



Innisfil YMCA: Health, Fitness & Aquatics Centre

Fall Schedule - September 7th - December 19th

• Schedule is subject to change •

Please note that all Fitness classes, Open Swims, and Lane Swims are drop in and no longer require pre-booking. Masks are required upon entry and outside of class or direct workout station.

Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp	Studio		8:00am - 8:45am	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
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			12:00pm - 1:00pm			
Gentle Fit	Studio				11:00am - 11:45am		
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		8:00am - 8:45am 6:45pm - 7:30pm		



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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	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	
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				
Pre-Booked	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	Gym B and/or Gym A	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
Drop-In 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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Register by Session 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. 2	Platform		6:30pm - 7:30pm				
Youth Leaders 10 - 16 years	Studio					7:00pm - 8:00pm	

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

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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Drop-In Aquatic Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AquaFit	Lap Pool	11:15am	11:00am	11:00am	10:00am	11:00am	
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	9:15am - 10:25am 7:15pm - 8:15pm	9:10am - 10:10am	9:10am - 10:10am 7:15pm - 8:15pm	9:00am - 10:00am	9:15am - 10:15am 7:15pm - 8:15pm	1:30pm - 2:30pm
NEW!!	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop-In Lane Swim *Effective Oct. 25	Lap Pool	7:00am - 9:00am 12:00pm - 1:00pm 3:00pm - 3:45pm	7:00am - 9:00am 12:00pm - 1:00pm 3:00pm - 3:45pm 7:15pm - 8:15pm	7:00am - 9:00am 12:00pm - 1:00pm 3:00pm - 3:45pm	7:00am - 8:45am 11:45am - 1:00pm 3:00pm - 3:45pm 7:15pm - 8:15pm	7:00am - 9:00am 12:00pm - 1:00pm 3:00pm - 3:45pm	2:30pm - 3:15pm
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	
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	6:25pm - 6:55pm	6:25pm - 6:55pm		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	Nov. 12 - Nov. 26	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	Fridays - 4:40pm Fridays - 4:45pm	Fridays - 4:40pm Fridays - 4:45pm

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