



Orillia YMCA

Health • Fitness • Aquatics

Schedule



Winter 2020

300 Peter Street North

Orillia Ontario L3V5A2

(705) 325-6168

orillia.ymca@sm.ymca.ca

January 6th, 2020– March 15th, 2020

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 | | | | | | | | | | | | |
| Channel Cats 5:45-7:30 | | | | | | | | | | | Gravity 6:30-7:00 | |
| Lane Swim 7:00-9:00 | | | | | | | | | | | Gravity Power 8:15-8:45 | |
| Lane Swim 9:00-1:00 | | | | | | Child Minding 8:55-12:00 (\$) | | Cardio Strength Mix 9:05-10:00 | Yoga 9:05-10:05 | | Power 9:15-10:00 | |
| Lane Swim 9:00-1:00 | | | | | | | Aqua Walk/Jog 9:15-10:00 | | | | | |
| Lane Swim 9:00-1:00 | | | | | | | Aqua Fit Combo 10:15-11:00 | | Group Power 10:30-11:30 | Yoga 10:15-11:15 | | |
| Lane Swim 9:00-1:00 | | | | | | Family Swim 11:00-12:00 | | | | | | |
| Lane Swim 9:00-1:00 | | | | | | Group Booking 12:00-1:00 | | | Boot Camp 12:15-12:50 | | | |
| Group Booking 1:00-2:30 | | | | | | | Group Booking 1:30-3:30 | Pickleball 1:00-3:00 | | | | |
| Lane Swim 2:30-3:30 | | | | | | | | | | | | |
| Channel Cats 3:30-5:30 | | | | | | | | Y Kids Ages 3-10 3:30- 5:00 | CHAT 4:00-5:00 | | | |
| Channel Cats 3:30-5:30 | | | | | | Y Kids Ages 3-10 5:00-6:00 | | | | | Gravity 5:00-5:30 | |
| Swim Lessons 5:30-8:00 | | | | | | Child Minding 6:00-8:00 (\$) | | Boot Camp 6:00-6:45 | Yoga 5:30-6:30 | | 6:00-6:45 | |
| Swim Lessons 5:30-8:00 | | | | | | | Tri Club | | Group Power 7:00-8:00 | | | |
| Adult Masters 8:00-9:00 | | | | | | | | Adult Badminton 8:15-9:30 | | | | |
| Lane Swim 8:00-9:30 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | |
| CLOSED | | | | | | | | | | | | | |
| Channel Cats 5:45-7:30 | | | | | | | | | | | | 6:30-7:15 | |
| Lane Swim 7:00-9:00 | | | | | | | | | | Pilates 8:00-8:45 | | | |
| 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 | | 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 | | | | |
| | | | | | | Gentle Aqua Fit 12:15-1:00 | | | | Alt School 12:00-1:00 | Zumba Gold 12:30-1:15 | Gravity 12:15-12:45 | |
| Group Booking 1:00-2:30 | | | | | | | | | | | | | |
| Lane Swim 2:30-3:30 | | | | | | | | | | Group Booking 2:30-4:30 | | | |
| Channel Cats 3:30-7:00 | | | | | | Swim Lessons 4:00-6:00 | Y Kids Ages 3-10 4:00-5:00 | CHAT 4:00-5:00 | | | | | |
| | | | | | | | | Y Kids Ages 3-10 5:00-7:00 | | Zumba 5:30-6:30 | 5:30-6:15 | | |
| | | | | | | | | Youth Basketball Ages 10-16 7:00-8:00 | Karate 6:00-8:00 | | Gravity 7:15-7:45 | | |
| Lane Swim 7:00-9:30 | | | | | | Open Swim 7:00-8:00 | | Adult Basket Ball 8:15-9:30 | | | | | |
| | | | | | | Aqua Fit Combo 8:00-8:45 | | | | | | | |
| 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 | | | | | | | | | | | | |
| Channel Cats 5:45-7:30 | | | | | | | | | | | Gravity 6:30-7:00 | |
| Lane Swim 7:00-9:00 | | | | | | | | | | Cardio Blast 8:15-8:45 | Gravity Power 7:30-8:00 | |
| 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 | | | | | | | | Group Power 10:30-11:30 | | Vinyasa Yoga 10:15-11:15 | | |
| Family Swim 11:00-12:00 | | | | | | | | | | | | |
| Group Booking 12:00-1:00 | | | | | | | | Boot Camp 12:15-12:50 | | | | |
| Group Booking 1:00-2:30 | | | | | | | Group Booking 1:00-3:30 | | | | | |
| Lane Swim 2:30-3:30 | | | | | | | | | | | | |
| Channel Cats 3:30-5:30 | | | | | | | | Y Kids Ages 3-10 3:30- 5:00 | | | | |
| Swim Lessons 5:30-8:00 | | | | | | Y Kids Ages 3-10 5:00-6:00 | | | | Yoga 5:30-6:30 | | |
| | | | | | | Child Minding 6:00-8:00 (\$) | | Group Power 6:00-7:00 | | | | |
| | | | | | | | | Bootcamp 7:15-8:00 | | Yoga 7:00-8:00 | | |
| Adult Masters 8:00-9:00 | | | | | | | | Group Booking 8:00-9:45 | | | | |
| Lane Swim 8:00-9:30 | | | | | | | | | | | | |
| CLOSED | | | | | | | | | | | | |
| Program Area Closes at 9:45pm - Building Closes at 10:00pm | | | | | | | | | | | | |



