



Innisfil YMCA: Health, Fitness & Aquatics Centre

Fall Schedule - September 7th - December 19th

• Schedule is subject to change •

Please note: all 'pre-booked classes' must be booked in advance online at YMCAOnlinePortal.ca.
Masks are required upon entry and outside of class or direct workout station.

Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp	Studio		10:00am - 10:45am	9:00am - 9:45am 5:15pm - 5:45pm			
Cycle	Studio					10:00am - 10:45am	
Gravity	Studio	7:15pm - 8:00pm			5:30pm - 6:15pm		8:30am - 9:15am* Begins in OCT.
HIIT	Studio				10:00am - 10:45am		
On The Move	Studio	9:00am - 9:45am	9:00am - 9:45am	10:00am - 10:45am	9:00am - 9:45am	9:00am - 9:45am	
Group Power	Studio	10:00am - 11:00am		6:00pm - 7:00pm			9:30am - 10:30am
Gentle Yoga	Studio		12:00pm - 1:00pm				
Yoga	Studio	6:15pm - 7:00pm		11:00am - 11:45am	8:00am - 8:45am		
Intermediate Flow Yoga	Studio	1:00pm - 2:00pm		7:15pm - 8:15pm			
Metafit	Studio		7:30pm - 8:00pm				
Youth Bootcamp 10 - 16 years	Studio	5:15pm - 6:00pm					
Youth Strength 12 - 16 years	Studio		5:30pm - 6:15pm				
Zumba	Studio		6:30pm - 7:15pm		6:45pm - 7:30pm		



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Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Centre	Conditioning Room	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	8:30am - 3:45pm
Open Gym Pre-booked (check 'Notes' section for booking rules)	Gym A and/or Gym B	6:00pm - 6:45pm 7:00pm - 7:45pm 8:00pm - 8:45pm		6:00pm - 6:45pm 7:00pm - 7:45pm 8:00pm - 8:45pm	6:00pm - 6:45pm 7:00pm - 7:45pm 8:00pm - 8:45pm	6:00pm - 6:45pm 7:00pm - 7:45pm 8:00pm - 8:45pm	9:00am - 10:00am 10:00am - 11:00am 11:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 4:00pm
Family Open Gym Toddler Time	Gym B	11:30am - 1:00pm		11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm	
Pickleball	Gym B and/or Gym A	1:30pm - 3:30pm	12:00pm - 4:00pm \$2 Toonie Tuesday	1:30pm - 3:30pm	1:30pm - 3:30pm	1:30pm - 3:30pm	
Walking Track	Track		12:00pm - 4:00pm \$2 Toonie Tuesday				
Child & Youth Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay n' Play 0 - 5 years	Gym B	9:00am - 11:00am	9:00am - 11:00am 6:15pm - 8:15pm	9:00am - 11:00am	9:00am - 11:00am	9:00am - 11:00am	
Y Kids Preschool 3 - 5 years	Gym B	6:00pm - 7:00pm			5:15pm - 6:15pm		
Y Kids Child 6 - 9 years	Gym B				6:30pm - 7:30pm		
Sports Fundamentals Preschool 3 - 5 years	Gym B			5:00pm - 5:45pm		5:00pm - 5:45pm	
Sports Fundamentals Child 6 - 9 years	Gym B			6:00pm - 7:00pm		6:00pm - 6:45pm	



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Registered Child & Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soccer Skills & Drills 6 - 9 years	Gym B			7:15pm - 8:15pm			
Volleyball Skills & Drills 6 - 9 years	Gym B	7:15pm - 8:15pm					
TAG Workshop (Together As Girls) Sept. 28 - Nov. 8	Platform		6:00pm - 7:00pm				
Youth Leaders 10 - 16 years	Studio					7:00pm - 8:00pm	

Please see next page for Aquatics Schedule (Lap Pool opening September 16)

Hours of Operation

Monday to Friday: 6:00am - 9:00pm

Saturday: 8:30am - 4:00pm

Sundays & Stat Holidays: CLOSED

Notes:

Basketball/Open Gym - Youth under 10 years require active adult supervision.

Pool - Pool must be fully vacated in between booking times.

Open Gym - Daily sessions available for booking; 1 person books and a total of 10 within the cohort can attend.

You will be asked to list participants at check-in, and can only attend 1 session/day.



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Lap Pool opening September 16

Aquatic Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Lap Pool	11:00am	11:00am	11:00am	11:00am	11:00am	
Aqua Therapy	Lap Pool			12:00pm	12:00pm		
Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diversity Swim	Lap Pool						12:15pm - 1:30pm
Youth Stroke Clinic	Lap Pool					5:05pm - 5:35pm	
Open Swim	Lap Pool		9:00am - 9:45am	9:00am - 9:45am	9:00am - 9:45am		1:30pm - 2:30pm
Pre - Registered	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Learn to Swim	Lap Pool					5:20pm - 5:50pm	
Jr. Lifeguard Club 8 -11 & 12 -15 years	Lap Pool					5:00pm - 6:00pm	
Lane Swim	Lap Pool	7:00am - 7:45am 8:00am - 8:45am 9:00am - 9:45am 12:00pm - 1:00pm 3:00pm - 3:45pm	7:00am - 7:45am 8:00am - 8:45am 12:00pm - 1:00pm 3:00pm - 3:45pm	7:00am - 7:45am 8:00am - 8:45am 3:00pm - 3:45pm	7:00am - 7:45am 8:00am - 8:45am 3:00pm - 3:45pm	7:00am - 7:45am 8:00am - 8:45am 9:00am - 9:45am 12:00pm - 1:00pm 3:00pm - 3:45pm	2:30pm - 3:15pm
Life Saving Society Sports Fundamentals 8 -11 & 12 -15 years	Lap Pool					6:00pm - 7:00pm	
Low Sensory Swim Lessons	Lap Pool	6:20pm - 6:50pm 6:25pm - 6:55pm 6:30pm - 7:00pm	6:25pm - 6:55pm	6:25pm - 6:55pm	6:20pm - 6:50pm 6:25pm - 6:55pm	6:10pm - 6:40pm 6:20pm - 6:50pm 6:25pm - 6:55pm	11:25am - 11:55am 11:30am - 12:00pm



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Youth Learn To Swim	Lap Pool					5:55pm - 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		

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