






Innisfil YMCA
Health, Fitness, & Aquatics
September 02 - December 22
2025 Fall Schedule



MONDAY								
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap Pool	
6:00am								
6:30am							Lane Swim 6:30am-9:00am 6 Lanes	
7:00am								
7:30am								
8:00am	Booking 8:00-4:30pm							
8:30am								
9:00am		OTM  9:00-9:45am	Stay & Play (0-5) 9:00-12:00pm				Open Swim 9:00-10:00am 3 lanes	Lane Swim 9:00-10:00am 3 Lanes
9:30am								
10:00am		Stay & Play (0-5) 10:00-12:00pm		TotalFit  10:00-10:45am			Aquafit  10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane
10:30am								
11:00am			Gentlefit  11:00-11:45am			Lane Swim 11:00-1:00pm 6 Lanes		
11:30am								
12:00pm		Member Pickleball 12:15-1:30pm		Balance & Coordination 12:00-1:00pm See desk for dates	TOI \$2 Track Residents Only			
12:30pm								
1:00pm								
1:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:00pm								
2:30pm								
3:00pm							Lane Swim 3:00-4:00pm 6 Lanes	
3:30pm								
4:00pm		Open Gym Basketball 3:45-4:45pm				Jr. Leaders 4:00-5:00pm	Swimming Lessons 4:00-7:00pm	
4:30pm								
5:00pm	Basketball (3-5) Fundamentals 5:00PM-5:45pm	Y-Kids (3-9) 5:00-8:15pm	Y-Kids (3-9) 5:00-8:15pm			Int. Leaders 5:00-6:00pm		
5:30pm								
6:00pm	Basketball (6-9) Fundamentals 6:00PM-7:00pm			Group Power  6:00-7:00pm		Adv. Leaders 6:00-7:00pm		
6:30pm								
7:00pm	Basketball Fundamentals (10-12) 7:15PM-8:15pm			Yoga  7:15-8:15pm			Lane Swim 7:00-8:45pm 3 Lanes	Open Swim 7:00-8:45pm 2 Lanes
7:30pm								
8:00pm								
8:30pm	Open Gym Basketball 8:30-9:45pm	Open Gym Basketball 8:30-9:45pm						
9:00pm								
9:30pm								
10:00pm	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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2025 Fall Schedule



TUESDAY							
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap Pool
6:00am							
6:30am							
7:00am							
7:30am							
8:00am	Booking 8:00-4:30pm						Lane Swim 6:30am-10:00am 6 Lanes
8:30am							
9:00am				Strictly Strength 9:00-9:30am			
9:30am		OTM 9:45-10:30am	Stay & Play (0-5) 9:30-12:30pm				
10:00am				Pilates 10:00-10:45am			Open Swim 10:00-11:00am 3 Lanes
10:30am							Lane Swim 10:00-11:00am 3 Lanes
11:00am		Stay & Play 10:30-12:30pm		Zumba 11:00-11:45am			Aquafit 11:00-11:45am
11:30am							Lane Swim 11:00-12:00pm 1 Lane
12:00pm							Open Swim 12:00-1:00pm 6 Lanes
12:30pm		Member Pickleball 12:30-2:00pm			TOI \$2 Track Residents Only		
1:00pm							
1:30pm							
2:00pm		Pickleball Member/ Resident \$2 2:00-3:30pm					
2:30pm							
3:00pm							Lane Swim 3:00-4:00pm 6 Lanes
3:30pm							
4:00pm		Open Gym 3:45-4:45pm					Swimming Lessons 4:00-7:00pm
4:30pm							
5:00pm	Barrie Kempettes Gymnastics (18m-12yrs) 5:00-8:15pm See the Child & Youth Schedule for more information	Y-Kids (3-9) 5:00-8:00pm	Y-Kids (3-9) 5:00-8:00pm				Lane Swim 4:00-7:00pm 1 Lane
5:30pm				Zumba 6:00-6:45pm			
6:00pm							Lane Swim 7:00-8:45pm 3 Lanes
6:30pm				Pilates 7:00-8:00pm			
7:00pm							Open Swim 7:00-8:45pm 3 Lanes
7:30pm							
8:00pm							
8:30pm	Open Gym Basketball 8:30-9:45pm	Open Gym Basketball 8:15-9:45pm					
9:00pm							
9:30pm							
10:00pm	Closed						



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WEDNESDAY									
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap Pool		
6:00am									
6:30am							Lane Swim 6:30am-10:00am 6 Lanes		
7:00am									
7:30am									
8:00am	Booking 8:00-4:30pm								
8:30am									
9:00am		OTM  9:00-9:45am	Stay & Play (0-5) 9:00-12:00pm						
9:30am									
10:00am		Stay & Play (0-5) 10:00-12:00pm		Gentlefit  10:00-10:45am			Open Swim 10:00-11:00am 3 Lanes	Lane Swim 10:00-11:00am 3 Lanes	
10:30am				Metafit  11:00-11:30am					
11:00am							Aquafit  11:00-11:45am	Lane Swim 11:00-12:00pm 1 Lane	
11:30am									
12:00pm			Member Pickleball 12:15-1:30pm		Yoga 12:00-1:00pm	TOI \$2 Track Residents Only		Open Swim 12:00-1:00pm 6 Lanes	
12:30pm									
1:00pm									
1:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm							
2:00pm									
2:30pm									
3:00pm								Lane Swim 3:00-4:00pm 6 Lanes	
3:30pm									
4:00pm		Open Gym Basketball 3:45-4:45pm					Swimming Lessons 4:00-7:00pm		
4:30pm									
5:00pm	Soccer (3-5) Fundamentals 5:00PM-5:45pm	Y-Kids (3-9) 5:00-8:15pm	Y-Kids (3-9) 5:00-8:15pm			Teen Nights (Gr. 7 - Gr. 12) 5:00-7:30pm			
5:30pm									
6:00pm	Soccer (6-9) Fundamentals 6:00PM-7:00pm			Group Power 					
6:30pm									
7:00pm	Soccer (10-12) Fundamentals 7:15PM-8:15pm			Yoga 					
7:30pm							Lane Swim 7:00-8:45pm 3 Lanes	Open Swim 7:00-8:45pm 3 Lanes	
8:00pm									
8:30pm	Open Gym Basketball 8:30-9:45pm	Open Gym Basketball 8:30-9:45pm							
9:00pm									
9:30pm									
10:00pm	Closed								

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THURSDAY									
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap Pool		
6:00am									
6:30am							Lane Swim 6:30am-9:00am 6 Lanes		
7:00am									
7:30am									
8:00am	Booking 8:00-4:30PM								
8:30am									
9:00am				OTM 			Open Swim 9:00-10:00am 3 lanes	Lane Swim 9:00-10:00am 3 Lanes	
9:30am			Stay & Play (0-5) 9:30-12:30pm	9:00-9:45am					
10:00am		Booking 9:45-10:45am		Pilates 				Aquafit 	Lane Swim 10:00-11:00am 1 Lane
10:30am				10:00-10:45am					
11:00am									
11:30am			Stay & Play 11:00-12:30pm	Zumba 				Lane Swim 11:00-1:00pm 6 Lanes	
12:00pm			11:00-11:45am						
12:30pm									
1:00pm									
1:30pm		Member Pickleball 12:30-2:00pm		Silver Club 12:30-3:30pm	TOI \$2 Track Residents Only				
2:00pm									
2:30pm		Pickleball Member/ Resident \$2 2:00-3:30pm							
3:00pm									
3:30pm							Lane Swim 3:00-4:00pm 6 Lanes		
4:00pm		Open Gym 3:45-4:45pm					Swimming Lessons 4:00-7:00pm	Lane Swim 4:00-7:00pm 1 Lane	
4:30pm									
5:00pm	Aikido (6-9) 5:15-6:15pm	Y-Kids (3-9) 5:00-8:00pm	Y-Kids (3-9) 5:00-8:00pm						
5:30pm									
6:00pm					Zumba 				
6:30pm	Aikido Family/All Ages 6:30-7:30pm				6:00-6:45pm				
7:00pm							Lane Swim 7:00-8:45pm 3 Lanes	Open Swim 7:00-8:45pm 3 Lanes	
7:30pm				Pilates 					
8:00pm				7:00-8:00pm					
8:30pm	Open Gym Basketball 8:00-9:45pm	Open Gym Basketball 8:15-9:45pm							
9:00pm									
9:30pm									
10:00pm			Closed						



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FRIDAY							
	Gym A	Gym B	Servery	Studio	Track	MPR	Lap Pool
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							
11:00am							
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3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

- Drop-In Fitness 13+
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SATURDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool		
7:00am	Open Gym Basketball 7:00am-4:45pm							
7:30am						Lane Swim 7:30-9:00am 6 Lanes		
8:00am								
8:30am								
9:00am		Y-Kids (3-9) 9:00am-12:00pm	Group Power 9:00-10:00am			Swimming Lessons 9:00-12:00pm	Lane Swim 9:00-12:00pm 1 Lane	
9:30am								
10:00am								
10:30am			Pilates 10:30-11:30am					
11:00am								
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm		Family Open Gym 12:30-4:45pm				Birthday Party Bookings Available	TOI Community Swim 12:30-3:30pm 3 Lanes	Lane Swim 12:30-4:45pm 3 Lanes
2:30pm								
3:00pm						Please contact us for more information		
3:30pm								
4:00pm					Open Swim 3:30-4:45pm 3 Lanes			
4:30pm								
5:00pm	Closed							



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SUNDAY

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



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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 Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport