Health, Fitness, & Aquatics



				MONDAY				
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools	
6:00am								
6:30am								
7:00am				Outdoor Bootcamp				
7:30am	Develope			7:00-7:45				
8:00am	Booking 7:30-9:00							
8:30am	7.33 3.33							
9:00am		🖁 ОТМ		Art in the Park		Lake Front		
9:30am		9:00-9:45		(3-5) 9:00-9:45		SWIM LESSONS 8:00 - 11:00am		
10:00am			Stay & Play	Art in the Park	TotalFit			
10:30am	Open Gym 9:00-12:30	Stay & Play (0-9)	(0-5) 9:00-12:00	(6-12) 10:00-10:45	10:00-10:45			
11:00am	9.00-12.30	10:00-12:00			GentleFit			
11:30am					11:00-11:45			
12:00pm		Member		TDA CIV ĆO	Balance & Coordination	Please refer to the		
12:30pm		Pickleball		TRACK \$2 Residents Only	12:00-1:00	Aquatics flyer for		
1:00pm	Booking	12:15-1:30		12:00 - 2:00		more information.	Closed	
1:30pm	12:30-2:30	Pickleball \$2				Register at the front desk or via		
2:00pm		Member/				the Online Portal		
2:30pm		Resident						
3:00pm		1:30-3:30						
3:30pm								
4:00pm		Open Gym Basketball						
4:30pm		3:45-5:15						
5:00pm	Onon Cum							
5:30pm	Open Gym 2:30-8:45							
6:00pm	2.00 0.10	Y-Ki	ds		Group Power			
6:30pm		1 - Ki (3 -			6:00-7:00			
7:00pm		5:30-						
7:30pm	-				Yoga 7:15-8:15			
8:00pm					7.13-8.13			
8:30pm								
9:00pm Closed								
Dr	op-In Fitness	313+	Child and Yo	uth Registe	ered Programs	Self-Directed		
Drop-In Aquatics During Stay and Play/Y Kids								

### Health, Fitness, & Aquatics

June 30 - August 31 2025 Summer Schedule



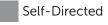
2023 341	mmer Scr	ledute		TUESDAY			
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools
6:00am							
6:30am							
7:00am 7:30am							
8:00am	Booking						
8:30am	7:30-9:00						
9:00am		↑ OTM				Lake Front SWIM LESSONS	
9:30am		9:00-9:45				8:00 - 11:00am	
10:00am			Stay & Play		Pilates		
10:30am	Open Gym 9:00-12:30	Stay & Play (0-9)	(0-5) 9:00-12:00		10:00-10:45		
11:00am	9.00-12.30	10:00-12:00			🍟 Zumba		
11:30am					11:00-11:45		
12:00pm		Member		TRACK \$2		Please refer to the	
12:30pm		Pickleball		Residents Only		Aquatics flyer for	
1:00pm	Booking	12:15-1:30		12:00 - 2:00		more information.	
1:30pm	12:30-2:30	Pickleball \$2				Register at the front desk or via	Closed
2:00pm		Member/				the Online Portal	
2:30pm		Resident 1:30-3:30					
3:00pm		1.30 3.30					
3:30pm	O-12 - C-12-2	Open Gym					
4:00pm	Open Gym 2:30-5:45	Basketball					
4:30pm		3:45-5:15		Outdoor Francisco			
5:00pm				Outdoor Explorers (3-5)			
5:30pm				5:00-5:45			
6:00pm	Sport Fundamentals				<b>⇔</b> Zumba		
6:30pm	(3-5) 6:00-6:45	Y-Ki (3-9	9)		6:00-6:45		
7:00pm		5:30-8	8:30				
7:30pm	Open Gym				ې Gravity		
8:00pm	7:00-8:45				7:00-7:45		
8:30pm							
9:00pm				Closed			



