

Innisfil YMCA

Health, Fitness, & Aquatics

January 1 - March 17

2024 Winter Schedule



MONDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
6:00am										
6:30am										
7:00am										
7:30am										
8:00am	Booking					Open Swim 7:00am-1:00pm	Lane Swim 6:30-10:00am			
8:30am										
9:00am			OTM 9:00-9:45				Stay'n Play 9:00am- 12:00pm			
9:30am										
10:00am				Bootcamp 10:00-10:45am					Open/Lane Swim 10:00-11:00am	
10:30am										
11:00am				Yoga Balance Workshop 11:00am-12:00pm				Aquafit 11:00-11:45am		
11:30am										
12:00pm			Member Pickleball 12:00-1:30pm	Chair Yoga 12:00pm-12:45pm					Lane Swim 12:00-1:00pm	
12:30pm										
1:00pm										
1:30pm										
2:00pm			Pickleball Member/ Resident \$2 1:30-3:30pm							
2:30pm										
3:00pm										
3:30pm								Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm	
4:00pm										
4:30pm										
5:00pm	Floor Hockey (6-9) 5:15-6:15pm	Y Kids (3-9) 5:15-8:15pm			Youth Room (10-17) 5:15pm- 7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details			
5:30pm										
6:00pm				Group Power 6:00-7:00pm						
6:30pm	Floor Hockey (10-12) 6:30-7:30pm									
7:00pm			Yoga 7:15-8:15 pm							
7:30pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm			
8:00pm										
8:30pm										
9:00pm										

Fitness Classes
 Drop-In Child & Youth
 Registered Programs
 Self-Directed
 Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

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2024 Winter Schedule



TUESDAY

	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
6:00am										
6:30am										
7:00am		Member Pickleball 6.30-8.00pm					Lane Swim 6:30-9:00am			
7:30am										
8:00am	Booking					Open Swim 7:00-11:00am				
8:30am										
9:00am			OTM 9:00-9:45am			Stay'n Play 9:00am-12:00pm	Lane Swim 9:00-10:00am			
9:30am										
10:00am				Zumba 10:00-10:45am				Aquafit 10:00-10:45am		
10:30am										
11:00am				Gentlefit 11:00-11:45am						
11:30am										
12:00pm			Member Pickleball 12:00-1:30pm	Chair Yoga 12:00-12:45pm			Aqua Therapy 11:00-11:45am	Lane Swim 11:00am-1:00pm		
12:30pm							Open Swim 12:00-1:00pm			
1:00pm										
1:30pm										
2:00pm			Pickleball Member/\$2 Resident 1:30-3:30pm							
2:30pm										
3:00pm							Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
3:30pm										
4:00pm										
4:30pm										
5:00pm	Volleyball (6-9) 5:15-6:15pm	Y-Kids (3-9) 5:15-8:15pm			Youth Room (10-17) 5:15-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details			
5:30pm										
6:00pm				Zumba 6:00-6:45pm						
6:30pm	Volleyball (10-12) 6:30-7:30pm									
7:00pm			Gravity 7:00pm-7:45pm							
7:30pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm			
8:00pm										
8:30pm										
9:00pm										

- Fitness Classes
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WEDNESDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am									
7:30am							Lane Swim 6:30-10:00am		
8:00am	Booking					Open Swim 7:00-1:00pm			
8:30am									
9:00am				TotalFit 9:00-9:45am			Stay'n Play 9:00am- 12:00pm	Open/Lane Swim 10:00-11:00am	
9:30am									
10:00am			OTM 10:00-10:45am				TOI Parent & Tot Swim 12:00-1:00pm	Aquafit 11:00-11:45am	
10:30am									
11:00am				Restorative Yoga Workshop 11:00am-12:00pm					
11:30am									
12:00pm			Member Pickleball 12:00-1:30pm	Yoga 12:00-1:00pm				Lane Swim 12:00am-1:00pm	
12:30pm									
1:00pm									
1:30pm									
2:00pm									
2:30pm		Pickleball Member/\$2 Resident 1:30-3:30pm							
3:00pm									
3:30pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:00pm									
4:30pm									
5:00pm	Floor Hockey (3-5) 5:15-6:00pm	Y-Kids (3-9) 5:15-8:15pm			Youth Room (10-17) 5:15-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details		
5:30pm									
6:00pm	Volleyball (3-5) 6:15-7:00pm		Group Power 6:00-7:00pm						
6:30pm									
7:00pm									
7:30pm									
8:00pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
8:30pm									
9:00pm									

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THURSDAY

	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am		Member Pickleball 6:30-8:00am					Lane Swim 6:30-9:00am		
7:30am									
8:00am	Booking					Open Swim 7:00-11:00am			
8:30am									
9:00am			OTM 9:00-9:45am			Stay'n Play 9:00am-12:00pm	Open Swim 9:00-10:00am		
9:30am									
10:00am				Bootcamp 10:00-10:45am				Aquafit 10:00-10:45	
10:30am									
11:00am				Gentlefit 11:00-11:45am			Aqua Therapy 11:00-11:45am		
11:30am								Lane Swim 11:00am-1:00pm	
12:00pm			Member Pickleball 12:00-1:30pm	Silver Club 12:00-3:00pm			Open Swim 12:00-1:00pm		
12:30pm									
1:00pm									
1:30pm									
2:00pm		Pickleball Member/\$2 Resident 1:30-3:30pm							
2:30pm									
3:00pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
3:30pm									
4:00pm									
4:30pm									
5:00pm	Aikido (6-9) 5:15-6:15pm	Y-Kids (3-9) 5:30-8:15pm			Art Spark (3-5) 5:15-6:00pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details		
5:30pm									
6:00pm				Zumba 6:00-6:45pm					
6:30pm					Art Spark (6-12) 6:15-7:15pm				
7:00pm	Aikido -Family 6:30-7:30pm		Group Power 7:00-8:00pm						
7:30pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
8:00pm									
8:30pm									
9:00pm									

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FRIDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am								
7:30am								
8:00am	Booking					Open Swim 7:00am-1:00pm	Lane Swim 6:30-10:00am	
8:30am								
9:00am			OTM 9:00-9:45am				Stay'n Play 9:00am- 12:00pm	
9:30am								
10:00am				Cycle 10:00-10:45am				
10:30am								
11:00am						Aquafit 11:00-11:45am		
11:30am								
12:00pm	Pickleball Member/\$2 Resident 12:00-4:00pm		Yoga 12:00-1:00pm					
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm	
4:00pm								
4:30pm								
5:00pm						Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details	
5:30pm			Leaders Exc. 5:00-6:00pm					
6:00pm								
6:30pm			Jr./Int. Leaders 6:00-7:00pm					
7:00pm								
7:30pm			Adv. Leaders 7:00-8:00pm			Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
8:00pm								
8:30pm								
9:00pm								



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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SATURDAY							
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
8:00am							
8:30am							
9:00am	Y-Kids (3-9) 9:00am-12:00pm				Stay'n Play 9:00am-12:00pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
9:30am							
10:00am			Group Power 9:30-10:30am				
10:30am							
11:00am							
11:30am			Zumba 11:00am-12:00pm				
12:00pm							
12:30pm							
1:00pm						Community Swim 12:30-1:30pm	Community Swim 12:30-1:30pm
1:30pm							
2:00pm							
2:30pm						Open Swim 1:30-3:30pm	Lane Swim 1:30-3:30pm
3:00pm							
3:30pm							
4:00pm							



Drop-In Fitness



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Self-Directed



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SUNDAY

	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
10:00am		Member Pickleball 10:00am-12:30pm	Gravity 10:15-11:00am				
10:30am							
11:00am						Open Swim 10:30am-1:30pm	Lane Swim 10:30am-1:30pm
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm						Adult Rec Swim 1:30-2:30pm	Lane Swim 1:30-2:30pm
2:30pm							
3:00pm							



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Child and Youth



Registered Programs



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UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise:
On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



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

YMCA Silver Club is generously funded by:

