

# Innisfil YMCA

Health, Fitness, & Aquatics

June 30 - August 31

2025 Summer Schedule



MONDAY								
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools	
6:00am							Closed	
6:30am								
7:00am				Outdoor Bootcamp 7:00-7:45				
7:30am	Booking 7:30-9:00							
8:00am								
8:30am								
9:00am	Open Gym 9:00-12:30	OTM 9:00-9:45	Stay & Play (0-5) 9:00-12:00	Art in the Park (3-5) 9:00-9:45		Lake Front SWIM LESSONS 8:00 - 11:00am		
9:30am								
10:00am				Art in the Park (6-12) 10:00-10:45	TotalFit 10:00-10:45			
10:30am		Stay & Play (0-9) 10:00-12:00				GentleFit 11:00-11:45		
11:00am								
11:30am								
12:00pm		Member Pickleball 12:15-1:30		TRACK \$2 Residents Only 12:00 - 2:00	Balance & Coordination 12:00-1:00	Please refer to the Aquatics flyer for more information. Register at the front desk or via the Online Portal		
12:30pm	Booking 12:30-2:30							
1:00pm								
1:30pm		Pickleball \$2 Member/ Resident 1:30-3:30						
2:00pm								
2:30pm	Open Gym 2:30-8:45							
3:00pm								
3:30pm								
4:00pm		Open Gym Basketball 3:45-5:15						
4:30pm								
5:00pm								
5:30pm			Y-Kids (3-9) 5:30-8:30					
6:00pm					Group Power 6:00-7:00			
6:30pm								
7:00pm								
7:30pm				Yoga 7:15-8:15				
8:00pm								
8:30pm								
9:00pm	Closed							

- Drop-In Fitness 13+
- Child and Youth
- Registered Programs
- Self-Directed
- Drop-In Aquatics
- During Stay and Play/Y Kids

For more information, please contact your Membership Services Desk

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TUESDAY								
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools	
6:00am							Closed	
6:30am								
7:00am								
7:30am	Booking 7:30-9:00							
8:00am								
8:30am						Lake Front SWIM LESSONS 8:00 - 11:00am		
9:00am	Open Gym 9:00-12:30	OTM 9:00-9:45	Stay & Play (0-5) 9:00-12:00					
9:30am								
10:00am					Pilates 10:00-10:45			
10:30am								
11:00am					Zumba 11:00-11:45			
11:30am								
12:00pm		Member Pickleball 12:15-1:30		TRACK \$2 Residents Only 12:00 - 2:00		Please refer to the Aquatics flyer for more information. Register at the front desk or via the Online Portal		
12:30pm	Booking 12:30-2:30							
1:00pm								
1:30pm		Pickleball \$2 Member/ Resident 1:30-3:30						
2:00pm								
2:30pm	Open Gym 2:30-5:45							
3:00pm								
3:30pm								
4:00pm		Open Gym Basketball 3:45-5:15						
4:30pm								
5:00pm				Outdoor Explorers (3-5) 5:00-5:45				
5:30pm		Y-Kids (3-9) 5:30-8:30						
6:00pm	Sport Fundamentals (3-5) 6:00-6:45				Zumba 6:00-6:45			
6:30pm								
7:00pm								
7:30pm	Open Gym 7:00-8:45							
8:00pm				Gravity 7:00-7:45				
8:30pm								
9:00pm	Closed							

Drop-In Fitness 13+    Child and Youth    Registered Programs    Self-Directed

Drop-In Aquatics    During Stay and Play/Y Kids

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WEDNESDAY							
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools
6:00am							Closed
6:30am							
7:00am							
7:30am	Booking 7:30-9						
8:00am						Lake Front SWIM LESSONS 8:00 - 11:00am	
8:30am							
9:00am	Open Gym 9:00-12:30	OTM 9:00-9:45	Stay & Play (0-5) 9:00-12:00				
9:30am							
10:00am		Stay & Play (0-9) 10:00-12:00			TotalFit 10:00-10:45		
10:30am							
11:00am				GentleFit 11:00-11:45			
11:30am							
12:00pm		Member Pickleball 12:15-1:30		TRACK \$2 Residents Only 12:00 - 2:00	Yoga 12:00-1:00	Please refer to the Aquatics flyer for more information. Register at the front desk or via the Online Portal	
12:30pm	Booking 12:30-2:30						
1:00pm							
1:30pm		Pickleball \$2 Member/ Resident 1:30-3:30					
2:00pm							
2:30pm	Open Gym 2:30-4:45	Open Gym Basketball 3:45-5:15					
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Volleyball Skills & Drills (6-9) 5:00-6:00	Y-Kids (3-9) 5:30-8:30		MPR Teen Nights (12-17) 5:00-7:30			
5:30pm							
6:00pm	Volleyball Skills & Drills (10-12) 6:15-7:15				Group Power 6:00-7:00		
6:30pm							
7:00pm	Open Gym 7:30-8:45				Yoga 7:15-8:15		
7:30pm							
8:00pm							
8:30pm							
9:00pm	Closed						

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THURSDAY								
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools	
6:00am							Closed	
6:30am								
7:00am								
7:30am	Booking 7:30-9							
8:00am						Lake Front SWIM LESSONS 8:00 - 11:00am		
8:30am								
9:00am	Open Gym 9:00-12:30	OTM 9:00-9:45	Stay & Play (0-5) 9:00-12:00					
9:30am								
10:00am					Pilates 10:00-10:45			
10:30am								
11:00am				HIIT 11:00-11:45				
11:30am								
12:00pm		Member Pickleball 12:15-1:30		TRACK \$2 Residents Only 12:00 - 2:00	Silver Club 12:00-3:00	Please refer to the Aquatics flyer for more information. Register at the front desk or via the Online Portal		
12:30pm	Booking 12:30-2:30							
1:00pm								
1:30pm		Pickleball \$2 Member/ Resident 1:30-3:30						
2:00pm								
2:30pm	Open Gym 2:30-4:45							
3:00pm								
3:30pm		Open Gym Basketball 3:45-5:15						
4:00pm								
4:30pm								
5:00pm	Basketball Skills & Drills (6-9) 5:00-6:00	Y-Kids (3-9) 5:30-7:30						
5:30pm								
6:00pm	Basketball Skills & Drills (10-12) 6:15-7:15				Zumba 6:00-6:45			
6:30pm								
7:00pm								
7:30pm	Open Gym 7:30-8:45	Open Gym 7:45-8:45						
8:00pm								
8:30pm								
9:00pm	Closed							

Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

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During Stay and Play/Y Kids

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FRIDAY								
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools	
6:00am							Closed	
6:30am								
7:00am								
7:30am	Booking 7:30-9							
8:00am						Lake Front SWIM LESSONS 8:00 - 11:00am		
8:30am								
9:00am	Open Gym 9:00-12:30	OTM 9:00-9:45	Stay & Play (0-5) 9:00-12:00					
9:30am								
10:00am		Stay & Play (0-9) 10:00-12:00			Cycle 10:00-10:45			
10:30am								
11:00am				GentleFit 11:00-11:45				
11:30am								
12:00pm		Member Pickleball 12:15-1:30		TRACK \$2 Residents Only 12:00 - 2:00		Please refer to the Aquatics flyer for more information. Register at the front desk or via the Online Portal		
12:30pm	Booking 12:30-2:30							Yoga 12:30-1:30
1:00pm								
1:30pm								
2:00pm		Pickleball \$2 Member/ Resident 1:30-4:00						
2:30pm	Open Gym 2:30-5:00							
3:00pm								
3:30pm								
4:00pm		Youth Basketball Night 4:15-7:45						
4:30pm								
5:00pm	Youth Basketball Night 5:15-7:45							
5:30pm								
6:00pm								
6:30pm								
7:00pm								
7:30pm								
8:00pm	CLOSED							

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SATURDAY						
	Gym A	Gym B	Servery	Studio	Other	Lap & Leisure Pools
7:00am	Open Gym Basketball 7:00-2:45					Closed
7:30am						
8:00am						
8:30am						
9:00am		Y-Kids (3-9) 9:00-12:00				
9:30am				 Group Power 9:30-10:30		
10:00am						
10:30am						
11:00am					Birthday Party Bookings Available  Please contact us for more information	
11:30am						
12:00pm		Family Open Gym 12:15-2:45				
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed					

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SUNDAY						
	Gym A	Gym B	Servery	Other	Studio	Lap Pool & Leisure Pool
7:00am	Open Gym Basketball 7:00-2:45					Closed
7:30am						
8:00am						
8:30am						
9:00am						
9:30am						
10:00am		Member Pickleball 10:00-12:30				
10:30am						
11:00am						
11:30am				Birthday Party Bookings Available		
12:00pm						
12:30pm		Badminton 12:45-2:45		Please contact us for more information		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed					

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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 2M6**

**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