Like us on Facebook! @YMCAOrillia

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 | | | | | | | | | | | | | |
| Channel Cats 5:45-7:30 | | Lane Swim 6:00-9:00 | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| 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 | | | | Gravity/Pilates 8:15-9:00 | |
| | | Aqua Fit Combo 10:15-11:00 | | | | | | On the Move 10:15-11:00 | | Gentle Yoga 10:15-11:00 | | | |
| | | Family Swim 11:00-12:00 | | | | | | Pickle Ball 11:30-1:30 | | | | | |
| | | Group Booking 12:00-1:00 | | | | | | | | | | | 12:15-12:50 |
| Group Booking 1:00-2:30 | | | | | | | | | | | | | |
| Lane Swim 2:30-3:30 | | | | | | | | | | | | | |
| Channel Cats 3:30-5:30 | | | | | | | | | | | | | |
| Swim Lessons 5:30-7:00 | | | | | | | | LITs 5:0-6:00 | | | | | |
| | | | | | | | | Junior Leaders 6:00-7:00 | | Youth Leaders 5:00-8:00 | | | |
| Lane Swim 7:00-9:30 | | Open Swim 7:00-9:30 | | | | | | Youth Night 5:00-9:45 | | | | | |
| | | | | | | | | | | Advanced Leaders 7:00-8:00 | | | |
| | | | | | | | | | | Intro to Dance 8:00-9:00 | | | |
| CLOSED | | | | | | | | | | | | | |
| Program Area Closes at 9:45pm - Building Closes at 10:00pm | | | | | | | | | | | | | |

Log in to your account: YMCAonlineportal.ca

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 7:00-9:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Swim Lessons 9:00-12:00 | | | | | | | | | | | | Power 9:15-10:00 |
| | | | | | | | | | | | | |
| | | | | | | | | | | Group Power 10:15-11:15 | Yoga 10:15-11:15 | |
| Family Swim 12:00-1:00 | | | | | | | | | | | | |
| Open Swim 1:00-2:00 | 1 Lane | | | | | Birthday Parties (\$) See front desk for details | | | | | | |
| | | | | | | | | | | | | |
| Lane Swim | | | | | | | | | | | | |
| | | Group Booking 2:30-3:30 | | | | | | | | | | |
| 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 | |
| | | | | | | | |
| 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 |
| <small>(Most Classes Cancelled, Call for specific details)</small> | |

**Winter Registration
Begins Saturday
November 23rd**