



Fall 2020 | Innisfil Program Schedule

To ensure your health and safety, we've launched an online booking tool for Membership Sales & Service appointments at the Innisfil YMCA. Please book in advance to ensure availability. Please [click here](#) to select a timeslot to meet with a member of our team!

Monday

Lap & Leisure pool bookings will be available beginning November 9th.

Schedule is subject to change.

Lap Pool & Leisure Pool

Open/Lane Swim
7:15am - 8:00am
8:15am - 9:00am
9:15am - 10:00am
10:15am - 11:00am
3:30pm - 4:15pm
4:30pm - 5:15pm
5:30pm - 6:15pm
6:30pm - 7:15pm
7:30pm - 8:15pm

Pool Closed

12:00pm - 3:30pm

Studio A&B

Stay n' Play
9:00am - 9:50am
10:15am - 11:15am
**Registered Y Kids
3-5 Years**
5:30pm - 6:15pm
6:30pm - 7:15pm

Gym A & B

On the Move
9:15am - 9:55am
Cardio Kick
10:30am - 11:10am
Pickleball
12:30pm - 1:15pm
1:30pm - 2:15pm
2:30pm - 3:15pm
HIIT
5:45pm - 6:15pm
Bootcamp
6:30pm - 7:15pm

Fitness Floor

**Strength and
Conditioning Floor**
6:30am - 7:40am
8:00am - 9:40am
10:00am - 11:40am
12:00pm - 1:40pm
3:00pm - 4:40pm
5:00pm - 6:40pm
7:00pm - 8:40pm

**Registered Y Kids
6-10 Years**
5:30pm - 6:15pm
6:30pm - 7:15pm
**Registered
Open Gym**
7:30pm - 8:10pm
8:20pm - 9:00pm

Swim Lessons will resume January 2021

The YMCA requires all participants to pre-book their visits and complete a health screening prior to entering our facility or programs. Masks are required to be worn right up until you are performing a physical activity. Thank you for your cooperation.

Physical Distancing Measures

- Equipment has been spaced at least 2 metres apart.
- Modified schedule to ensure staggered entry.
- Capacity limits. Members must book a time in advance of visit.
- Clear floor markings.

Pre-booked Visits

- A new booking system will limit the overall number of members in the YMCA at any given time.
- Register up to 7 days in advance for workouts, swims, classes, and programs during this first phase of re-opening.

Increased sanitization and disinfection

- Regular and documented sanitization of common area touch points (eg. door handles, elevator buttons, hand railings, light switches, toilet seats, taps).
- Additional hand-sanitizing stations.
- Removal of non-essential or difficult-to-clean equipment.



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Open/Lane Swim

7:15am - 8:00am
8:15am - 9:00am
9:15am - 10:00am
10:15am - 11:00am
3:30pm - 4:15pm
4:30pm - 5:15pm
5:30pm - 6:15pm
6:30pm - 7:15pm
7:30pm - 8:15pm

Pool Closed

12:00pm - 3:30pm

Studio A&B

Stay 'n Play

9:00am - 9:50am
10:15am - 11:15am

Yoga

11:30am - 12:15pm

Gym A & B

On the Move

9:15am - 9:55am

HIIT

10:30am - 11:10am
5:30pm - 6:00pm

Pickleball

12:30pm - 1:15pm
1:30pm - 2:15pm
2:30pm - 3:15pm

Zumba

6:20pm-7:00pm

Fitness Floor

Strength and Conditioning Floor

6:30am - 7:40am
8:00am - 9:40am
10:00am - 11:40am
12:00pm - 1:40pm
3:00pm - 4:40pm
5:00pm - 6:40pm
7:00pm - 8:40pm

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Open/Lane Swim

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8:15am - 9:00am
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4:30pm - 5:15pm
5:30pm - 6:15pm
6:30pm - 7:15pm
7:30pm - 8:15pm

Pool Closed

12:00pm - 3:30pm

Studio A&B

Stay 'n Play

9:00am - 9:50am
10:15am - 11:15am

Yoga

7:45pm - 8:30pm

Gym A & B

On the Move

9:15am - 9:55am

Bootcamp

10:30am - 11:10am

Pickleball

12:30pm - 1:15pm
1:30pm - 2:15pm
2:30pm - 3:15pm

Bootcamp

6:20pm - 7:00pm

Fitness Floor

Strength and Conditioning Floor

6:30am - 7:40am
8:00am - 9:40am
10:00am - 11:40am
12:00pm - 1:40pm
3:00pm - 4:40pm
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5:30pm - 6:15pm
6:30pm - 7:15pm
7:30pm - 8:15pm

Pool Closed

12:00pm - 3:30pm

Studio A&B

Stay 'n Play

9:00am - 9:50am
10:15am - 11:15am

Yoga

11:30am - 12:15pm

Registered Y Kids

3-5 Years

5:30pm - 6:15pm
6:30pm - 7:15pm

Gym A & B

On the Move

9:15am - 9:55am

HIIT

10:30am - 11:10am
5:45pm - 6:15pm

Pickleball

12:30pm - 1:15pm
1:30pm - 2:15pm
2:30pm - 3:15pm

Bootcamp

6:30pm - 7:15pm

Fitness Floor

Strength and Conditioning Floor

6:30am - 7:40am
8:00am - 9:40am
10:00am - 11:40am
12:00pm - 1:40pm
3:00pm - 4:40pm
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Open/Lane Swim

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8:15am - 9:00am
9:15am - 10:00am
10:15am - 11:00am
3:30pm - 4:15pm
4:30pm - 5:15pm
5:30pm - 6:15pm
6:30pm - 7:15pm
7:30pm - 8:15pm

Pool Closed

12:00pm - 3:30pm

Studio A&B

Stay 'n Play

9:00am - 9:50am
10:15am - 11:15am

Gym A & B

On the Move

9:15am - 9:55am

Cardio Kick

10:30am - 11:10am

Pickleball

12:30pm - 1:15pm
1:30pm - 2:15pm
2:30pm - 3:15pm

Registered Open Gym

5:30pm - 6:10pm
6:20pm - 7:00pm
7:10pm - 7:50pm
8:00pm - 8:40pm

Fitness Floor

Strength and Conditioning Floor

6:30am - 7:40am
8:00am - 9:40am
10:00am - 11:40am
12:00pm - 1:40pm
3:00pm - 4:40pm
5:00pm - 6:40pm
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Open/Lane Swim

9:15am - 10:00am
10:15am - 11:00am
12:15pm - 1:00pm
1:15pm - 2:00pm

Pool Closed

6:30am - 9:15am
2:00pm - 3:30pm

Gym A & B

Gravity

9:30am - 10:15am

Bootcamp

10:45am - 11:30am

Registered

Open Gym

11:45am - 12:30pm
12:45pm - 1:30pm
1:45pm - 2:30pm

Fitness Floor

Strength and Conditioning Floor

9:00am - 10:40am
11:00am - 12:40pm
1:00pm - 2:40pm

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