

Innisfil YMCA

Child and Youth Programs - Winter 2026

January 19 - March 08

Fall Registered Child and Youth Programs				
Program	3-5	6-9	10-12	Family/All Ages
Volleyball Fundamentals		Mondays 5:55PM-6:55PM	Mondays 7:05PM-8:05PM	
Sport Fundamentals	Mondays 5:00PM-5:45PM Wednesdays 5:00PM-5:45PM			
Basketball Fundamentals		Wednesdays 5:55PM-6:55PM	Wednesdays 7:05PM-8:05PM	
Aikido		Thursdays 5:15PM-6:15PM		Thursdays 6:30PM-7:30PM
Barrie Kempettes Gymnastics Club	This program will run on Tuesdays in partnership with the Barrie Kempettes Gymnastics Club. Please see the Innisfil YMCA Front Desk for more information regarding this program			

Volleyball Fundamentals (6-9), (10-12)

Participants will progress through the fundamentals of volleyball, including: serving, bumping, volleying, spiking and other skills to combine their play in team games. Participants will learn about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport.
Fee: Member \$30.00 | Non-Member \$130.00

Sport Fundamentals (3-5)

Sport Fundamentals will provide your child with a foundation for physical fitness that will last a lifetime. YMCA Staff will work with participants to hone their skills, training through agility, balance, coordination and fun skills, drills and circuits, getting kids active in a fun, inclusive and safe setting.
Fee: Member \$30.00 | Non-Member: \$130.00

Basketball Fundamentals (3-5), (6-9), (10-12)

Participants will develop the fundamental skills of basketball, including: dribbling, passing, shooting, and defensive strategy, to complete their play in full court games. Participants will learn about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport.
Fee: Member \$30.00 | Non-Member \$130.00

Aikido (6-9), (Family/All Ages)

Aikido is an effective self-defense martial art that is both non-competitive and non-aggressive. The practice redirects an aggressors' force with well-timed, flowing, circular motions using the attacker's own movements and momentum to compromise balance and stability.
Fee: Member \$70.00 | Non-Member \$120.00

Barrie Kempettes Gymnastics Club

The Innisfil YMCA is partnering with the Barrie Kempettes Gymnastics Club to offer gymnastics lessons at the Innisfil YMCA. Please see the Barrie Kempette's Gymnastic's Club Flyer at the Front Desk to learn more information about this program, including scheduling and fees.

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.



Innisfil YMCA

Child and Youth Programs - Winter 2026

January 19 - March 08

Membership Included Child and Youth Programs						
Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Tot Social Gym	10:00AM-12:00PM	10:30AM-12:00PM	10:00AM-12:00PM	8:30AM-10:00AM	10:00AM-12:00PM	
Y-Kids (3-9)	5:00PM-8:15PM	5:00PM-8:00PM	5:00PM-8:15PM	5:00PM-8:00PM		9:00AM-11:30AM
Teen Night			5:00PM-7:30PM			
Int. Leaders (Gr. 7-8)	5:00PM-6:00PM					
Adv. Leaders (Gr. 9-12)	6:00PM-7:00PM					

Parent and Tot Social Gym (0-5)	Teen Night (Gr. 7 - Gr. 12)
Bring your toddlers and preschoolers and enjoy some quality time together while being active at the YMCA drop-in Family Gym program. This is a time for parents and children to enjoy use of the gym for a variety of play activities together. It is also a great time to connect with other families within the community. Equipment will be made available for your use.	Teen Night is a fun and safe space for Youth to hangout and socialize with their peers through different activities in our Multi-Purpose Room. Free for all teens. This program is in partnership with the Town of Innisfil. You can also enjoy Teen Nights on Mondays from 5:00PM-7:30PM at the Morgan Russell Memorial Arena and Community Centre in Lefroy.
Y-Kids (3-9)	Youth Leadership (Gr. 5 - Gr. 12)
The YMCA's popular Y Kids program provides supervised activities for children so that parents and/or guardians may workout or participate in a program! Y Kids fosters social development and allows your child to experience a variety of activities, including crafts, sports and structured gym games.	Youth Leaders Program combines leadership training, teamwork and volunteer opportunities to help participants build self-confidence and meaningful connections with peers and members of the community. Included in a Classic Membership, registration is required.

Registration and Withdrawal

Members are welcome to register for programs at any time during a session, subject to availability. Registration for registered programs closes the 2nd week of each session. Refunds will be issued for unused weeks up to the end of the third week. Refunds will not be processed after this date.



Supervision

Children under the age of 10 must be directly supervised by a parent/guardian (16+ years old) or signed in and out of a YMCA instructor-led program



Sign In and Out Procedure

Children under the age of 10 must be signed in and out of YMCA programs by a guardian who is age 14 or older. Children ages 10 years and older may sign themselves in and out programs/lessons.



Appropriate Footwear

For your child's safety, all activities require closed-toe running shoes as footwear. Please do not send your child with croc-style footwear, sandals, flip flops, or boots.

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.

