Health, Fitness, & Aquatics

July 2 - August 25 2024 Summer Schedule

**Drop-In Aquatics** 



MONDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am									
7:30am							Open/Lane Swim		
8:00am							6:30-10:00am		
8:30am									
9:00am		ОТМ							
9:30am		9:00-9:45am							
10:00am			Bootcamp		Stay & Play	Open Swim	Open Swim\Aquatics Camp		
10:30am			10:00-10:45am		9:00am- 11:15am	7:00am-1:00pm	10:00-11:00am		
11:00am							Aquafit		
11:30am	Booking						11:00-11:45am		
12:00pm	BOOKING	Member					Land One of Color		
12:30pm		Pickleball					Lane/Open Swim 12:00-1:00pm		
1:00pm		12:00-1:30pm							
1:30pm									
2:00pm		Pickleball				Вс	ooking		
2:30pm		Member/ Resident \$2							
3:00pm		1:30-3:30pm				0 6 :			
3:30pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:00pm		Family Open				3.00 1.00piii	0.00 1.00piii		
4:30pm		Gym							
5:00pm		4:00-5:00pm			Science Spark	Swim Lessons See our Aquatics	Swim Lessons		
5:30pm					(3-5)	Schedule for	See our Aquatics		
6:00pm		Y Kids (3-9)	Group Power		5:15-6:00pm	Details	Schedule for Details		
6:30pm		5:30-7:30pm	6:00-7:00pm		Science Spark				
7:00pm		i i			(6-12)				
7:30pm	Open Gym Basketball		Yoga 7:15-8:15pm		6:15-7:15pm	On an Surian	On any /I are a Consider		
8:00pm	6:30-8:45pm	Open Gym Basketball	-7.15-6.15рт			Open Swim 7:00-8:30pm	Open/Lane Swim 7:00-8:30pm		
8:30pm		7:45-8:45pm							
9:00pm									



Health, Fitness, & Aquatics

July 2 - August 25 2024 Summer Schedule

**Drop-In Aquatics** 



TUESDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool			
6:00am										
6:30am 7:00am 7:30am 8:00am		Member Pickleball 6:30-8:00am					Open/Lane Swim 6:30-10:00am			
8:30am 9:00am 9:30am 10:00am		OTM 9:00-9:45am	TotalFit		Stay & Play	Open Swim				
10:30am			10:00-10:45am		9:00am-11:15am	7:00am-1:00pm	Open Swim/Aquatics			
11:00am			Zumba 11:00-11:45am				Camp 10:00-11:00am Aquafit 11:00-11:45am Open/Lane Swim 12:00-1:00pm			
11:30am			11.00-11.43am							
12:00pm 12:30pm 1:00pm	Booking	Member Pickleball 12:00-1:30pm	Gentle Yoga 12:00-1:00pm	TOI \$2 Track Residents						
1:30pm 2:00pm		Pickleball		Only		Воок	ing			
2:30pm		Member/\$2								
3:00pm 3:30pm	1	Resident 1:30-3:30pm				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm			
4:00pm		Family Open Gym								
4:30pm		4:00-5:00pm								
5:00pm 5:30pm					Build It (3-5)	Swim Lessons See our Aquatics	Swim Lessons See our Aquatics			
6:00pm		Y-Kids (3-9)	Zumba		5:15-6:00pm	Schedule for Details	Schedule for Details			
6:30pm	_	5:30-7:30pm	6:00-6:45pm		Build It					
7:00pm	0		Gravity		(6-12)					
7:30pm	Open Gym Basketball		7:00-7:45pm		6:15-7:15pm	Open Swim	Open/Lane Swim			
8:00pm	6:30-8:45pm	Open Gym				7:00-8:30pm	7:00-8:30pm			
8:30pm		Basketball 7:45-8:45pm								
9:00pm										



#### Health, Fitness, & Aquatics



WEDNESDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am	Booking								
7:30am	BOOKING								
8:00am							Lane Swim		
8:30am							6:30am-10:00am		
9:00am	Outdoor Explorers		Totalfit			Open Swim			
9:30am	(3-5) 9:00-9:45am		9:00-9:45am		Stay & Play	7:00am-1:00pm			
10:00am	Outdoor	ОТМ	Chair Yoga		9:00am-	TOI Parent & Tot	Open Swim/Aquatics		
10:30am	Explorers (6-9)	10:00-10:45am	10:00-10:45am		11:15am	Swim 12:00-1:00pm	Camp 10:00-11:00am		
11:00am	10:00-11:00am		Fusion		-		Aquafit		
11:30am			11:00-11:45am				11:00-11:45am		
12:00pm		Member	Yoga				Open/Lane Swim		
12:30pm		Pickleball	12:00-1:00pm				12:00-1:00pm		
1:00pm		12:00-1:30pm							
1:30pm						_			
2:00pm		Pickleball				Вос	king		
2:30pm	Booking	Member/\$2 Resident							
3:00pm		1:30-3:30pm				Open Swim	Lane Swim		
3:30pm					-	3:00-4:00pm	3:00-4:00pm		
4:00pm 4:30pm		Family Open Gym							
5:00pm		4:00-5:00pm							
5:30pm						Swim Lessons See our Aquatics	Swim Lessons See our Aquatics		
6:00pm					Teen Nights		Schedule for Details		
6:30pm		Y-Kids (3-9)	Group Power		(10-17)				
7:00pm		5:30-7:30pm	6:00-7:00pm		5:00-7:30pm				
7:30pm	Open Gym Basketball		Yoga			0	On an /I a a a C . i a		
8:00pm	6:30-8:45pm	Open Gym	7:15-8:15pm			Open Swim 7:00-8:30pm	Open/Lane Swim 7:00-8:30pm		
8:30pm		Basketball 7:45-8:45pm				7.00 3.00pm	7.00 0.00pm		
9:00pm									



