00	Swimming Lessons 5:30-7:00												
7:30	Swimming Lessons 5:30-7:00												
8:00	Open Swim 7:00-9:30		Lane Swim 7:00-9:30										
8:30	Open Swim 7:00-9:30												
9:00	Open Swim 7:00-9:30												
9:30	Open Swim 7:00-9:30												
	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																
7:00	Channel Cats																
7:30																	
8:00	Adult Masters 8:00-9:00					1 Lane						Gravity Power 8:15-8:45					
8:30																	
9:00	Swimming Lessons 9:00-12:00													9:00-9:45			
9:30																	
10:00												Y Kids 10:00-11:00 Ages 3-10		Group Power 10:00-11:00	Yoga 10:00-11:00		
10:30																	
11:00	Family Swim 12:00-1:00					Lane Swim 12:00-3:00											
11:30														Y Kids 11:00-1:00 Ages 3-10	Zumba 11:15-12:15		
12:00	Open Swim 1:00-3:00					Lane Swim 12:00-3:00				Karate 12:00-1:30 (\$)							
12:30													Birthday Parties (\$) See front desk for booking		CHAT		
1:00																	
1:30																	
2:00																	
2:30																	
3:00	Lane Swim 3:00-4:30																
3:30																	
4:00																	
4:30																	
5:00	Program Area Closes at 4:45pm - Building Closes at 5:00pm																

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 7:00-9:00																
7:30																	
8:00																	
8:30																	
9:00	Swimming Lessons 9:00-12:00													Power 9:15-10:00			
9:30																	
10:00														Group Power 10:15-11:15	Yoga 10:15-11:15		
10:30																	
11:00	Family Swim 12:00-1:00					Lane Swim 12:00-3:00											
11:30																	
12:00	Open Swim 1:00-3:00					Lane Swim 12:00-3:00											
12:30																	
1:00																	
1:30																	
2:00																	
2:30																	
3:00	Lane Swim 3:00-3:30																
3:30																	
4:00	Program Area Closes at 3:45pm - Building Closes at 4:00pm																

Statutory Holidays (Most Classes Cancelled)

Canada Day Sunday July 1, Civic Holiday Monday Aug 6, Labour Day- Monday
September 3, Thanksgiving- Monday October 8
Boxing Day- December 26, Closed Christmas Day- December 25

	Pool						Gym		
	1	2	3	4	5	6	A	B	
	Building Opens at 10:00am								
10:00	Lane Swim 10:00 - 2:30						Open Gym 10:00- 2:45		
10:30									
11:00									
11:30									
12:00									
12:30									
1:00	Lane Swim 12:00-2:30		Open Swim 12:00-2:30				Open Gym 10:00- 2:45		
1:30									
2:00									
2:30									
3:00	CLOSED								
	Program Area Closes at 2:45pm - Building Closes at 3:00pm								

Hours Of Operation

Monday - Friday:	5:30am-10:00pm
Saturday:	7:00am-5:00pm
Sunday:	7:00am-4:00pm
Statutory Holidays:	10:00am-3:00pm
(Most Classes Cancelled, Call for specific details)	

Fall Registration Begins
Saturday August 18, 2018