Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



				MONDAY	7		2 10 100 100		
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap	Pool	
C+00-111	,		,				<u>'</u>		
6:00am 6:30am									
7:00am									
7:30am								Swim -9:00am	
8:00am								anes	
8:30am							1		
9:00am		отм 🦷					Open Swim	Lane Swim	
9:30am		9:00-9:45am					9:00-10:00am 3 lanes	9:00-10:00am 3 Lanes	
10:00am		Charle G. Dian	Stay & Play	TotalFit 🦷			Aquafit 🎌	Lane Swim	
10:30am		Stay & Play (0-5)	(0-5) 9:00-12:00pm	10:00-10:45am			10:00-10:45am	10:00-11:00am 1 Lane	
11:00am		10:00-		Gentlefit 🌱					
11:30am		12:00pm		11:00-11:45am				Swim	
12:00pm	Booking	Member		Balance &				1:00pm anes	
12:30pm	8:00-4:30pm	Pickleball		Coordination 12:00-1:00pm	TOI \$2 Track		1		
1:00pm		12:15-1:30pm		See desk for dates	Residents Only				
1:30pm									
2:00pm		Pickleball							
2:30pm		Member/ Resident \$2							
3:00pm		1:30-3:30pm						Swim 1:00pm	
3:30pm								anes	
4:00pm		Open Gym Basketball				Jr. Leaders			
4:30pm		3:45-4:45pm				4:00-5:00pm			
5:00pm	Basketball (3-5) Fundamentals					Int. Leaders		g Lessons	
5:30pm	5:00PM-5:45pm					5:00-6:00pm	4:00-7	7:00pm	
6:00pm	Basketball (6-9) Fundamentals	\\ \\' \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\)/	Group Power		Adv. Leaders			
6:30pm	6:00PM-7:00pm	Y-Kids (3-9) 5:00-8:15pm	Y-Kids (3-9) 5:00-8:15pm	6:00-7:00pm		6:00-7:00pm			
7:00pm	Basketball			9					
7:30pm	Fundamentals (10-12)			Yoga ^Ш 7:15-8:15pm			Lane Swim	Open Swim	
8:00pm	7:15PM-8:15pm			7.13 0.13pill			7:00-8:45pm 3 Lanes	7:00-8:45pm 2 Lanes	
8:30pm	Open Gym	Open Gym					5 Edites	E Edites	
9:00pm	Basketball	Basketball							
9:30pm	8:30-9:45pm	8:30-9:45pm							
10:00pm				Clo	sed				



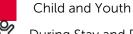
Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



.02014	ll Scheaule			TUESDAY	<u> </u>		Bryne	
	Cure A	Cura D	Comioni			MDD	Lan	Daal
	Gym A	Gym B	Servery	Studio	Track	MPR		Pool
6:00am								
6:30am								
7:00am								
7:30am								
8:00am 8:30am								Swim 10:00am
9:00am				Strictly Strength 9:00-9:30am				anes
9:30am		отм 嘴						
10:00am		9:45-10:30am		Pilates			Open Swim	Lane Swim
10:30am			Stay & Play	10:00-10:45am			10:00-11:00am 3 Lanes	10:00-11:00a 3 Lanes
11:00am		Stay & Play	(0-5) 9:30-12:30pm	Zumba 🦷			Aquafit 🔐	Lane Swim
11:30am		10:30-12:30pm		11:00-11:45am			11:00-11:45am	11:00-12:00p 1 Lane
L2:00pm	Booking 8:00-4:30pm							Swim
12:30pm	0.00 4.50pm	Member			TOI \$2 Track			1:00pm anes
1:00pm		Pickleball 12:30-2:00pm			Residents Only			
1:30pm								
2:00pm		Pickleball						
2:30pm		Member/ Resident \$2						
3:00pm		2:00-3:30pm						Swim :00pm
3:30pm								anes
4:00pm		Open Gym						
4:30pm		3:45-4:45pm					6	
5:00pm							Swimming Lessons	Lane Swim 4:00-7:00pr
5:30pm	Barrie Kempettes						4:00-7:00pm	1 Lane
6:00pm	Gymnastics (18m-12yrs)			Zumba 🦞				
6:30pm	5:00-8:15pm	Y-Kids (3-9) 5:00-8:00pm	Y-Kids (3-9) 5:00-8:00pm	6:00-6:45pm				
7:00pm	See the Child &	J.00-0.00pm	J.00-0.00pm	Dilatas				
7:30pm	Youth Schedule for more information			Pilates 7:00-8:00pm			Lane Swim	Open Swim
8:00pm							7:00-8:45pm 3 Lanes	7:00-8:45pr 3 Lanes
8:30pm	Open Gym	Open Gym						
9:00pm	Basketball	Basketball						
9:30pm	8:30-9:45pm	8:15-9:45pm					1	
L0:00pm				Clo	sed			