Health, Fitness, & Aquatics



THURSDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am	Booking	Member Pickleball						
7:30am	Booking	6:30-8:00am						
8:00am							Lane Swim 6:30-10:00am	
8:30am							0.30-10.00am	
9:00am	Art in the Park	ОТМ						
9:30am	(3-5) 9:00-9:45am	9:00-9:45am			Stay & Play	Open Swim		
10:00am	Art in the Park				9:00am-	7:00am-1:00pm	Open Swim/Aquatics	
10:30am	(6-9) 10:00-11:00am		Gentlefit		11:15am		Camp 10:00-11:00am	
11:00am	10.00 11.004111		10:00-10:45am				Aquafit	
11:30am							11:00-11:45am	
12:00pm		Member		TOI \$2			Open/Lane Swim	
12:30pm		Pickleball		Track			12:00-1:00pm	
1:00pm		12:00-1:30pm	Silver Club	Residents Only				
1:30pm		Pickleball	12:00-3:00pm	Offity				
2:00pm		Member/\$2		$\square$		Вос	oking	
2:30pm	Booking	Resident		$\square$				
3:00pm	BOOKING	1:30-3:30pm					Lane Swim	
3:30pm	,						3:00-4:00pm	
4:00pm	,	Family Open Gym						
4:30pm		4:00-5:00pm						
5:00pm								
5:30pm						Open Swim		
6:00pm		Y-Kids (3-9)	Zumba			3:00-8:30pm	Open/Lane Swim	
6:30pm		5:30-7:30pm	6:00-6:45pm				4:00-8:30pm	
7:00pm	Open Gym						·	
7:30pm	Basketball							
8:00pm	6:30-8:45pm	Open Gym						
8:30pm		Basketball 7:45-8:45pm						
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							Lama Coolina		
8:00am							Lane Swim 6:30-10:00am		
8:30am							0.55 10.000111		
9:00am		ОТМ							
9:30am		9:00-9:45am							
10:00am			GentleFit 10:00-10:45am		Stay & Play 9:00am-	Open Swim 7:00am-1:00pm	Open Swim/Aquatics Camp		
10:30am			10.00-10.43am		11:15am -		10:00-11:00am		
11:00am							Aquafit		
11:30am	Booking						11:00-11:45am		
12:00pm							Open/Lane Swim		
12:30pm			Yoga				12:00-1:00pm		
1:00pm		Pickleball	12:30-1:30pm						
1:30pm		Member/\$2				_			
2:00pm		Resident				Вос	king		
2:30pm		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									
						0	Swim Lessons		
5:30pm 6:00pm						Open Swim 3:00-7:00pm	See our Aquatics		
6:30pm	0	De de de de de					Schedule for Details		
7:00pm	Open Gym 6:30-7								
7:30pm	0.50 /	. 100111							
8:00pm									
8:30pm									
9:00pm									
3.00piii									



Health, Fitness, & Aquatics



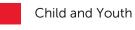
SATURDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
7:00am									
7:30am									
8:00am									
8:30am									
9:00am									
9:30am			Cuavia Davian						
10:00am	V (V:-1- (7, 0)		Group Power 9:30-10:30am						
10:30am	Y-Kids (3-9) 9:00am-12:00am	Open Gym Basketball			Swim Lessons See our Aquatics	Swim Lessons See our Aquatics			
11:00am			7. mala a				Schedule for Details		
11:30am		7:00am-2:45pm	Zumba 11:00am-12:00pm						
12:00pm			11.00diii 12.00piii						
12:30pm									
1:00pm							TOI Community		
1:30pm	Family Open Gym					TOI Community Swim	Swim		
2:00pm	12:30-2:45pm					12:30-2:30pm	12:30-2:30pm/ Lane Swim		
2:30pm						12.00 2.000	12:30-2:30pm		
3:00pm									
3:30pm									
4:00pm									

Health, Fitness, & Aquatics

July 2 - August 25 2024 Summer Schedule



	SUNDAY										
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool				
7:00am											
7:30am											
8:00am											
8:30am											
9:00am											
9:30am											
10:00am											
10:30am	Open Gym Basketball	Member									
11:00am	7:00am-2:45pm	Pickleball 10:00am-					Open/Lane Swim 10:30am-1:30pm				
11:30am		12:30pm				On an Carina					
12:00pm						Open Swim 10:30am-1:30pm					
12:30pm						10.000111	10.000111 1.000111				
1:00pm		Family Open Gym									
1:30pm											
2:00pm		12:45-2:45pm				Adult Rec Swim	Lane Swim				
2:30pm						1:30-2:30pm	1:30-2:30pm				
3:00pm											





Registered Programs



Self-Directed

Health, Fitness, & Aquatics
July 2 - August 25
2024 Summer Schedule



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

Monday - Thursday: 6:00am-9:00pm

Friday: 6:00am-8:00pm

Saturday-Sunday: 7:00am-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