



Orillia YMCA

Health • Fitness • Aquatics

Schedule



SUMMER 2019

300 Peter Street North
Orillia Ontario L3V5A2
(705) 325-6168
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Fitness is a year-round
commitment to your health.

Stay motivated this summer at the Orillia Y

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																	
CLOSED																	
Lane Swim 6:00-9:00																	
																	Gravity Power 8:15-8:45
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	Vinyasa Power Yoga 9:00-10:15		9:15-10:00					
						Aqua Fit Combo 10:15-11:00					Gravity 10:15-10:45						
						Family Swim 11:00-12:00			On The Move 11:15-12:00								
						Gentle Aqua Fit 12:15-1:00			Parent and Tot Open Gym 12:00-1:00		12:15-12:50						
						Open Swim 1:00-2:30											
Lane Swim 2:30-4:00																	
Swimming Lessons 4:00-6:00						Y Kids Ages 3-10 4:00-5:00						Youth Wellness 4:00-5:00					
								Y Kids Ages 3-10 5:00-7:00									
Lane Swim 6:00-9:30						Open Swim 6:00-8:00		Karate 6:00-8:00	Zumba 5:30-6:30		Gravity 6:15-6:45	5:30-6:15					
						Aqua Fit Combo 8:00-8:45		Drop In Volleyball 7:00-8:30	Pilates 6:45-7:15			7:00-7:45					
									Hatha Flow Yoga 7:30-8:30								
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															
CLOSED															
Lane Swim 6:00-9:00												Gravity 6:30-7:00			
															Gravity Power 8:15-8:45
						AquaWalk/Jog 9:15-10:00	Child Minding 8:55-12:00 (\$)				Cardio Strength Mix 9:05-10:00	Yoga 9:05-10:05			Power 9:15-10:00
						Aqua Fit Combo 10:15-11:00									
						Family Swim 11:00-12:00			Group Power 10:30-11:30	Yoga 10:15-11:15					
Group Booking 12:00-1:00															
Open Swim 1:00-2:30															
Lane Swim 2:30-4:00							Group Booking 1:30-3:30	PickleBall 1:00-3:00							
Swimming Lessons 4:00-6:00												Gravity 5:00-5:30			
												Yoga 5:30-6:30			
Lane Swim 6:00-9:30	Child Minding 6:00-8:00 (\$)				Boot Camp 6:00-6:45				6:00-6:45						
			Open Swim 6:00-8:00			Group Power 7:00-8:00									
Adult Masters 8:00-9:00															
Lane Swim 6:00-9:30								Adult Badminton 8:15-9:30							
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												
CLOSED												
Lane Swim 6:00-9:00												6:30-7:15
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
						Aqua Fit Combo 10:15-11:00					Gravity 10:15-10:45	
						Family Swim 11:00-12:00		On The Move 11:15-12:00				
Lane Swim 1:00-2:30						Gentle Aqua Fit 12:15-1:00		CHAT 12:30-1:15	Parent and Tot Open Gym 12:00-1:00	Zumba Gold 12:30-1:15	Gravity 12:15-12:45	
						Open Swim 1:00-2:30						
Lane Swim 2:30-4:00										Hatha Flow & Meditation 2:00-3:00		
Swimming Lessons 4:00-6:00						Y Kids Ages 3-10 4:00-5:00						
								Y Kids Ages 3-10 5:00-7:00		Zumba 5:30-6:30		Power 5:30-6:15
Lane Swim 6:00-9:30						Open Swim 6:00-8:00		Youth Basketball Ages 10-16 7:00-8:00			Gravity 7:15-7:45	
						Aqua Fit Combo 8:00-8:45		Adult Basket Ball 8:15-9:30				
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

CLOSED													
Lane Swim 6:00-9:00											Gravity 6:30-7:00		
												Gravity Power 7:30-8:00	
											Cardio Blast 8:15-8:45		
						Aqua Walk/Jog 9:15-10:00	Child Minding 8:55-12:00 (\$)		Zumba 9:05-10:00	Yoga 9:05-10:05		9:10-10:10	
Aqua Fit Combo 10:15-11:00													
Family Swim 11:00-12:00	Group Power 10:30-11:30	Vinyasa Yoga 10:15-11:15											
Group Booking 12:00-1:00	Boot Camp 12:15-12:50												
Lane Swim 9:00-1:00							Group Booking 1:00-3:30						
						Open Swim 1:00-2:30							
Lane Swim 2:30-4:00													
Swimming Lessons 4:00-6:00										Yoga 5:30-6:30			
									Group Power 6:00-7:00				
Lane Swim 6:00-9:30		Open Swim 6:00-8:00		Child Minding 6:00-8:00 (\$)					Yoga 7:00-8:00				
						Adult Masters 8:00-9:00							
CLOSED													

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

CLOSED																	
Lane Swim 6:00-9:00																	
																Gravity/Pilates 8:15-9:00	
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				9:10-10:10					
						Aqua Fit Combo 10:15-11:00					Gentle Yoga 10:15-11:00						
						Family Swim 11:00-12:00		Pickle Ball 11:00-1:00									
Lane Swim 9:00-1:00						Group Booking 12:00-1:00						12:15-12:50					
						Open Swim 1:00-2:30											
Lane Swim 2:30-4:00																	
Swimming Lessons 4:00-6:00																	
Lane Swim 6:00-8:30		Open Swim 6:00-8:30						Youth Night 6:00-8:30									

CLOSED

Program Area Closes at 8:45pm - Building Closes at 9:00pm

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												
Lane Swim 7:00-8:00												
Adult Masters 8:00-9:00					1 Lane						Gravity Power 8:15-8:45	
Swimming Lessons 9:00-11:00												9:00-9:45
						Y Kids Ages 3-10 10:00-11:00						Yoga 10:00-11:00
Lane Swim 11:00-3:00		Family Swim 11:00-12:00						Y Kids Ages 3-10 11:00-1:00	Zumba 11:15-12:15			
		Open Swim 12:00-3:00		Birthday Parties (\$) See front desk for booking								
								Badminton 2:30-4:00				
CLOSED												
Program Area Closes at 4:45pm - Building Closes at 5:00pm												



A huge **THANK YOU** to all participants, volunteers, staff and sponsors who contributed to the success of the 2018 Move To Give. This year our theme was “Building Healthy Communities”. 1 in 5 people who use the Y require financial assistance. Donations make this assistance possible.

Our donors are our heroes!

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													
Lane Swim 7:00-10:00													
Lane Swim 10:00-2:00		Family Swim 10:00-12:00						Group Power 10:15-11:15		Yoga 10:15-11:15			
		Open Swim 12:00-2:00											
						Birthday Parties (\$) See front desk for details		Pickleball 1:00-2:30					
		Lane Swim 2:00-3:30											
CLOSED													
Program Area Closes at 3:45pm - Building Closes at 4:00pm													

Statutory Holidays

(Most Classes Cancelled)

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

Hours Of Operation

****NEW HOURS****

Begin July 2, 2019

Monday - Thursday: 5:30am-10:00pm

Friday: 5:30am-9:00pm

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 10th**