**Drop-In Aquatics** 

Child and Youth







Health, Fitness, & Aquatics



Gym A   Gym B   Servery   Other   Studio   Innisfit Beach Park   Leisure Pools	2025 Sur	mmer Schedi	ule					
Gym A   Gym B   Servery   Other   Studio   Studio   Park   Park				WEDN	IESDAY			
6:30am   7:30am   8:00am   8:00am   8:00am   8:30am   9:00am   9:00am   9:00am   9:00am   9:00am   9:00am   9:00am   9:00am   9:00-12:30   10:00am   10:30am   9:00-12:30   10:00am   12:30am   12		Gym A	Gym B	Servery	Other	Studio		Leisure
7:00am								
17:30am   18:00am   18:00am   17:30-9   18:30am   19:00am   19:0								
8:00am								
Sister   S		Daaldaa						
9:30am 9:00am 9:30am 10:00am 10:30am 10:30am 10:00am 11:30am 11:00am 11:30am 12:00pm 12:30-2:30 12:00pm 12:30-2:30 13:30pm 12:30-2:30 13:30pm 20pen Gym 2:30-4:45 4:30pm 5:30pm 5:30pm 7:30-6:00 6:30pm Volleyball Skills 6 Drills 6:30pm 10-10-12 10-10-12 10-10-12 10-10-12 10-10-12 10-10-12 10-10-12 10-10-12 10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10-10-10 10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10-10 10-10-10-10	8:00am							
9:30am   0-9:30am   10:00am   10:30am   10:00am   10:00a	8:30am	7.00 3					Lako Front	
10:00 am								
10:30am   Open Gym   9:00-12:30   10:00-12:0			9:00-9:45				8:00 - 11:00am	
11:00am   11:30am   12:00pm   10:00-12:00	10:00am					TotalFit		
11:00am 11:30am 12:00pm 12:30pm 12:30pm 12:30pm 12:30-2:30 1	10:30am					10:00-10:45		
12:00pm   12:30pm   12:30   12:15-1:30     12:15-1:30     12:00-1:00     12:00-1:00     Aquatics flyer for more information. Register at the front desk or via the Online Portal   1:30-3:30     1:30-3:30     1:30-3:30       1:30-3:30	11:00am	3.00 12.30	10:00-12:00			GentleFit		
12:30pm	11:30am					11:00-11:45		
12:30pm	12:00pm				TRACK \$2		Please refer to the	
1:00pm   Booking   12:30-2:30     12:00 - 2:00     Register at the front desk or via the Online Portal	12:30pm					12:00-1:00		
1:30pm   12:30-2:30   Pickleball \$2   Member/ Resident   1:30-3:30	1:00pm		12:15-1:30					
2:30pm	1:30pm	12:30-2:30	Pickleball \$2		12.00 2.00			Classal
3:30pm 3:30pm 2:30-4:45	2:00pm		Member/					Closed
3:30pm	2:30pm							
4:00pm	<u> </u>	Opon Cym	1:50-5:50					
4:30pm			Open Cym					
5:00pm Volleyball Skills 6 Drills (6-9) 5:00-6:00 Volleyball Skills 6 Drills (6-9) 5:00-6:00 Volleyball Skills 6 Drills (10-12) 6:30pm (10-12) 6:15-7:15  7:00pm 7:30pm 8:00pm 7:30-8:45  8:30pm								
5:30pm   Drills (6-9)   5:00-6:00   6:00pm   Volleyball Skills & Drills (10-12)   6:15-7:15   7:00pm   7:30pm   8:00pm   7:30-8:45   8:30pm   Drills (6-9)   MPR   Teen Nights (12-17)   5:00-7:30    MPR   Teen Nights (12-17)   5:00-7:30    Y-Kids (3-9)   5:00-7:30    Yoga   7:15-8:15    Yoga   7:15-8:15    Yoga   7:15-8:15    Yoga   7:15-8:15    Yoga   7:15-8:15    Yoga   7:15-8:15    Sign   Figure   Figur								
5:30pm       (6-9)       5:00-6:00         6:00pm       Volleyball Skills 8 Drills (10-12) (10-12) (6:15-7:15       Y-Kids (3-9) (3-9) (5:00-7:30       Group Power (6:00-7:00)         7:00pm       7:30pm       Open Gym (7:30-8:45)       Yoga (7:15-8:15)         8:30pm       7:15-8:15       7:15-8:15	5:00pm	_						
6:00pm Volleyball Skills & Drills (10-12) (3-9) (5:15-7:15 (3-9) (5:30-8:30) (12-17) (5:00-7:30) (12-17) (5:00-7:00) (12-17) (	5:30pm	(6-9)						
6:30pm (10-12) (3-9) (5:30-8:30 (6:00-7:00 (	6:00pm					89		
7:00pm 7:30pm 8:00pm 7:30-8:45  8:30pm	6:30pm	(10-12)	(3	-9)		Group Power 6:00-7:00		
8:00pm Open Gym 7:30-8:45 7:15-8:15	7:00pm					89		
8:30pm 7:30-8:45 8:30pm	7:30pm					rogu		
	8:00pm					7:15-8:15		
9:00pm Closed	8:30pm							
	9:00pm				Closed			



#### Health, Fitness, & Aquatics

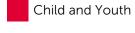
June 30 - August 31 2025 Summer Schedule

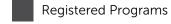


2025 Summer Schedule									
			Th	HURSDAY					
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools		
6:00am									
6:30am									
7:00am									
7:30am	Booking								
8:00am	7:30-9								
8:30am									
9:00am		₩ OTM				Lake Front SWIM LESSONS			
9:30am		9:00-9:45				8:00 - 11:00am			
10:00am			Stay & Play		Pilates				
10:30am	Open Gym	Stay & Play (0-9)	(0-5) 9:00-12:00		10:00-10:45				
11:00am	9:00-12:30	10:00-12:00			₩ HIIT				
11:30am					11:00-11:45				
12:00pm		Member		TRACK \$2		Please refer to the			
12:30pm		Pickleball 12:15-1:30		Residents Only	Silver Club 12:00-3:00	Aquatics flyer for more information. Register at the			
1:00pm	Booking			12:00 - 2:00					
1:30pm	12:30-2:30	Pickleball \$2	ckleball \$2			front desk or via			
2:00pm		Member/				the Online Portal	Closed		
2:30pm		Resident 1:30-3:30							
3:00pm	Open Gym								
3:30pm	2:30-4:45	2:30-4:45 Open Gym Basketball							
4:00pm			Basketball						
4:30pm 5:00pm		3:45-5:15							
	Basketball Skills & Drills								
5:30pm	(6-9) 5:00-6:00		ide						
6:00pm	Basketball Skills	Y-Ki (3-	9)		7umha				
6:30pm	& Drills (10-12) 6:15-7:15	5:30-	7:30		<sup>W</sup> Zumba 6:00-6:45				
7:00pm									
7:30pm	Open Cure								
8:00pm	Open Gym 7:30-8:45	Open Gym 7:45-8:45							
8:30pm		7.45-8.45							
9:00pm				Closed					



Drop-In Fitness 13+







### Health, Fitness, & Aquatics



FRIDAY									
	Gym A	Gym B	Servery	Other	Studio	Innisfil Beach Park	Lap & Leisure Pools		
6:00am									
6:30am									
7:00am									
7:30am	5 1:								
8:00am	Booking 7:30-9								
8:30am									
9:00am		OTM				Lake Front SWIM LESSONS			
9:30am		<sup>∭</sup> 9:00-9:45				8:00 - 11:00am			
10:00am			Stay & Play		Cycle				
10:30am	Open Gym	Stay & Play (0-9)	(0-5) 9:00-12:00		10:00-10:45				
11:00am	9:00-12:30	10:00-12:00			Ŷ GentleFit				
11:30am					11:00-11:45				
12:00pm				TRACK \$2					
12:30pm		Member Pickleball 12:15-1:30		Residents	Yoga	Please refer to the Aquatics flyer for	<b>a</b>		
1:00pm	Booking	22.20 2.00		Only 12:30-	12:30-1:30	more information.	Closed		
1:30pm	12:30-2:30			12:00 - 2:00		Register at the front desk or via			
2:00pm		Pickleball \$2				the Online Portal			
2:30pm		Member/ Resident							
3:00pm	Open Gym	1:30-4:00							
3:30pm	2:30-5:00								
4:00pm									
4:30pm									
5:00pm 5:30pm									
6:00pm	Vari Ha Da al a Ha all	Youth Basketball Night							
6:30pm	Youth Basketball Night	4:15-7:45							
· .	5:15-7:45								
7:00pm									
7:30pm 8:00pm				CLOSED					
Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed									
Drop-In Aquatics During Stay and Play/Y Kids									

### Health, Fitness, & Aquatics

June 30 - August 31 2025 Summer Schedule

Drop-In Aquatics



	SATURDAY								
	Gym A	Gym B	Servery	Studio	Other	Lap & Leisure Pools			
7:00am									
7:30am									
8:00am									
8:30am									
9:00am									
9:30am				9					
10:00am		Y-Kids		Group Power 9:30-10:30					
10:30am	Open Gym	(3-9)		3.00 20.00					
11:00am	Basketball 7:00-2:45	9:00-12:00				Closed			
11:30am	7.00 2.43								
12:00pm					Birthday Party				
12:30pm					Bookings Available				
1:00pm		Family Open			Please contact us for				
1:30pm		Gym 12:15-2:45			more information				
2:00pm		12.13 2.43							
2:30pm									
3:00pm	3:00pm Closed								
Drop	Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed								

During Stay and Play/Y Kids

### Health, Fitness, & Aquatics



	SUNDAY								
	Gym A	Gym B	Servery	Other	Studio	Lap Pool & Leisure Pool			
7:00am									
7:30am									
8:00am									
8:30am									
9:00am									
9:30am									
10:00am	0 0								
10:30am	Open Gym Basketball	Member Pickleball				Closed			
11:00am	7:00-2:45	10:00-12:30							
11:30am									
12:00pm				Birthday Party Bookings					
12:30pm				Available					
1:00pm		Badminton		Please contact us					
1:30pm		12:45-2:45		for more					
2:00pm				information					
2:30pm		_							
3:00pm			Close	ea					
Dr	Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed								
Dr	Drop-In Aquatics During Stay and Play/Y Kids								

Health, Fitness, & Aquatics

June 30 - August 31 2025 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 2M6

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