



# 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  
11:15am - 12:00pm  
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

**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  
**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

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  
11:15am - 12:00pm  
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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## Wednesday

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#### Open/Lane Swim

7:15am - 8:00am  
8:15am - 9:00am  
9:15am - 10:00am  
10:15am - 11:00am  
11:15am - 12:00pm  
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

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  
5:00pm - 6:40pm  
7:00pm - 8:40pm

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#### Open/Lane Swim

- 7:15am - 8:00am
- 8:15am - 9:00am
- 9:15am - 10:00am
- 10:15am - 11:00am
- 11:15am - 12:00pm
- 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

#### 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
- 5:00pm - 6:40pm
- 7:00pm - 8:40pm

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## Friday

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### Lap Pool & Leisure Pool

#### Open/Lane Swim

7:15am - 8:00am  
8:15am - 9:00am  
9:15am - 10:00am  
10:15am - 11:00am  
11:15am - 12:00pm  
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  
7:00pm - 8:40pm

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