Drop-In Fitness 13+ Drop-In Aquatics



Registered Programs

Self-Directed For more information, please contact

Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



				WEDNESD	AY			
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap	Pool
6:00am								
6:30am								
7:00am								
7:30am							lane	Swim
8:00am								10:00am
8:30am							6 La	anes
9:00am		отм 🐈						
9:30am		9:00-9:45am						
10:00am			Stay & Play	Gentlefit 🏋			Open Swim	Lane Swim
10:30am		Stay & Play (0-5)	(0-5) 9:00-12:00pm	10:00-10:45am			10:00-11:00am 3 Lanes	10:00-11:00ar 3 Lanes
11:00am		10:00-12:00pm		Metafit 11:00-11:30am			Aquafit 11:00-11:45am	Lane Swim 11:00-12:00pr
11:30am								1 Lane
12:00pm	Booking 8:00-4:30pm	Member		Yoga			·	Swim 1:00pm
12:30pm	0.00 1.30pm	Pickleball		12:00-1:00pm	TOI \$2 Track			anes
1:00pm		12:15-1:30pm			Residents Only			
1:30pm								
2:00pm		Pickleball						
2:30pm		Member/ Resident \$2						
3:00pm		1:30-3:30pm						Swim :00pm
3:30pm								anes
4:00pm		Open Gym						
4:30pm		Basketball 3:45-4:45pm						
5:00pm	Soccer (3-5)						Swimmin	g Lessons
5:30pm	Fundamentals 5:00PM-5:45pm						4:00-7	':00pm
6:00pm	Soccer (6-9)			Group 🬳		Teen Nights		
6:30pm	Fundamentals 6:00PM-7:00pm	Y-Kids (3-9) 5:00-8:15pm	Y-Kids (3-9) 5:00-8:15pm	Power 6:00-7:00pm		(Gr. 7 - Gr. 12) 5:00-7:30pm		
7:00pm	6 (40, 40)			89				
7:30pm	Soccer (10-12) Fundamentals			Yoga			Lane Swim	Open Swim
8:00pm	7:15PM-8:15pm			7:15-8:15pm			7:00-8:45pm 3 Lanes	7:00-8:45pm
8:30pm	Open Gym	Open Gym					3 Laries	5 Lanes
9:00pm	Basketball 8:30-9:45pm	Basketball 8:30-9:45pm						
9:30pm	6.50-9.45pm	8.30-9.43pm						
10:00pm				Clo	sed			

Drop-In Fitness 13+



Child and Youth





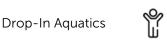
Self-Directed

Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



				THURSDA	Υ.			
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap	Pool
6:00am								
6:30am								
7:00am							- Lane	Swim
7:30am								-9:00am
8:00am							6 La	anes
8:30am								
9:00am				отм 📽			Open Swim	Lane Swim
9:30am				9:00-9:45am			9:00-10:00am 3 lanes	9:00-10:00am 3 Lanes
10:00am		Booking		Pilates 📗			Aquafit 1	Lane Swim
10:30am		9:45-10:45am		10:00-10:45am			10:00-10:45am	10:00-11:00am 1 Lane
11:00am			(0-5) 9:30-12:30pm	Zumba 🤺				
11:30am		Stay & Play 11:00-12:30pm		11:00-11:45am				Swim
12:00pm	Booking	11.00-12.30pm						1:00pm anes
12:30pm	8:00-4:30PM	Member			TOI \$2 Track		-	
1:00pm		Pickleball			Residents Only			
1:30pm		12:30-2:00pm		Silver Club				
2:00pm		Pickleball		12:30-3:30pm				
2:30pm		Member/			i			
3:00pm		Resident \$2						Swim
3:30pm		2:00-3:30pm						:00pm anes
4:00pm		Open Gym						
4:30pm		3:45-4:45pm					Swimming	Laura Carina
5:00pm							Lessons	Lane Swim 4:00-7:00pm
5:30pm	Aikido (6-9) 5:15-6:15pm						4:00-7:00pm	1 Lane
6:00pm	3.13 0.13pm			Zumba 🤗				
6:30pm	Aikido	Y-Kids (3-9)	Y-Kids (3-9)	6:00-6:45pm				
7:00pm	Family/All Ages	5:00-8:00pm	5:00-8:00pm	%				
7:30pm	6:30-7:30pm			Pilates 7:00-8:00pm			Lane Swim	Open Swim
8:00pm				7.00 0.00pm			7:00-8:45pm 3 Lanes	7:00-8:45pm 3 Lanes
8:30pm	Open Gym Basketball	Open Gym					3 Laries	3 Lanes
9:00pm	8:00-9:45pm	Basketball 8:15-9:45pm						
9:30pm		9.13 J.73pm						
10:00pm				Clo	sed			



Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



				FRIDAY					
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap	Pool	
6:00am									
6:30am									
7:00am									
7:30am									
8:00am								Swim 10:00am	
8:30am								anes	
9:00am				Metafit 9:00-9:30am					
9:30am			Stay & Play						
10:00am			(0-5)	отм 📸			Open Swim 10:00-11:00am	Lane Swim	
10:30am	Booking	Stay & Play (0-5)	9:00-12:00pm	10:00-10:45am			3 lanes	3 Lanes	
11:00am	8:30-2:00pm	10:00-12:00pm		Gentlefit 🦷			Aquafit 🦷	Lane Swim	
11:30am				11:00-11:45am			11:00-11:45am	11:00-12:00ր 1 Lane	
12:00pm		Member Pickleball 12:15-1:30pm						Swim 1:00pm	
12:30pm				Yoga 12:30-1:30pm	TOI \$2 Track			anes	
1:00pm					Residents Only				
1:30pm				12.30-1.30pm					
2:00pm		Pickleball							
2:30pm	Pickleball	Member/							
3:00pm	Member/ Resident \$2	Resident \$2 1:30-4:00pm						Swim :00pm	
3:30pm	2:30-4:00pm							anes	
4:00pm									
4:30pm									
5:00pm								g Lessons	
5:30pm							4:00-7	':00pm	
6:00pm	,, ,, ,								
6:30pm	Youth O _l Baske								
7:00pm	Basketball 4:15-8:45pm								
7:30pm							Lane Swim	Open Swin	
8:00pm							7:00-8:45pm 3 Lanes	7:00-8:45p 3 Lanes	
8:30pm									
9:00pm				Clo	sed				

Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



			SATU	RDAY			
	Gym A	Gym B	Studio	Track	MPR	Lap	Pool
7:00am							
7:30am						Lane	Swim
8:00am						7:30-9	9:00am
8:30am						6 L	anes
9:00am			Group Power 🐈				
9:30am			9:00-10:00am				
10:00am		Y-Kids (3-9)					
10:30am		9:00am-	Pilates 🖷			Swimming Lessons	Lane Swim
11:00am	0	12:00pm	10:30-11:30am			9:00-12:00pm	9:00-12:00pm 1 Lane
11:30am	Open Gym Basketball						
12:00pm	7:00am-						
12:30pm	4:45pm						
1:00pm							
1:30pm						TOI Community	
2:00pm		Family Open			Birthday Party	Swim	
2:30pm		Gym 12:30-4:45pm			Bookings	12:30-3:30pm 3 Lanes	Lane Swim 12:30-4:45pm
3:00pm		12.30-4.43pi11			Available		3 Lanes
3:30pm					Please contact us		
4:00pm					for more	Open Swim	
4:30pm					information	3:30-4:45pm 3 Lanes	
5:00pm				Closed			













Health, Fitness, & Aquatics

September 02 - December 22 2025 Fall Schedule



	SUNDAY									
	Gym A	Gym B	Studio	Track	MPR	Lap I	Pool			
7:00am										
7:30am										
8:00am							Low Sensory Swim			
8:30am							7:30-9:30am 3 Lanes			
9:00am										
9:30am										
10:00am			6-9 Hip-Hop/Soca							
10:30am		Member Pickleball 10:00-12:30pm	Dance Workshop 10:00-11:00am			Lane Swim	Open Swim 9:30-3:45pm			
11:00am			10-13 Hip- Hop/Soca Dance Workshop							
11:30am	Open Gym Basketball									
12:00pm	7:00am-4:45pm		11:15-12:15am		3	7:30-4:45pm				
12:30pm					Bookings Available	Adult 3:45	3 Lanes			
1:00pm					rivaliable					
1:30pm		Badminton 12:45-2:45pm			Please contact us for more					
2:00pm					information					
2:30pm										
3:00pm										
3:30pm		Open Gym					Adult Rec Swim			
4:00pm		3:00-4:45pm					3:45-4:45pm 3 Lanes			
4:30pm										
5:00pm				Closed						





Child and Youth



Registered Programs



Self-Directed

Health, Fitness, & AquaticsSeptember 02 - December 22
2025 Fall Schedule



Contact Information & Hours

Monday - Thursday: 6:00am-10:00pm

Friday: 6:00am-9:00pm

Saturday-Sunday: 7:00am-5:00pm

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, Gentlefit, and Gentle Yoga.



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport