



Innisfil YMCA: Health, Fitness, & Aquatics Centre

Schedule - September 6 - January 2 2022

- Schedule is subject to change -

Programs and sessions requiring registration must be booked in advance online at YMCAOnlinePortal.ca
Masks are recommended upon entry and outside of class or direct workout station.

Drop-In Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp	Studio			9:00am - 9:45am 5:15pm - 5:45pm				
Cycle	Studio					10:00am - 10:45am		
Gravity	Studio		7:00pm-7:45pm		7:00pm-7:45pm		8:30am - 9:15am	
HIIT	Studio	10:00am-10:45am						
On The Move	Gym A/or B	9:00am - 9:45am	9:00am - 9:45am	10:00am-10:45am	9:00am - 9:45am	9:00am - 9:45am		
Group Power	Studio	6:00pm - 7:00pm		6:00pm - 7:00pm			9:45am-10:45am	
Gentle Fit	Studio/ Gym B		11:00am- 11:45am		11:00am-11:45am			
Gentle Yoga	Studio		12:00pm-1:00pm					
Yoga	Studio	7:15pm - 8:00pm		12:00- 1:00pm	8:00-8:45pm	12:00pm-1:00pm		
HIIT/Bootcamp	Studio/ Gym B		5:00pm-5:45pm					
Total Fit	Studio	Coming Soon!						
Zumba	Studio		6:00pm - 6:45pm		6:00pm - 6:45pm		11:00am-12:00pm	
Cardio Core	Studio		10:00am- 10:45am					
Drop-In SELF DIRECTED	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Centre	Condt. Floor	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	8:00am - 4:00pm	10:00am-3:00pm
Pickleball	Gym B and/or A	1:30pm - 3:30pm	12:00pm-4:00 pm	1:30pm - 3:30pm	1:30pm - 3:30pm	12:00pm-4:00 pm		



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Toonie Tuesday \$2	Track		12:00pm-4:00 pm					
Silver Club	Studio				12:30pm-2:30pm			
Drop-In	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	Gym A/B	Please check the online portal for the most up to date schedule at: YMCAOnlinePortal.ca						
Drop-In Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stay n' Play (0 - 5 Years)	MPR/ Gym B	9:00am-11:15am	9:00am-11:15am 5:45pm-7:30pm	9:00am-11:15am	9:00am-11:15am	9:00am - 11:15am	9:00am - 11:15am	
Y Kids Preschool (3 - 5 Years)	Gym B	5:30pm-6:30pm	4:30pm - 5:45pm	5:30pm-6:30pm	4:30pm - 5:45pm			
Y Kids (6 - 9 Years)	Gym B	6:30pm-7:30pm	5:45pm - 7:15pm	6:30pm-7:30pm	5:45pm - 7:15pm		9:00am - 11:15am	
Register by Session	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Floor Hockey 6-9 yrs	Gym A	5:30-6:15pm						
Floor Hockey 10-13yrs	Gym A	7:30pm-8:15pm						
Badminton 6-9yrs	Gym A			5:30pm-6:15pm				
Badminton 10-13yrs	Gym A			7:30pm-8:15pm				
Gym & Swim	Gym B & Leisure Pool				10:30am-11:30am			



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Aikido 6-9yrs *Program has an additional cost	Gym A				4:30pm-5:30pm			
Aikido 10-15yrs *Program has an additional cost	Gym A				5:45pm-6:45pm			
Aikido 16+yrs *Program has an additional cost	Gym A				7:00pm-8:00pm			
Jr. Leaders	Studio					6:00pm-7:00pm		
Advanced Leaders	Studio					7:00pm-8:00pm		



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Aquatic Drop-In Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Lap Pool	11:00am-11:45am	10:00am-10:45am	11:00am-11:45am	10:00am-10:45am	11:00am-11:45am		
Aquatherapy	Leisure Pool		11:00am-11:45am					
Aquarun	Lap Pool				11:00am-11:45am			

Drop-In Aquatics	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Diversity Swim	Lap Pool						12:30pm-1:30pm	
Open Swim	Leisure Pool	7:00-10:30am 12:00-1:00pm 3:00-3:45pm 7:15-8:15pm	7:00-9:30am 12:00-1:00pm 3:00-3:45pm 7:15-8:15pm	7:00-10:30am 12:00-1:00pm 3:00-3:45pm 7:15-8:15pm	7:00-9:30am 10:45-1:00pm 3:00-3:45pm 7:15-8:15pm	7:00-10:30am 12:00-1:00pm 3:00-3:45pm 7:15-8:15pm	1:30pm-3:30pm	10:30am-1:30pm
Open Swim (One lane available)	Lap Pool	9:00am-10:30am 7:15pm-8:15pm	11:00am-12:00pm 7:15pm-8:15pm	9:00am-10:30am 7:15pm-8:15pm	11:00am-12:00pm 7:15pm-8:15pm	9:00am-10:30am 7:15pm-8:15pm	1:30pm-3:30pm	10:30am-1:30pm



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Lane Swim	Lap Pool	7:00 - 9:00am 12:00 -1:00pm 3:00pm-3:45pm	7:00am - 9:30am 12:00pm-1:00pm 3:00pm-3:45pm	7:00 - 9:00am 12:00 -1:00pm 3:00pm-3:45pm	7:00am - 9:30 am 12:00pm - 1:00pm 3:00pm-3:45pm	7:00am - 9:00am 12:00pm - 1:00pm 3:00pm-3:45pm		1:30pm-2:30pm
Adult Recreation Swim	Leisure Pool							1:30pm-2:30pm
Registered Aquatics	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Learn to Swim	Lap Pool	<p>Please see our News Splash and Advanced Aquatics flyer for details *** One swim lesson included with a Classic membership, per child, per session ***</p>						
Masters Swim Club	Lap Pool							
Volunteer Lifeguard Club	Lap Pool							
Swim Lessons	Lap Pool							
Low Sensory Swim Lessons	Lap Pool							
Family Swim to Survive	Lap Pool							



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Notes:

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

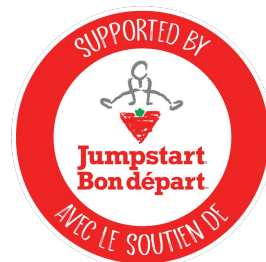
Hours of Operation:

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

Saturday: 8:00am - 4:00pm

Sunday: 10:00am-3:00pm

Statutory Days: CLOSED



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport