

Innisfil YMCA

Health, Fitness, & Aquatics

September 3 - December 22
2024 Fall Schedule



MONDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
6:00am									
6:30am									
7:00am									
7:30am									
8:00am							Lane Swim 6:30-10:00am		
8:30am	Booking								
9:00am		OTM 9:00-9:45am				Stay & Play 9:00am-12:00pm			
9:30am									
10:00am			Bootcamp 10:00-10:45am				Open Swim 7:00am-1:00pm	Open/Lane Swim 10:00-11:00am	
10:30am									
11:00am				Gentlefit 11:00-11:45am				Aquafit 11:00-11:45am	
11:30am									
12:00pm			Member Pickleball 12:00-1:30pm	Balance & Coordination 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						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm		
4:00pm									
4:30pm									
5:00pm	Basketball (3-5) 5:00-5:45pm	Y-Kids (3-9) 5:00-8:00pm				Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details		
5:30pm									
6:00pm	Basketball (6-9) 6:00-7:00pm		Group Power 6:00-7:00pm						
6:30pm									
7:00pm									
7:30pm	Basketball (10-12) 7:15-8:15pm		Yoga 7:15-8:15pm						
8:00pm		Open Gym Basketball 8:00-8:45pm				Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm		
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

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TUESDAY

	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 7:00am-11:00am	Lane Swim 6:30-9:00am	
7:30am								
8:00am								
8:30am	Booking							
9:00am		OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm			
9:30am							Open/Lane Swim 9:00-10:00am	
10:00am			TotalFit 10:00-10:45am					
10:30am							Aquafit 10:00-10:45am	
11:00am				Zumba 11:00-11:45am				
11:30am						Aqua Therapy 11:00am-11:45am	Happy Hips & Knees 11:15am-12:00pm	
12:00pm								
12:30pm			Member Pickleball 12:00-1:30pm	Gentle Yoga 12:00-1:00pm	TOI \$2 Track Residents Only		Aqua Fall Fit 12:05pm-12:50pm	Lane Swim 12:00-1:00pm
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								
4:30pm								
5:00pm	Soccer (3-5) 5:00-5:45pm	Y-Kids (3-9) 5:00-8:00pm				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				Jr/Int Leaders 6:00-7:00pm
6:30pm	Soccer (6-9) 6:00-7:00pm							
7:00pm			Gravity 7:00-7:45pm					
7:30pm	Soccer (10-12) 7:15-8:15pm				Adv Leaders 7:00-8:00pm			
8:00pm		Open Gym Basketball 8:00-8:45pm				Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm	
8:30pm								
9:00pm								

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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								
8:30am	Booking							
9:00am			Totalfit 9:00-9:45am					
9:30am								
10:00am			OTM 10:00-10:45am	Chair Yoga 10:00-10:45am		Stay & Play 9:00am-12:00pm		
10:30am								Open/Lane Swim 10:00-11:00am
11:00am								
11:30am								Aquafit 11:00-11:45am
12:00pm								
12:30pm			Member Pickleball 12:00-1:30pm	Yoga 12:00-1:00pm			TOI Parent & Tot Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm
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								
4:30pm								
5:00pm	Soccer (3-5) 5:00-5:45pm	Y-Kids (3-9) 5:00-8:00pm						
5:30pm								
6:00pm	Soccer (6-9) 6:00-7:00pm					Teen Nights (12-17) 5:00-7:30pm	Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
6:30pm			Group Power 6:00-7:00pm					
7:00pm								
7:30pm			Yoga 7:15-8:15pm					
8:00pm	Open Gym Basketball 8:00-8:45pm	Open Gym Basketball 8:00-8:45pm				Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm	
8:30pm								
9:00pm								

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THURSDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am		Member Pickleball 6:30-8:00am	HIIT 7:00-7:30am				Lane Swim 6:30-9:00am	
7:00am								
7:30am								
8:00am	Booking					Open Swim 7:00am-11:00am		
8:30am								
9:00am			OTM 9:00-9:45am			Stay & Play 9:00am-12:00pm	Open/Lane Swim 9:00-10:00am	
9:30am							Aquafit 10:00-10:45am	
10:00am				Gentlefit 10:00-10:45am				
10:30am								
11:00am								
11:30am							AquaTherapy 11:00-11:45am	Lane Swim 11:00am-1:00pm
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	
12:30pm								
1:00pm								
1:30pm								
2:00pm		Pickleball Member/\$2 Resident 1:30-3:30pm						
2:30pm								
3:00pm								
3:30pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm	
4:00pm								
4:30pm								
5:00pm		Y-Kids (3-9) 5:00-8:00pm			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	Aikido (6-9) 5:15pm-6:15pm							
6:00pm				Zumba 6:00-6:45pm				
6:30pm					Art Spark (10-12) 6:15-7:15pm			
7:00pm	Aikido (Family/All Ages) 6:30pm-7:30pm							
7:30pm								
8:00pm	Open Gym Basketball 8:00-8:45pm	Open Gym Basketball 8:00-8:45pm				Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm	
8:30pm								
9:00pm								

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	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am								
7:30am								
8:00am							Lane Swim 6:30-10:00am	
8:30am	Booking					Open Swim 7:00am-1:00pm		
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		Member Pickleball 12:00-1:30pm					Lane Swim 12:00-1:00pm	
12:30pm			Yoga 12:30-1:30pm					
1:00pm								
1:30pm								
2:00pm	Pickleball Member/\$2 Resident 1:30-4:00pm	Pickleball Member/\$2 Resident 1:30-4:00pm						
2:30pm								
3:00pm								
3:30pm								
4:00pm						Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm	
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								
7:00pm								
7:30pm								
8:00pm						Open Swim 7:30-8:30pm	Open Swim 7:30-8:30pm	
8:30pm								
9:00pm								



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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SATURDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
7:00am	Open Gym Basketball 7:00am-2:45pm							
7:30am								
8:00am							Lane Swim 8:00-9:00am	
8:30am								
9:00am			Y-Kids (3-9) 9:00am-12:00pm	Group Power 9:30-10:30am			Swim Lessons See our Aquatics Schedule for Details	Swim Lessons See our Aquatics Schedule for Details
9:30am								
10:00am								
10:30am								
11:00am				Zumba 11:00am-12:00pm				
11:30am								
12:00pm								
12:30pm								
1:00pm		Family Open Gym 12:45-2:45pm				TOI Community Swim 12:30-2:30pm	Lane Swim 12:30-2:30pm	
1:30pm								
2:00pm								
2:30pm								
3:00pm								



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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			Member Pickleball 10:00am-12:30pm	Gravity 10:15-11:00am						
10:30am								Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm	
11:00am										
11:30am										
12:00pm										
12:30pm										
1:00pm			Family Open Gym 12:45-2:45pm							
1:30pm										
2:00pm										
2:30pm								Adult Rec Swim 1:30-2:30pm	Lane Swim 1:30-2:30pm	
3:00pm										



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Contact Information & Hours

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

Saturday-Sunday: 7:00am-3:00pm

1-7315 Yonge Street
Innisfil, Ontario
L9S 4V7

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

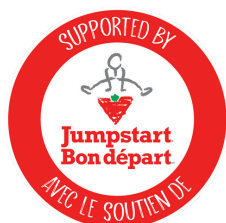


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



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