

# Innisfil YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



MONDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am							Lane Swim 6:30-10:00am	
7:00am						Open Swim 7:00am-1:00pm		
7:30am								
8:00am	Booking							
8:30am								
9:00am		OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm			
9:30am								
10:00am		Stay & Play Gym 10:00am-11:00am	Bootcamp 10:00-10:45am				Open/Lane Swim 10:00-11:00am	
10:30am								
11:00am							Aquafit 11:00-11:45am	
11:30am								
12:00pm		Member Pickleball 12:00-1:30pm	Chair Yoga 12:00-12:45pm			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								
4:00pm		Family Open Gym 4:00-5:00pm				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm	
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 7:15-8:15pm					
7:30pm								
8:00pm	Open Gym Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
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

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2024 Spring Schedule



TUESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am		Member Pickleball 6:30-8:00pm	HIIT 7:00-7:30am			Open Swim 7:00-11:00am	Lane Swim 6:30-9:00am	
7:00am								
7:30am								
8:00am	Booking							
8:30am								
9:00am		OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm	Lane Swim 9:00-10:00am		
9:30am						Aquafit 10:00-10:45am		
10:00am			Zumba 10:00-10:45am					
10:30am								
11:00am			Gentlefit 11:00-11:45am		Aqua Therapy 11:00-11:45am	Lane Swim 11:00am-1:00pm		
11:30am								
12:00pm		Member Pickleball 12:00-1:30pm	Gentle Yoga 12:00-1:00pm	TOI \$2 Track Residents Only				
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		Family Open Gym 4:00-5:00pm						
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								
8:00pm	Open Gym Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
8:30pm								
9:00pm								

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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 6:30am-10:00am
8:00am	Booking						
8:30am							
9:00am			Totalfit 9:00-9:45am			Open Swim 7:00-1:00pm	Open/Lane Swim 10:00-11:00am
9:30am							
10:00am		OTM 10:00-10:45am	Balance 10:00-10:45am		Stay & Play 9:00am-12:00pm	TOI Parent & Tot Swim 12:00-1:00pm	Aquafit 11:00-11:45am
10:30am							
11:00am			Fusion 11:00-11:45am				
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		Family Open Gym 4:00-5:00pm					
4:30pm							
5:00pm	Floor Hockey (3-5) 5:15-6:00pm	Y-Kids (3-9) 5:15-8:15pm					
5:30pm							
6:00pm							
6:30pm	Volleyball (3-5) 6:15-7:00pm		Group Power 6:00-7:00pm		Youth Room (10-17) 5:15-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
7:00pm							
7:30pm	Open Gym Basketball 7:15-8:45pm		Yoga 7:15-8:00pm				
8:00pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm
8:30pm							
9:00pm							



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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THURSDAY							
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
6:00am							
6:30am		Member Pickleball 6:30-8:00am				Open Swim 7:00-11:00am	Lane Swim 6:30-9:00am
7:00am							
7:30am							
8:00am	Booking					Open Swim 7:00-11:00am	Open Swim 9:00-10:00am
8:30am							
9:00am		OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm		
9:30am							
10:00am			Bootcamp 10:00-10:45am			Aquafit 10:00-10:45am	
10:30am							
11:00am			Gentlefit 11:00-11:45am			Aqua Therapy 11:00-11:45am	Lane Swim 11:00-1:00pm
11:30am							
12:00pm		Member Pickleball 12:00-1:30pm	Silver Club 12:00-3:00pm	TOI \$2 Track Residents Only		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							
3:30pm							
4:00pm		Family Open Gym 4:00-5:00pm				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm
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	Aikido -Family 6:30-7:30pm				Art Spark (6-12) 6:15-7:15pm		
7:00pm				20/20/20 7:00-7:45pm			
7:30pm							
8:00pm	Open Gym Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm
8:30pm							
9:00pm							

- Drop-In Fitness
- Child and Youth
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	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
6:00am							
6:30am							
7:00am							
7:30am							
8:00am	Booking						Lane Swim 6:30-10:00am
8:30am							
9:00am		OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm		
9:30am							
10:00am			Cycle 10:00-10:45am			Open Swim 7:00am-1:00pm	Open/Lane Swim 10:00-11:00am
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				Lane Swim 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	Youth Basketball Night 5:00-8:45pm		Leaders Exc. 5:00-6:00pm			Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
5:30pm							
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							

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SATURDAY							
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
8:00am		Open Gym Basketball 8:00am-3:45pm					
8:30am							
9:00am	Y-Kids (3-9) 9:00am-12:00pm				Stay & Play 9:00am-12:00pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
9:30am			Group Power 9:30-10:30am				
10:00am							
10:30am			Zumba 11:00am-12:00pm				
11:00am							
11:30am							
12:00pm							
12:30pm	Family Open Gym 12:30-3:45pm					TOI Community Swim 12:30-2:30pm	TOI Community Swim 12:30-3:30pm/ Lane Swim 12:30-2:30pm
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							

Drop-In Fitness
  Child and Youth
  Registered Programs
  Self-Directed

Drop-In Aquatics

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2024 Spring Schedule



SUNDAY							
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
8:00am	Open Gym Basketball 8:00am-2:45pm						
8:30am							
9:00am							
9:30am							
10:00am		Member Pickleball 10:00am-12:30pm	Gravity 10:15-11:00am				
10:30am						Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm
11:00am							
11:30am							
12:00pm		Family Open Gym 12:45-2:45pm					
12:30pm							
1:00pm							
1:30pm						Adult Rec Swim 1:30-2:30pm	Lane Swim 1:30-2:30pm
2:00pm							
2:30pm							
3:00pm							

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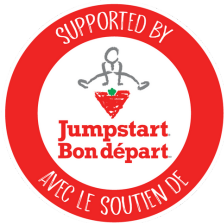


UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



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:

