**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									
7:00am									
7:30am							Lane Swim		
8:00am							6:30-10:00am		
8:30am	_								
9:00am		ОТМ							
9:30am		9:00-9:45am							
10:00am		Stay & Play	Bootcamp			Open Swim	Open/Lane Swim		
10:30am		Gym 10:00am-	10:00-10:45am		Stay & Play	7:00am-1:00pm	10:00-11:00am		
11:00am		11:00am			9:00am- 12:00pm		Aquafit		
11:30am							11:00-11:45am		
12:00pm	Booking	Member	Chair Yoga				Lane Swim		
12:30pm		Pickleball 12:00-1:30pm	12:00-12:45pm				12:00-1:00pm		
1:00pm		12.00 1.30pm							
1:30pm		5							
2:00pm		Pickleball Member/							
2:30pm		Resident \$2							
3:00pm		1:30-3:30pm							
3:30pm									
4:00pm		Family Open Gym				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:30pm		4:00-5:00pm				5.00 4.00pm	5.00 4.00pm		
5:00pm	Badminton								
5:30pm	(6-9)						Curing Lossons		
6:00pm	5:15PM-6:15PM		Group Power			Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics		
6:30pm	Badminton	Y Kids (3-9) 5:15-8:15pm					Schedule for Details		
7:00pm	(10-12)	5.15-6.15pm							
7:30pm	6:30PM-7:30PM		Yoga 7:15-8:15pm						
8:00pm	Open Gym Basketball		-7.13-0.13pm				Onenlless		
8:30pm	7:45PM-8:45PM					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
9:00pm									

Fitness Classes

Drop-In Child & Youth

**Registered Programs** 

Self-Directed



**Drop-In Aquatics** 

**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



TUESDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am		Member Pickleball					Lane Swim		
7:30am		6:30-8:00pm					6:30-9:00am		
8:00am									
8:30am						Open Swim			
9:00am		ОТМ				7:00-11:00am	Lane Swim		
9:30am		9:00-9:45am					9:00-10:00am		
10:00am			Zumba		Stay & Play		Aquafit		
10:30am			10:00-10:45am		9:00am-		10:00-10:45am		
11:00am			Gentlefit		12:00pm	Aqua Therapy			
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim		
12:00pm	Booking	Booking Member Pickleball	Booking Member	Gentle Yoga	TOI \$2		Open Swim 12:00-1:00pm	11:00am-1:00pm	
12:30pm				12:00-1:00pm	Track				
1:00pm		12:00-1:30pm		Residents Only					
1:30pm				,					
2:00pm		Pickleball							
2:30pm 3:00pm		Member/\$2 Resident							
3:30pm		1:30-3:30pm				Open Swim	Lane Swim		
4:00pm		Family Open				3:00-4:00pm	3:00-4:00pm		
· · · ·		Gym							
4:30pm		4:00-5:00pm							
5:00pm	Sport Fundamentals					Swim Lessons	Swim Lessons		
5:30pm	(6-9)					See our Aquatics	See our Aquatics		
6:00pm	5:15PM-6:15PM		Zumba			Schedule for Details	Schedule for Details		
6:30pm	Volleyball	Y-Kids (3-9) 5:15-8:15pm	6:00-6:45pm						
7:00pm	Fundamentals (10-12)	5.15-6.15pm	Gravity						
7:30pm	6:30-7:30pm		7:00pm-7:45pm						
8:00pm	Open Gym					Open Swim	Open/Lane Swim		
8:30pm	Basketball 7:45-8:45pm					7:30-8:30pm	7:30-8:30pm		
9:00pm									



Drop-In Child & Youth

**Registered Programs** 

Self-Directed



**Drop-In Aquatics** 

Health, Fitness, & Aquatics March 18 - June 30

2024 Spring Schedule



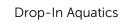
WEDNESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am								
7:30am								
8:00am							Lane Swim	
8:30am							6:30am-10:00am	
9:00am			Totalfit 9:00-9:45am			Open Swim		
9:30am			9.00-9.45am			7:00-1:00pm		
10:00am		ОТМ	Balance		Stay & Play 9:00am-	TOI Parent & Tot	Open/Lane Swim	
10:30am		10:00-10:45am	10:00-10:45am		12:00pm	Swim 12:00-1:00pm	10:00-11:00am	
11:00am			Fusion			12.00 1.000	Aquafit	
11:30am			11:00-11:45am				11:00-11:45am	
12:00pm	Booking	Member	Yoga				Lane Swim	
12:30pm		Pickleball	12:00-1:00pm				12:00am-1:00pm	
1:00pm		12:00-1:30pm						
1:30pm								
2:00pm		Pickleball						
2:30pm		Member/\$2 Resident						
3:00pm		1:30-3:30pm				Open Swim	Lane Swim	
3:30pm 4:00pm		Family Open				3:00-4:00pm	3:00-4:00pm	
		Gym						
4:30pm		4:00-5:00pm						
5:00pm	Sport Fundamentals							
5:30pm	(3-5)					Swim Lessons	Swim Lessons	
6:00pm	5:15-6:00pm				Teen Nights	See our Aquatics	See our Aquatics Schedule for Details	
6:30pm	Sport	Y-Kids (3-9)	Group Power		(10-17)			
7:00pm	Fundamentals (3-5) 6:15-7:00pm	5:15-8:15pm	6:00-7:00pm		5:00-7:30pm			
7:30pm	Open Gym		Yoga			Open Swine	Open/Lana Swins	
8:00pm	Basketball		7:15-8:15pm			Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
8:30pm	7:15-8:45pm							
9:00pm								

