

# 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										
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 & 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) 5:00-6:00pm	Y Kids (3-9) 5:15-8:15pm				Youth Room (10-17) 5:00pm-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details	
5:30pm										
6:00pm	Advanced Floor Hockey (6-9) 6:15-7:15pm	Group Power 6:00-7:00pm								
6:30pm										
7:00pm			Yoga 7:15-8:15pm							
7:30pm										
8:00pm	Advanced Floor Hockey (10-12) 7:30-8:30pm									
8:30pm						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

For more information, please contact your Membership Services Desk

# Innisfil YMCA

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March 18 - June 30

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					Lane Swim 6:30-9:00am			
7:00am										
7:30am						Open Swim 7:00-11:00am	Lane Swim 9:00-10:00am			
8:00am	Booking									
8:30am										
9:00am			OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm				
9:30am										
10:00am				Zumba 10:00-10:45am				Aquafit 10:00-10:45am		
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	Gentle Yoga 12:00-1:00pm	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						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 Fundamentals (6-9)	Y-Kids (3-9) 5:15-8:15pm			Youth Room (10-17) 5:00-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details			
5:30pm	5:15-6:15pm									
6:00pm	Volleyball Fundamentals (10-12)			Zumba 6:00-6:45pm						
6:30pm	6:30-7:30pm			Gravity 7:00pm-7:45pm						
7:00pm										
7:30pm	Open Gym Basketball 7:45-8:45pm					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
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WEDNESDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
6:00am										
6:30am										
7:00am										
7:30am										
8:00am	Booking					Open Swim 7:00-1:00pm	Lane Swim 6:30am-10:00am			
8:30am										
9:00am				Totalfit 9:00-9:45am				Stay & Play 9:00am-12:00pm		
9:30am										
10:00am			OTM 10:00-10:45am	Balance 10:00-10:45am					TOI Parent & Tot Swim 12:00-1:00pm	Open/Lane Swim 10:00-11:00am
10:30am										
11:00am				Fusion 11:00-11:45am			Aquafit 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			Teen Nights (10-17) 5:00-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details			
5:30pm										
6:00pm	Floor Hockey (3-5) 6:15-7:00pm			Group Power 6:00-7:00pm						
6:30pm										
7:00pm										
7:30pm	Open Gym Basketball 7:15-8:45pm		Yoga 7:15-8:15pm			Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm			
8:00pm										
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				Open Swim 7:00-11:00am	Lane Swim 6:30-9:00am		
7:30am							Open/Lane Swim 9:00-10:00am		
8:00am	Booking								
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		
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	Lane Swim 11:00-1:00pm	
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) 5:15-8:15pm			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				Art Spark (6-12) 6:15-7:15pm	
6:30pm	Aikido -Family 6:30-7:30pm								
7:00pm			20/20/20 7:00-7:45pm						
7:30pm									
8:00pm	Open Gym Basketball 7:45-8:45pm								
8:30pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
9:00pm									

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# Innisfil YMCA

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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						
9:30am									
10:00am			Cycle 10:00-10:45am		Stay & Play 9:00am-12:00pm		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					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						
8:00pm						Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
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 (6-9) 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								
10:00am				Group Power 9:30-10:30am				
10:30am								
11:00am				Zumba 11:00am-12:00pm				
11:30am								
12:00pm								
12:30pm								
1:00pm	Family Open Gym 12:30-3:45pm						TOI Community Swim 12:30-3:30pm	TOI Community Swim 12:30-3:30pm/ Lane Swim 12:30-3:30pm
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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# Innisfil YMCA

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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			Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm		
10:30am										
11:00am										
11:30am										
12:00pm										
12:30pm			Family Open Gym 12:45-2:45pm							
1:00pm										
1:30pm										
2:00pm							Adult Rec Swim 1:30-2:30pm	Lane Swim 1:30-2:30pm		
2:30pm										
3:00pm										



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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2024 Spring Schedule



## Contact Information & Hours

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

**Saturday: 8:00am-4:00pm**

**Sunday: 8:00am-3:00pm**

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**1-7315 Yonge Street**

**Innisfil, Ontario**

**L9S 4V7**

**innisfil@sm.ymca.ca**

**(705) 431-9622**



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