



Innisfil YMCA: Health, Fitness, & Aquatics Centre

Schedule - January 2 - March 12 2023

- 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
Cycle	Studio					10:00am - 10:45am		
Gravity	Studio		7:00pm-7:45pm		7:00pm-7:45pm			
On The Move	Gym A/or B	9:00am - 9:45am 10:00am-10:45am	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			9:30am-10:30am	
Gentle Fit	Studio/ Gym B		11:00am- 11:45am		11:00am-11:45am			
Gentle Yoga			12:00pm-1:00pm					
Yoga	Studio	12:00pm-12:45pm 7:15pm - 8:00pm		12:00pm- 1:00pm	9:30am-10:15am 8:00pm-8:45pm			
HIIT/Bootcamp	Studio/ Gym B	10:00am-10:45am		9:00am - 9:45am 5:15pm - 5:45pm				
Total Fit	Studio			10:00am-10:45am				
Zumba	Studio		6:00pm - 6:45pm		6:00pm - 6:45pm		11:00am-12:00pm	
Cardio Core	Gym B		10:00am- 10:45am					
Registered January 12-March 10	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yin Yoga * Program has an additional cost	Condt. Floor			7:30pm-8:15pm				
Mom & Baby Yoga	Gym B and/or A					11:00am-12:00pm		



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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		
Silver Club	Studio				12:30pm-2:30pm			
Drop-In	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	Gym A	6:00am-8:00am	6:00am-8:00am 5:30pm-8:30pm	6:00am-8:00am	6:00am-8:00am 8:00pm-8:30pm	6:00am-8:00am 4:00pm-8:30pm	8:00am-9:00am 11:30am-3:30pm	1:30pm-2:30pm
	Gym B	6:00am-8:45am 11:15am-1:30pm 4:00pm-5:00pm 7:30pm-8:30pm	6:00am-8:45am 4:00pm-5:00pm 7:30pm-8:30pm	6:00am-8:45am 11:15am-1:30pm 4:00pm-5:00pm 7:30pm-8:30pm	6:00am-8:45am 11:15am-1:30pm 7:30pm-8:30pm	6:00am-8:45am 4:00pm-8:30pm	11:30am-3:30pm	10:00am-2:30pm
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	5:30pm-6:30pm	5:30pm-6:30pm	4:30pm - 5:30pm			
Y Kids (6 - 9 Years)	Gym B	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	5:30pm - 7:00pm		9:00am - 11:15am	
Register by Session	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball 6-9 yrs	Gym A	5:30-6:15pm						
Basketball 10-13yrs	Gym A	7:30pm-8:15pm						
Volleyball 6-9yrs	Gym A			5:30pm-6:15pm				
Volleyball 10-13yrs	Gym A			7:30pm-8:15pm				



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



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



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Lane Swim	Lap Pool	7:00am - 10:00am 11:45am -1:00pm 3:00pm-3:45pm	7:00am - 9:00am 11:00pm-1:00pm 3:00pm-3:45pm	7:00am - 10:00am 11:45am -1:00pm 3:00pm-3:45pm	7:00am - 9:00am 11:45pm-1:00pm 3:00pm-3:45pm	7:00am - 10:00am 11:45am -1:00pm 3:00pm-3:45pm		1:30pm-2:30pm
Adult Recreation Swim	Leisure Pool							1:30pm-2:30pm
Low Sensory Swim	Lap & Leisure Pool		1:00pm-2:00pm		1:00pm-2:00pm			
Youth Stroke Clinic	Lap Pool					5:00pm-5:30pm		
Registered Aquatics	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Learn to Swim	Lap Pool					5:00pm-5:30pm 6:00pm-6:30pm		
Adult Learn to Swim -Beginner	Lap Pool					4:00pm-4:30pm 5:30pm-6:00pm 6:00pm-6:30pm		
Adult Learn to Swim-Intermediate	Lap Pool					5:30pm-6:00pm 6:30pm-7:00pm		
Masters Swim Club	Lap Pool		7:15pm-8:15pm					
Family Swim to Survive	Lap Pool					4:00pm-4:30pm		



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Notes:

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

Hours of Operation:

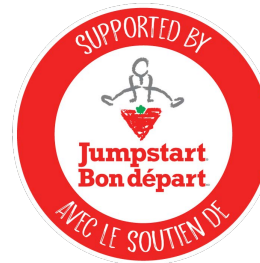
Monday - Friday: 6:00am - 9:00pm

Saturday: 8:00am - 4:00pm

Sunday: 10:00am-3:00pm

Statutory Days: CLOSED

Conditioning Floor open during hours of operation



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