

# Innisfil YMCA

Health, Fitness, & Aquatics

July 2 - August 25

2024 Summer Schedule



MONDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am	Booking							
6:30am							Open/Lane Swim 6:30-10:00am	
7:00am								
7:30am								
8:00am								
8:30am								
9:00am			OTM 9:00-9:45am			Stay & Play 9:00am-11:15am		
9:30am								
10:00am				Bootcamp 10:00-10:45am				Open Swim/Aquatics Camp 10:00-11:00am
10:30am								
11:00am							Aquafit 11:00-11:45am	
11:30am								
12:00pm			Member Pickleball 12:00-1:30pm					Lane/Open Swim 12:00-1:00pm
12:30pm								
1:00pm								
1:30pm							Booking	
2:00pm			Pickleball Member/ Resident \$2 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						Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details	
5:00pm					Science Spark (3-5) 5:15-6:00pm			
5:30pm		Y Kids (3-9) 5:30-7:30pm	Group Power 6:00-7:00pm					
6:00pm					Science Spark (6-12) 6:15-7:15pm			
6:30pm								
7:00pm								
7:30pm	Open Gym Basketball 6:30-8:45pm		Yoga 7:15-8:15pm			Open Swim 7:00-8:30pm	Open/Lane Swim 7:00-8:30pm	
8:00pm		Open Gym Basketball 7:45-8:45pm						
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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## TUESDAY

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

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WEDNESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am	Booking							
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Outdoor Explorers (3-5) 9:00-9:45am		Totalfit 9:00-9:45am		Stay & Play 9:00am-11:15am	Open Swim 7:00am-1:00pm	Lane Swim 6:30am-10:00am	
9:30am								
10:00am	Outdoor Explorers (6-9) 10:00-11:00am	OTM 10:00-10:45am	Chair Yoga 10:00-10:45am					
10:30am								
11:00am			Fusion 11:00-11:45am					
11:30am								
12:00pm	Booking	Member Pickleball 12:00-1:30pm	Yoga 12:00-1:00pm			TOI Parent & Tot Swim 12:00-1:00pm	Open Swim/Aquatics Camp 10:00-11:00am	
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm			Pickleball Member/\$2 Resident 1:30-3:30pm					
3:00pm								
3:30pm								
4:00pm			Family Open Gym 4:00-5:00pm					
4:30pm								
5:00pm								
5:30pm	Open Gym Basketball 6:30-8:45pm	Y-Kids (3-9) 5:30-7:30pm			Teen Nights (10-17) 5:00-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details	
6:00pm				Group Power 6:00-7:00pm				
6:30pm								
7:00pm								
7:30pm		Open Gym Basketball 7:45-8:45pm	Yoga 7:15-8:15pm			Open Swim 7:00-8:30pm	Open/Lane Swim 7:00-8:30pm	
8:00pm								
8:30pm								
9:00pm								

- Drop-In Fitness
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THURSDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am	Booking	Member Pickleball 6:30-8:00am				Open Swim 7:00am-1:00pm	Lane Swim 6:30-10:00am	
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Art in the Park (3-5) 9:00-9:45am	OTM 9:00-9:45am			Stay & Play 9:00am-11:15am			
9:30am								
10:00am	Art in the Park (6-9) 10:00-11:00am						Open Swim/Aquatics Camp 10:00-11:00am	
10:30am			Gentlefit 10:00-10:45am				Aquafit 11:00-11:45am	
11:00am								
11:30am	Booking	Member Pickleball 12:00-1:30pm	Silver Club 12:00-3:00pm	TOI \$2 Track Residents Only		Open Swim 7:00am-1:00pm	Open/Lane Swim 12:00-1:00pm	
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm						Booking		
5:00pm						Open Swim 3:00-8:30pm	Lane Swim 3:00-4:00pm	
5:30pm								
6:00pm		Y-Kids (3-9) 5:30-7:30pm	Zumba 6:00-6:45pm					Open/Lane Swim 4:00-8:30pm
6:30pm								
7:00pm	Open Gym Basketball 6:30-8:45pm							
7:30pm								
8:00pm			Open Gym Basketball 7:45-8:45pm					
8:30pm								
9:00pm								

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FRIDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am	Booking							
6:30am								
7:00am								
7:30am								
8:00am							Lane Swim 6:30-10:00am	
8:30am								
9:00am			OTM 9:00-9:45am			Stay & Play 9:00am-11:15am		
9:30am								
10:00am				GentleFit 10:00-10:45am			Open Swim 7:00am-1:00pm	Open Swim/Aquatics Camp 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 12:30-1:30pm				Open/Lane Swim 12:00-1:00pm
12:30pm								
1:00pm								
1:30pm								
2:00pm								Booking
2:30pm								
3:00pm							Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm
3:30pm								
4:00pm								
4:30pm								
5:00pm								
5:30pm						Open Swim 3:00-7:00pm	Swim Lessons See our Aquatics Schedule for Details	
6:00pm								
6:30pm								
7:00pm	Open Gym Basketball 6:30-7:45pm							
7:30pm								
8:00pm								
8:30pm								
9:00pm								

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SATURDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Y-Kids (3-9) 9:00am-12:00am	Open Gym Basketball 7:00am-2:45pm				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								
11:30am			Zumba 11:00am-12:00pm					
12:00pm								
12:30pm								
1:00pm	Family Open Gym 12:30-2:45pm					TOI Community Swim 12:30-2:30pm	TOI Community Swim 12:30-2:30pm/ Lane Swim 12:30-2:30pm	
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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SUNDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
7:00am	Open Gym Basketball 7:00am-2:45pm							
7:30am								
8:00am								
8:30am								
9:00am								
9:30am								
10:00am								
10:30am			Member Pickleball 10:00am-12:30pm					
11:00am								
11:30am								
12:00pm							Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm
12:30pm								
1:00pm			Family Open Gym 12:45-2:45pm					
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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## Contact Information & Hours

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

**Friday: 6:00am-8:00pm**

**Saturday-Sunday: 7:00am-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