



INNISFIL YMCA: Health, Fitness & Aquatics Centre

FALL 2021

September 7 - December 19, 2021

7315 Yonge Street
 Innisfil ON, L9S 4V7
 Phone: (705) 431-9622
 email: innisfil@sm.ymca.ca
 www.ymcaofsimcoemuskoka.ca

DROP-IN FITNESS		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp	Studio			10:00-10:45am	9:00-9:45am 5:15-5:45pm			
Cycle	Studio						10:00-10:45am	
Gravity	Studio	7:15-8:00pm				5:30-6:15pm		8:30-9:15am
HIIT	Studio					10:00-10:45am		
On The Move	Studio	9:00-9:45am	9:00-9:45am	10:00-10:45am	9:00-9:45am	9:00-9:45am		
Group Power	Studio	10:00-11:00am			6:00-7:00pm			9:30-10:30
Gentle Fit	Studio					11:00-11:45am		
Gentle Yoga	Studio		12:00-1:00pm					
Metafit	Studio		7:30-8:00pm					
Youth Bootcamp 10-16 yrs	Studio	5:15-6:00pm						
Youth Strength 12-16 yrs	Studio		5:30-6:15pm					
Zumba	Studio		6:30-7:15pm			6:45-7:30pm		
DROP-IN SELF DIRECTED		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Centre	Conditioning Floor	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	8:30am-3:45pm
Family Open Gym	Gym B	11:30am-1:00pm		11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	
Pickleball	Gym B and/or A	1:30-3:30pm	12:00-4:00pm \$2 Toonie Tuesday	1:30-3:30pm	1:30-3:30pm	1:30-3:30pm		
Walking Track	Track		12:00-4:00pm \$2 Toonie Tuesday					
Pre-Booked		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	Gym A and/or B	6:00-6:45pm 7:00-7:45pm 8:00-8:45pm			6:00-6:45pm 7:00-7:45pm 8:00-8:45pm	6:00-6:45pm 7:00-7:45pm 8:00-8:45pm	6:00-6:45pm 7:00-7:45pm 8:00-8:45pm	9:00-10:00am 10:00-11:00am 11:00am-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm
DROP-IN Child & Youth Programs		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay n' Play 0-5 years	Gym B	9:00-11:00am		9:00-11:00am 6:15-8:15pm	9:00-11:00am	9:00-11:00am	9:00-11:00am	
Y Kids Preschool 3-5 years	Gym B	6:00-7:00pm				5:15-6:15pm		
Y Kids Child 6-9 years	Gym B					6:30-7:30pm		
Sport Fundamentals Preschool 3-5 years	Gym B				5:00-5:45pm		5:00-5:45pm	
Sport Fundamentals Child 6-9 years	Gym B				6:00-7:00pm		6:00-6:45pm	
REGISTERED Child & Youth Programs		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soccer Skills & Drills 6-9 years	Gym B				7:15-8:15pm			
Volleyball Skills & Drills 6-9 years	Gym B	7:15-8:15pm						
TAG Workshop Together As Girls September 28 - November 2	Platform		6:00-7:00pm					
Youth Leaders 10-16 years	Studio						7:00-8:00pm	

For the most up to date schedule of classes and programs be sure to check your Online Portal at YMCAOnlinePortal.ca



INNISFIL YMCA: Aquatics at a Glance

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DROP-IN FITNESS		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Lap Pool		11:15am	11:00am	11:00am		11:00am	
SELF DIRECTED		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diversity Swim	Lap Pool							12:15-1:30pm
Youth Stroke Clinic	Lap Pool						5:05-5:35pm	
Open Swim	Lap Pool			9:00-9:45am	9:00-9:45am	9:00-9:45am 11:00-11:45am		1:30-2:30pm
Pre-Booked		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim	Lap Pool		7:00-7:45am 8:00-8:45am 9:00-9:45am 10:00-10:45am 12:00-1:00pm 3:00-3:45pm	7:00-7:45am 8:00-8:45am 10:00-10:45am 12:00-1:00pm 3:00-3:45pm	7:00-7:45am 8:00-8:45am 10:00-10:45am 12:00-1:00pm 3:00-3:45pm	7:00-7:45am 8:00-8:45am 10:00-10:45am 12:00-1:00pm 3:00-3:45pm	7:00-7:45am 8:00-8:45am 9:00-9:45am 10:00-10:45am 12:00-1:00pm 3:00-3:45pm	2:30-3:15pm
REGISTERED		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Learn to Swim	Lap Pool						5:20-5:50pm	
Jr Lifeguard Club 8-11 & 12-15 years	Lap Pool						5:00-6:00pm	
Life Saving Society Sport Fundamentals 8-11 & 12-15 years	Lap Pool						6:00-7:00pm	
Low Sensory Swim Lessons	Lap Pool		6:20-6:50pm 6:25-6:55pm 6:30-7:00pm	6:25-6:55pm	6:25-6:55pm	6:20-6:50pm 6:25-6:55pm	6:10-6:40pm 6:20-6:50pm 6:25-6:55pm	11:25-11:55am 11:30am-12:00pm
Youth Learn to Swim	Lap Pool						5:55-6:25pm	
Swim Lessons	Lap Pool	Please see our Fall News Splash and Advanced Aquatics information for details.						
Register By Session		Location	Oct 1 - Oct 15	Oct 22 - Nov 5	Nov 12 - Nov 26	Dec 3 - Dec 17		
Family Swim To Survive	Lap Pool		Fridays 4:40pm Fridays 4:45pm	Fridays 4:40pm Fridays 4:45pm	Fridays 4:40pm Fridays 4:45pm	Fridays 4:40pm Fridays 4:45pm		

Hours of Operation
Monday to Friday: 6:00am - 9:00pm, Saturday 8:30am-4:00pm Sundays and Statutory Holidays: CLOSED Thanksgiving: October 11th Christmas Day: December 25th Boxing Day: December 26th

YMCA of Simcoe/Muskoka: Mission Statement
The YMCA is dedicated to the growth of all persons in spirit, mind & body, and to their sense of belonging to each other and the global community.
YMCA of Simcoe/Muskoka: Vision Statement
The YMCA inspires people to reach their full potential.
YMCA of Simcoe/Muskoka: Core Values

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