Drop-In Fitness

Child and Youth

**Registered Programs** 

Self-Directed



**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



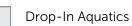
THURSDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am		Member Pickleball					Lane Swim		
7:30am		6:30-8:00am					6:30-9:00am		
8:00am									
8:30am						Open Swim			
9:00am	ļ	ОТМ				7:00-11:00am	Open/Lane Swim		
9:30am	ļ	9:00-9:45am					9:00-10:00am		
10:00am			Bootcamp		Stay & Play		Aquafit		
10:30am			10:00-10:45am		9:00am-		10:00-10:45am		
11:00am	ļ		Gentlefit		12:00pm	Aqua Therapy			
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim		
12:00pm	Decking	Member		TOI \$2		Open Swim	11:00-1:00pm		
12:30pm	Booking	Pickleball		Track		12:00-1:00pm			
1:00pm	ļ	12:00-1:30pm	Silver Club	Residents Only					
1:30pm	ļ	Distants all	12:00-3:00pm	Onty					
2:00pm	ļ	Pickleball Member/\$2							
2:30pm	ļ	Resident							
3:00pm		1:30-3:30pm							
3:30pm	ļ								
4:00pm	ļ	Family Open				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:30pm		Gym 4:00-5:00pm				5.00 4.00pm	5.00 4.00pm		
5:00pm					Art Spark				
5:30pm	Aikido (6-9) 5:15-6:15pm				(3-5)				
6:00pm			Zumba		5:15-6:00pm	Swim Lessons	Swim Lessons		
6:30pm		Y-Kids (3-9)	6:00-6:45pm		Art Spark	See our Aquatics	See our Aquatics Schedule for Details		
7:00pm	Aikido -Family 6:30-7:30pm	5:15-8:15pm	20/20/20		(6-12) 6:15-7:15pm				
7:30pm			7:00-7:45pm						
8:00pm	Open Gym								
8:30pm	Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
9:00pm									

Drop-In Fitness

Child and Youth

**Registered Programs** 

Self-Directed



**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



FRIDAY Leisure Gym A Gym B Studio Track MPR Lap Pool Pool 6:00am 6:30am 7.00am 7:30am Lane Swim 8:00am 6:30-10:00am 8:30am 9:00am OTM 9:00-9:45am 9:30am Booking **Open Swim** 10:00am Cycle Open/Lane Swim Stay & Play 7:00am-1:00pm 10:00-10:45am 10:00-11:00am 10:30am 9:00am-12:00pm 11:00am Aquafit 11:00-11:45am 11:30am 12:00pm Lane Swim Yoga 12:30pm 12:00-1:00pm 12:00-1:00pm 1:00pm Pickleball Pickleball 1:30pm Member/\$2 Member/\$2 2:00pm Resident Resident 2:30pm 12:00-4:00pm 12:00-4:00pm 3:00pm Open Swim Lane Swim 3:30pm 3:00-4:00pm 3:00-4:00pm 4:00pm 4:30pm 5:00pm Swim Lessons Swim Lessons 5:30pm See our Aquatics See our Aquatics 6:00pm Schedule for Details Schedule for Details 6:30pm Jr./Int. Leaders Youth Basketball Night 5:00-8:45pm 6:00-7:00pm 7:00pm 7:30pm Adv. Leaders Open Swim Open/Lane Swim 7:00-8:00pm 8:00pm 7:30-8:30pm 7:30-8:30pm 8:30pm 9:00pm



Child and Youth

**Registered Programs** 





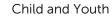
Health, Fitness, & Aquatics March 18 - June 30

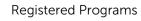
2024 Spring Schedule



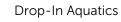
SATURDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
8:00am									
8:30am									
9:00am									
9:30am									
10:00am			Group Power 9:30-10:30am		Stay & Play	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details		
10:30am	Y-Kids (6-9) 9:00am-12:00pm		5.00 10.000		9:00am- 12:00pm				
11:00am		Open Gym	Zumba 11:00am-12:00pm						
11:30am		Basketball							
12:00pm		8:00am-							
12:30pm		3:45pm							
1:00pm									
1:30pm							TOI Community		
2:00pm	Family Open Gym 12:30-3:45pm					TOI Community	Swim 12:30-3:30pm/		
2:30pm	12.00 0. 10011				Swim 12:30-3:30pm	Lane Swim			
3:00pm							12:30-3:30pm		
3:30pm									
4:00pm									







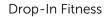


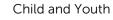


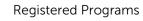
**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



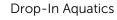
SUNDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
8:00am										
8:30am										
9:00am										
9:30am	Open Gym Basketball									
10:00am	8:00AM-12:00PM		C							
10:30am		Member C Pickleball 10:00am-	Gravity 10:15- 11:00am			-				
11:00am			11.000111							
11:30am	Drop In Volleyball (16+) 12:00PM-2:00PM Family Open Gym				On an Guine	On any /Lana Cusing				
12:00pm						Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm			
12:30pm		-				10.000111 1.000111				
1:00pm										
1:30pm		Gym								
2:00pm		12:45-2:45pm				Adult Rec Swim	Lane Swim			
2:30pm						1:30-2:30pm	1:30-2:30pm			
3:00pm										











**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule

#### **Contact Information & Hours**

Monday - Friday: 6:00am-9:00pm Saturday: 8:00am-4:00pm Sunday: 8:00am-3:00pm

1-7315 Yonge Street Innisfil, Ontario L9S 4V7

innisfil@sm.ymca.ca (705) 431-9622



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

