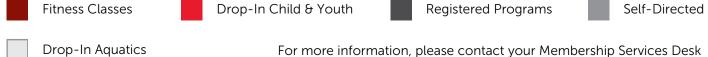
Health, Fitness, & Aquatics



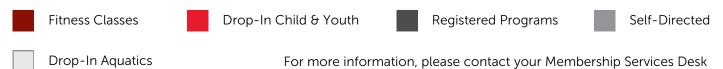
MONDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am									
7:30am							Lane Swim		
8:00am							6:30-10:00am		
8:30am									
9:00am		ОТМ							
9:30am		9:00-9:45am							
10:00am		Stay & Play	Bootcamp			Open Swim	Open/Lane Swim		
10:30am		Gym 10:00am-	10:00-10:45am		Stay & Play 9:00am-	7:00am-1:00pm	10:00-11:00am		
11:00am		11:00am			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									
2:00pm		Pickleball Member/							
2:30pm		Resident \$2							
3:00pm		1:30-3:30pm							
3:30pm							Lana Calina		
4:00pm		Family Open Gym				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:30pm		4:00-5:00pm				3.00 4.00pm	3.00 4.00pm		
5:00pm	Floor Hockey								
5:30pm	(6-9)				Youth Room				
6:00pm	5:00-6:00pm		Group Power		(10-17)	Swim Lessons	Swim Lessons		
6:30pm	Advanced Floor	Y Kids (3-9)	6:00-7:00pm		5:00pm-	See our Aquatics Schedule for Details	See our Aquatics Schedule for Details		
7:00pm	Hockey (6-9)	5:15-8:15pm			7:30pm	Details			
7:30pm	6:15-7:15pm		Yoga 7:15-8:15pm						
8:00pm	Advanced Floor Hockey		7.13 6.13pm						
8:30pm	(10-12) 7:30-8:30pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm		
9:00pm									



Health, Fitness, & Aquatics



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	Member	Gentle Yoga	TOI \$2		Open Swim	11:00am-1:00pm		
12:30pm	Booking	Pickleball	12:00-1:00pm	Track		12:00-1:00pm			
1:00pm		12:00-1:30pm		Residents Only					
1:30pm				1					
2:00pm		Pickleball							
2:30pm		Member/\$2 Resident							
3:00pm 3:30pm		1:30-3:30pm				Open Swim	Lane Swim		
4:00pm		Family Open				3:00-4:00pm	3:00-4:00pm		
<u> </u>		Gym							
4:30pm		4:00-5:00pm							
5:00pm	Volleyball					Swim Lessons	Swim Lessons		
5:30pm	Fundamentals (6-9)					See our Aquatics	See our Aquatics		
6:00pm	5:15-6:15pm		Zumba		Youth Room		Schedule for Details		
6:30pm	Volleyball	Y-Kids (3-9) 5:15-8:15pm	6:00-6:45pm		(10-17) 5:00-7:30pm				
7:00pm	Fundamentals	3.13-6.13pm	Gravity						
7:30pm	(10-12) 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									



Health, Fitness, & Aquatics



Gym A   Gym B   Studio   Track   MPR   Leisure   Pool   Lap Pool	WEDNESDAY								
1.00am		Gym A	Gym B	Studio	Track	MPR		Lap Pool	
7:00am 7:30am 8:00am 8:00am 8:30am 9:00am 9:00am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 12:30pm 12:00pm 13:30pm 12:00pm 13:30pm 12:00pm 13:30pm 13:30	6:00am								
1.30am   1	6:30am								
8:00am   8:30am   9:00am   9:00am   9:30am   9:30am   10:00-10:45am   9:00-9:45am   9:00am   10:00-10:45am	7:00am								
8:30am   9:00am   9	7:30am								
9:00am 9:30am 10:00am 10:00am 11:00am 11:00am 11:00am 11:30am 11:30am 12:30pm 12:00-1:30pm 12:00-1:30pm 12:30pm 12:30pm 12:00pm 12:30pm 12:00pm 12:30pm 12:00-1:30pm 12:00-1:00pm 12:00am 12:00pm 12:00pm 12:00-1:00pm 12:00am 12:00-1:00pm 12:00pm 12:00pm 12:00pm 12:00-1:00pm 12:00pm								Lane Swim	
9:30am  10:00am 10:00am 10:30am 11:00am 11:00am 11:30am 11:00am 11:00a	8:30am							6:30am-10:00am	
10:00am   10:00am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:45am   10:00-10:00pm   11:00-11:45am   10:00-11:45am   10:00-11:45am   10:00-11:45am   10:00-11:00pm   Aquafit   11:00-11:45am   10:00-11:45am	9:00am								
10:30am				9:00-9:45am			7:00-1:00pm		
10:30am 11:00am 11:30am 12:00pm 12:30pm 12:00pm 12:00p									
11:00am 11:30am 12:00pm 12:30pm 12:30pm 1:00pm 1:00pm 1:30pm 2:00pm 2:30pm 3:30pm 4:00pm 4:30pm 4:30pm 5:00pm 5:00pm 6:30pm 6:30pm 6:30pm 7:30pm 7:30pm 7:30pm 7:30pm 8:00pm 8:00pm 8:00pm 8:30pm 8:30pm 7:15-8:45pm 8:30pm 9:30pm			10:00-10:45am	10:00-10:45am				10:00-11:00am	
12:00pm	11:00am			Fusion				Aquafit	
12:30 pm 1:00 pm 1:30 pm 2:00 pm 2:30 pm 2:30 pm 3:30 pm 4:00 pm 4:30 pm 4:00 pm 5:00 pm 6:30 pm 6:30 pm 6:30 pm 6:30 pm 7:00 pm 7:30 pm 7:30 pm 8:00 pm 8:00 pm 8:30 pm 7:30 -8:30 pm 7:30 -8:30 pm 7:30 -8:30 pm 8:30 pm 7:30 -8:30 pm 7:30 -8:30 pm 8:30 pm 7:30 -8:30 pm 8:30 pm 7:30 -8:30 pm 8:30 pm 9:30 pm 8:30 pm 8:30 pm 8:30 pm 9:30 pm 8:30 pm 8:30 pm 9:30 pm 8:30 pm 9:30 pm 8:30 pm 9:30 pm 9:3				11:00-11:45am					
12:30pm 1:30pm 1:30pm 2:00pm 2:30pm 2:30pm 3:30pm 3:30pm 4:00pm 4:30pm 4:00pm 5:00pm 6:30pm 6:30pm 6:30pm 7:00pm 7:30pm 8:00pm 8:00pm 8:30pm 8:30pm 7:15-8:45pm 7:30-8:30pm 8:30pm 8:30pm		Booking	Mambar	_				Lane Swim	
1:00pm 1:30pm 2:00pm 2:00pm 2:30pm 3:30pm 3:30pm 4:00pm 4:30pm 4:30pm 5:00pm 5:00pm 6:30pm 6:30pm 7:30pm 7:30pm 8:00pm 8:00pm 8:30pm 8:30pm 12:00-1:30pm 12:00-1:30pm 12:00-1:30pm Pickleball Member/\$2 Resident 1:30-3:30pm 1:30-3:30pm Family Open Gym 4:00-5:00pm 12:00-1:30pm Floor Hockey (3-5) 5:15-6:00pm 7:30pm 6:15-7:00pm 7:30pm 8:00pm 8:00pm 8:30pm 7:30-8:30pm 8:30pm 12:00-1:30pm Pickleball Member/\$2 Resident 1:30-3:30pm 1:30-3:30pm  Copen Swim 3:00-4:00pm 3:00-4:00pm 3:00-4:00pm 12:00-1:30pm 13:00-4:00pm	·			12:00-1:00pm					
Pickleball   Member/\$2   Resident   1:30-3:30pm   3:30pm   4:00pm   4:30pm   4:00pm   5:00pm   5:15-6:00pm   5:15-6:00pm   6:30pm   7:30pm   Open Gym   8:00pm   8:00pm   8:30pm   Ricor Hockey   3:30pm   Open Gym   Ricor Hockey   3:50pm   Open Gym   Ricor Hockey   Open Gym   Ricor Hockey   Open Gym   Open Gym   Open Gym   Open Gym   Ricor Hockey   Open Gym   Open	·								
2:30pm         3:00pm         Member/\$2         Doen Swim 3:00-4:00pm         Lane Swim 3:00-4:00pm           4:30pm         Family Open Gym 4:00-5:00pm         Floor Hockey (3-5) 5:15-6:00pm         Swim Lessons See our Aquatics Schedule for Details           6:30pm         Floor Hockey (3-5) 6:15-7:00pm         Teen Nights (10-17) 5:00-7:30pm         Swim Lessons See our Aquatics Schedule for Details           7:30pm         Open Gym Basketball 7:15-8:15pm         Yoga 7:15-8:15pm         Open Swim 7:30-8:30pm         Open Swim 7:30-8:30pm           8:30pm         7:15-8:45pm         Open Swim 7:30-8:30pm         Open/Lane Swim 7:30-8:30pm									
Resident   1:30-3:30pm	·								
3:30pm       1:30-3:30pm       Copen Swim 3:00-4:00pm       Lane Swim 3:00-4:00pm         4:30pm       Family Open Gym 4:00-5:00pm       Swim Lessons See our Aquatics Schedule for Details       Swim Lessons See our Aquatics Schedule for Details         5:30pm 6:30pm       Floor Hockey (3-5) 5:15-6:00pm       Group Power 6:00-7:00pm       Swim Lessons See our Aquatics Schedule for Details         7:00pm       Floor Hockey (3-5) 6:15-7:00pm       Teen Nights (10-17) 5:00-7:30pm       Schedule for Details         7:30pm 8:00pm       Open Gym Basketball       Open Swim 7:30-8:30pm       Open/Lane Swim 7:30-8:30pm         7:15-8:45pm       7:15-8:45pm       Open/Lane Swim 7:30-8:30pm									
3:30pm       4:00pm       3:00-4:00pm       3:00-4:00pm         4:30pm       Family Open Gym 4:00-5:00pm       5:00pm       5:00pm       Floor Hockey (3-5) 5:15-6:00pm       5:15-6:00pm       5:15-6:00pm       Teen Nights (10-17) 5:00-7:30pm       Swim Lessons See our Aquatics Schedule for Details Schedule for Details         7:00pm       Floor Hockey (3-5) 6:15-7:00pm       Teen Nights (10-17) 5:00-7:30pm       Teen Nights (10-17) 5:00-7:30pm       Swim Lessons See our Aquatics Schedule for Details         7:30pm       Open Gym Basketball 7:15-8:15pm       Yoga 7:15-8:15pm       Open Swim 7:30-8:30pm       Open/Lane Swim 7:30-8:30pm							Open Swim	Lane Swim	
4:30pm       Gym 4:00-5:00pm       Swim Lessons         5:00pm 5:30pm 6:00pm       Floor Hockey (3-5) 6:15-7:00pm       Teen Nights (10-17) 5:15-8:15pm       Swim Lessons See our Aquatics Schedule for Details         7:30pm 8:30pm       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								3:00-4:00pm	
4:30pm       4:00-5:00pm         5:00pm       Floor Hockey         5:30pm       (3-5)         6:00pm       5:15-6:00pm         6:30pm       Floor Hockey         (3-5)       (3-5)         6:30pm       Floor Hockey         (3-5)       (3-5)         6:15-7:00pm       5:15-8:15pm         7:30pm       Open Gym         8:00pm       Basketball         7:15-8:45pm       7:15-8:45pm     Teen Nights (10-17) 5:00-7:30pm  See our Aquatics Schedule for Details  Open Swim 7:30-8:30pm  Open/Lane Swim 7:30-8:30pm  T:30-8:30pm  Open/Lane Swim 7:30-8:30pm  Open/Lan	4:00pm								
5:30pm         (3-5)         5:15-6:00pm         Teen Nights (10-17)         Swim Lessons See our Aquatics Schedule for Details         See our Aquatics Schedule for Details         Open Swim 7:30-8:30pm         Open/Lane Sw			-						
6:00pm       (3-5)         6:00pm       5:15-6:00pm         6:30pm       Floor Hockey (3-5)         6:15-7:00pm       (3-5)         6:00-7:00pm       5:15-8:15pm         Group Power 6:00-7:00pm       5:00-7:30pm         See our Aquatics Schedule for Details         Schedule for Details         Open Swim 7:30-8:30pm         Open/Lane Swim 7:30-8:30pm							Swim Lessons	Swim Lessons	
6:00pm       3.13-0.00pm         6:30pm       Floor Hockey (3-5) (3-5) 6:15-7:00pm       Group Power 6:00-7:00pm       5:00-7:30pm       Schedule for Details         7:30pm       Open Gym 8:00pm       Basketball 7:15-8:45pm       Open Swim 7:30-8:30pm       Open/Lane Swim 7:30-8:30pm									
7:00pm			V V:-I- (7 O)	Curve Driver				·	
7:00pm 6:15-7:00pm 7:30pm Open Gym 8:00pm Basketball 7:15-8:45pm 7:30-8:30pm 8:30pm	6:30pm								
8:00pm Basketball 7:15-8:15pm Open Swim 7:30-8:30pm 7:30-8:30pm 7:30-8:30pm			J.13 0.13pm	0.00 7.00pm					
8:30pm Basketball 7:15-8:15pm 7:30-8:30pm 7:30-8:30pm							Open Swim	Open/Lane Swim	
8:30pm 7:15-8:45pm				7:15-8:15pm				· ·	
9:00pm		7:15-8:45pm						·	
	9:00pm								



Health, Fitness, & Aquatics



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		ОТМ				7:00-11:00am	Open/Lane Swim		
9:30am		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			Gentlefit		12:00pm	Aqua Therapy			
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim		
12:00pm	D. alian	Member		TOI \$2		Open Swim	11:00-1:00pm		
12:30pm	Booking	Pickleball		Track		12:00-1:00pm			
1:00pm		12:00-1:30pm	Silver Club	Residents Only					
1:30pm		D'allahan	12:00-3:00pm	Office					
2:00pm		Pickleball Member/\$2							
2:30pm		Resident							
3:00pm		1:30-3:30pm							
3:30pm							Laura Contra		
4:00pm		Family Open Gym				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:30pm		4:00-5:00pm				3.00 4.00pm	3.00 4.00pm		
5:00pm	Aikido (6-9)				Art Spark				
5:30pm	5:15-6:15pm				(3-5)				
6:00pm	0.20 0.200		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	Schedule for Details	Schedule for Details		
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									



Health, Fitness, & Aquatics



	FRIDAY									
	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	Booking	9:00-9:45am				Open Swim				
10:00am			Cycle		Stay & Play	7:00am-1:00pm	Open/Lane Swim			
10:30am			10:00-10:45am		9:00am-	·	10:00-11:00am			
11:00am					12:00pm		Aquafit			
11:30am							11:00-11:45am			
12:00pm			Yoga				Lane Swim			
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	Youth Basketball Night 5:00-8:45pm		Jr./Int. Leaders 6:00-7:00pm							
7:00pm	5.00-6	. <del>4</del> 5pm								
7:30pm			Adv. Leaders 7:00-8:00pm			Open Swim	Open/Lane Swim			
8:00pm			7.00-6.00 <del>p</del> m		<u> </u>	7:30-8:30pm	7:30-8:30pm			
8:30pm					<u> </u>					
9:00pm										



Health, Fitness, & Aquatics



	SATURDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool				
8:00am											
8:30am											
9:00am											
9:30am			Curve Davis								
10:00am	V V:d- (C 0)		Group Power 9:30-10:30am		Stay & Play		Swim Lessons See our Aquatics Schedule for Details				
10:30am	Y-Kids (6-9) 9:00am-12:00pm		3.00 10.000111		9:00am-						
11:00am	3.00diii 12.00piii	Open Gym	Open Gym Basketball 8:00am- Zumba 11:00am-12:00pm		12:00pm						
11:30am		Packathall									
12:00pm											
12:30pm		3:45pm									
1:00pm											
1:30pm	F'I O C						TOI Community				
2:00pm	Family Open Gym 12:30-3:45pm					TOI Community Swim	Swim 12:30-3:30pm/				
2:30pm						12:30-3:30pm	Lane Swim				
3:00pm							12:30-3:30pm				
3:30pm											
4:00pm											

Health, Fitness, & Aquatics



SUNDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
8:00am										
8:30am										
9:00am										
9:30am										
10:00am			Crossity 10:15							
10:30am	0	Member	Gravity 10:15- 11:00am							
11:00am	Open Gym Basketball	10:00am-	FICKIEDAII							
11:30am	8:00am-2:45pm	12:30pm				On on Suring	On and Lana String			
12:00pm						Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm			
12:30pm						10.000	20.000			
1:00pm		Family Open								
1:30pm		Gym								
2:00pm	12:	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 Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport