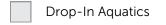
Health, Fitness, & Aquatics

January 5 - March 15 2026 Winter Schedule



| ZUZU VVI | nter Schedi | <u>-</u> | | | | ۵۰۹۱ | e un | |
|------------------|--|---|------------------------|--------------------------|---------------------------------|--------------------------------------|--------------------------------------|--|
| | | | M | ONDAY | | | | |
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool | |
| 6:00am | | | | | | | | |
| 6:30am | | | | | | | | |
| 7:00am | | | | | | Lane | Swim | |
| 7:30am | | | | | | 6:30am | -9:00am | |
| 8:00am | | | | | | 6 La | nes | |
| 8:30am | | | | | | On an Swins | Lawa Codes | |
| 9:00am 9:30am | | OTM 9:00-9:45am | | | | Open Swim 9:00-10:00am 3 lanes | Lane Swim 9:00-10:00am 3 Lanes | |
| 10:00am | | | Step 10:00-10:30am | | | Aquafit 10:00-10:45am | Lane Swim 10:00-11:00am | |
| 10:30am | | Parent and Tot Social Gym | | | | 10:00-10:45am | 1 Lane | |
| 11:00am | | 10:00-12:00pm | Gentlefit | | | | | |
| 11:30am | | | 11:00-11:45am | | | Lane 11:00-1 6 La | | |
| 12:00pm | Booking 8:00-4:30pm | Member | | | | | 1:00pm anes | |
| 12:30pm | | Pickleball 12:15-1:30pm Pickleball Member/ | 1 ICKICDUII | Metafit 12:15-12:45pm | TOI \$2 Track Residents Only | | | |
| 1:00pm | | | | | | | | |
| 1:30pm | | | | | | | | |
| 2:00pm | | | | | | | | |
| 2:30pm | | Resident \$2 | | | | Lama | Swim | |
| 3:00pm | | 1:30-3:30pm | | | | 3:00-4 | | |
| 3:30pm | | | | | | 6 La | | |
| 4:00pm | | Open Gym Basketball | | | | | | |
| 4:30pm | (7. 5.) | 3:45-4:45pm | | | | | | |
| 5:00pm 5:30pm | Sport (3-5) Fundamentals 5:00-5:45pm | | Pilates 5:15-6:00pm | | Int. Leaders 5:00-6:00pm | Swimming Lo | | |
| 6:00pm | Volleyball (6-9) | | | | | 4:00-7 | 7:30pm | |
| 6:30pm | Fundamentals 5:55-6:55pm | Y-Kids (3-9) | Group Power | | Adv. Leaders 6:00-7:00pm | | | |
| 7:00pm | Volleyball (10-12) Fundamentals | 5:00-8:15pm | 6:15-7:15pm | | | | | |
| 7:30pm | 7:05PM-8:05pm | | Yoga | | | Lane Swim | Open Swim | |
| 8:00pm | | | 7:30-8:15pm | | | 7:30-8:45pm | 7:30-8:45pm | |
| 8:30pm | Open Gym | On on Cours | | | | 3 Lanes | 3 Lanes | |
| 9:00pm | Basketball 8:15-9:45pm | Open Gym Basketball | | | | | | |
| 9:30pm | 3.13 3.13pm | 8:30-9:45pm | | | | | | |
| 10:00pm | | | | Closed | | | | |
| | | | | | | | | |

Child and Youth



Drop-In Fitness 13+

Self-Directed

Registered Programs

Health, Fitness, & Aquatics

January 5 - March 15 2026 Winter Schedule



| | | | TUI | ESDAY | | | |
|--------------------|---|-----------------------------|----------------------------------|----------------|-----|----------------------------|--------------------------|
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool |
| 6:00am | | | | | | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | | | | | | Lane | Swim |
| 8:00am | | | | | | 6:30am-10:00am | |
| 8:30am | | | | | | 6 La | nes |
| 9:00am | | | | | | | |
| 9:30am | | ОТМ | | | | | |
| 10:00am 10:30am | | 9:30-10:15am | | | | Open Swim 10:00-11:00am | Lane Swim 10:00-11:00 |
| | | Parent and Tot | Pilates 10:30-11:15am | | | 3 lanes | 3 Lanes |
| 11:00am 11:30am | | Social Gym 10:30-12:00pm | Zumba | | | Aquafit 11:00-11:45am | Lane Swim 11:00-12:00 |
| 12:00pm | Booking | | 11:30-12:15pm | | | Lane | 1 Lane Swim |
| 12:30pm | 8:00-4:30pm | Member Pickleball | Vaca | TOI \$2 Track | | 12:00-1 | |
| 1:00pm | | 12:15-1:30pm | Yoga 12:30-1:15pm | Residents Only | | 6 la | nes |
| 1:30pm | | | | | | | |
| 2:00pm | | Pickleball | | | | | |
| 2:30pm | | Member/ | | | | | |
| 3:00pm | | Resident \$2 1:30-3:30pm | | | | Lane | |
| 3:30pm | | · | | | | 3:00-4 6 La | |
| 4:00pm | | Open Gym | | | | | |
| 4:30pm | | Basketball 3:45-4:45pm | | | | | |
| 5:00pm | | | | | | Lane Swim | Swimming |
| 5:30pm | Barrie Kempettes | | Strictly Strength 5:30-6:00pm | | | 4:00-7:30pm | Lessons 4:00-7:30p |
| 6:00pm | Gymnastics 5:00-8:30pm | Y-Kids (3-9) | Zumba | | | | |
| 6:30pm | | 5:00-8:00pm | 6:15-7:00pm | | | | |
| 7:00pm | See the Child & Youth Schedule for more | | Pilates | | | | |
| 7:30pm | information | | 7:15-8:00pm | | | Lane Swim | Open Swir |
| 8:00pm | | | | | | 7:30-8:45pm | 7:30-8:45p |
| 8:30pm | Open Gym | Open Gym Basketball | | | | 3 Lanes | 3 Lanes |
| 9:00pm | Basketball | 8:15-9:45pm | | | | | |
| 9:30pm | 8:45-9:45pm | | | | | | |
| 10:00pm | | | | Closed | | | |



Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics



| 2020 VVI | nter Scheal | | _ WED | NECDAY | | Siela | - 10 Marie 1 |
|----------|-------------------------------|------------------------------|----------------------------|---------------------------------|-----|--------------------------|--|
| | | | WED | NESDAY | | | |
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool |
| 6:00am | | | | | | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | Lane | Swim |
| 7:30am | | | | | | 6:30am- | |
| 8:00am | | | | | | 6 La | ines |
| 8:30am | | | | | | 0 6 : | |
| 9:00am | | ОТМ | | | | Open Swim 9:00-10:00am | Lane Swim 9:00-10:00am |
| 9:30am | | 9:00-9:45am | | | | 3 lanes | 3 Lanes |
| 10:00am | | Parent and Tot | | | | Aquafit 10:00-10:45am | Lane Swim 10:00-11:00am |
| 10:30am | | Social Gym | | | | 10.00-10.45am | 1 Lane |
| 11:00am | | 10:00-12:00pm | Gentlefit | | | 11:00-1 | |
| 11:30am | | | 11:00-11:45am | | | | Swim L:00pm anes |
| 12:00pm | Booking | Member | Pilates | | | | |
| 12:30pm | 8:00-4:30pm | n Pickleball 12:15-1:30pm | 12:00-12:45pm | TOI \$2 Track Residents Only | | | |
| 1:00pm | | | | | | | |
| 1:30pm | | | | | | | |
| 2:00pm | Pickleball Member/ | | | | | | |
| 2:30pm | | Resident \$2 1:30-3:30pm | | | | | |
| 3:00pm | | | | | | Lane 3:00-4 | |
| 3:30pm | | | | | | | nes |
| 4:00pm | | Open Gym Basketball | | | | | |
| 4:30pm | | 3:45-4:45pm | | | | | |
| 5:00pm | Sport (3-5) Fundamentals | | Pilates | | | C. investo | . 1 |
| 5:30pm | 5:00-5:45pm | | 5:15-6:00pm | | | 4:00-7 | g Lessons ::30pm |
| 6:00pm | Basketball (6-9) | | | | | | |
| 6:30pm | Fundamentals 5:55-6:55pm | Y-Kids (3-9) 5:00-8:15pm | Group Power 6:15-7:15pm | | | | |
| 7:00pm | Basketball (10-12) | 3.00 0.13pm | 0.13 ⁻ 7.13pm | | | | |
| 7:30pm | Fundamentals 7:05PM-8:05pm | | Yoga | | | Lane Swim | Open Swim |
| 8:00pm | | | 7:30-8:15pm | | | 7:30-8:45pm | 7:30-8:45pm |
| 8:30pm | Open Gym Basketball | Open Gym | | | | 3 Lanes | 3 Lanes |
| 9:00pm | 8:15-9:45pm | Basketball | | | | | |
| 9:30pm | | 8:30-9:45pm | | | | | |
| 10:00pm | | | | Closed | | | |

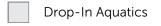


Health, Fitness, & Aquatics

January 5 - March 15 2026 Winter Schedule



| | | | THU | IRSDAY | | | | | |
|--------------|-----------------------------|---|----------------------------------|----------------|-----|------------------------------|------------------------------------|---------|-----|
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool | | |
| 6:00am | | | | | | | | | |
| 6:30am | | | | | | | | | |
| 7:00am | | | | | | | | | |
| 7:30am | | | | | | Lane | Swim | | |
| 8:00am | | | | | | 6:30am- | 10:00am | | |
| 8:30am | | | | | | 6 La | nes | | |
| 9:00am | | Parent and Tot Social Gym | | | | | | | |
| 9:30am | | 8:30AM-10:00AM | ОТМ | | | | | | |
| 10:00am | | | 9:30-10:15am | | | Open Swim | Lane Swim | | |
| 10:30am | | | Pilates | | | 10:00-11:00am 3 lanes | 10:00-11:00a 3 Lanes | | |
| 11:00am | | Booking | 10:30-11:15am | | | | Lane Swim | | |
| 11:30am | | | Zumba | | | Aquafit 11:00-11:45am | 11:00-12:00p | | |
| 12:00pm | Booking | Member Pickleball 12:15-1:30pm Pickleball Member/ Resident \$2 | 11:30-12:15pm | | | Lane | | | |
| ' 12:30pm | 8:00-4:30pm | | | | | TOI \$2 Track | | 12:00-1 | · · |
| 1:00pm | | | | Residents Only | | 6 la | nes | | |
| 1:30pm | | | Silver Club 12:30-3:30pm | | | | | | |
| 2:00pm | | | | | | | | | |
| 2:30pm | | | | | | | | | |
| 3:00pm | | | Resident \$2 1:30-3:30pm | | | | Lane | | |
| 3:30pm | | 1.30-3.30pm | | | | 3:00-4 6 La | • | | |
| 4:00pm | | Open Gym | | | | O La | ries | | |
| 4:30pm | | Basketball | | | | | | | |
| 5:00pm | | 3:45-4:45pm | | | | | 6 : | | |
| 5:30pm | Aikido (6-9) 5:15-6:15pm | | Strictly Strength 5:30-6:00pm | | | Lane Swim 4:00-7:30pm 1 lane | Swimming Lessons 4:00-7:30pn | | |
| 6:00pm | | Y-Kids (3-9) | Zumba | | | 1 tarie | 4.00-7.30pm | | |
| 6:30pm | Aikido | 5:00-8:00pm | 6:15-7:00pm | | | | | | |
| 7:00pm | (Family/All Ages) | | Pilates | | | | | | |
| 7:30pm | 6:30-7:30pm | | 7:15-8:00pm | | | Lane Swim | Open Swim | | |
| 8:00pm | | | | | | 7:30-8:45pm | 7:30-8:45pn | | |
| 8:30pm | Open Gym | Basketball Basketball | | | | 3 Lanes | 3 Lanes | | |
| 9:00pm | Basketball 8:00-9:45pm | | | | | | | | |
| 9:30pm | 0.00-9.45pm | 8:15-9:45pm | | | | | | | |
| L0:00pm | | | | Closed | | | | | |



Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics



| | nter scheat | | ED | IDAV | | | |
|---------|-------------------------|--------------------|--------------------------|----------------|-----|---------------------------|----------------------------|
| | | | FK | IDAY | | , | |
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool |
| 6:00am | | | | | | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | Lane | Swim |
| 7:30am | | | | | | 6:30am- | |
| 8:00am | | | | | | 6 La | anes |
| 8:30am | | | | | | | |
| 9:00am | | OTM 9:00-9:45am | | | | Open Swim 9:00-10:00am | Lane Swim 9:00-10:00am |
| 9:30am | | 9.00-9.43am | | | | 3 lanes | 3 Lanes |
| 10:00am | | Parent and Tot | Step 10:00-10:30am | | | Aquafit 10:00-10:45am | Lane Swim 10:00-11:00am |
| 10:30am | Booking | Social Gym | | | | 20100 201100111 | 1 Lane |
| 11:00am | 8:30-2:00pm | 10:00-12:00pm | Yoga | | | | |
| 11:30am | | | 11:00-11:45am | | | Lane | |
| 12:00pm | | Member | | | | 11:00-1 | L:00pm anes |
| 12:30pm | | Pickleball | Metafit 12:15-12:45pm | TOI \$2 Track | | 0 12 | nies |
| 1:00pm | | 12:15-1:30pm | | Residents Only | | | |
| 1:30pm | | | | | | | |
| 2:00pm | | Pickleball | | | | | |
| 2:30pm | Pickleball | Member/ | | | | | |
| 3:00pm | Member/ Resident \$2 | Resident \$2 1:30- | | | | Lane Swim | |
| 3:30pm | 2:30-4:00pm | 4:00pm | | | | 3:00-4:00 6 Lanes | |
| 4:00pm | | | | | | | |
| 4:30pm | | | | | | | |
| 5:00pm | | | | | | 4:00-7 | g Lessons '·00pm |
| 5:30pm | | | | | | | |
| 6:00pm | Youth C | pen Gym | | | | | |
| 6:30pm | | ketball | | | | | |
| 7:00pm | 4:15-8 | 8:45pm | | | | | |
| 7:30pm | | | | | | Lane Swim | Open Swim |
| 8:00pm | | | | | | | 7:00-8:45pm 3 Lanes |
| 8:30pm | | | | | | | |
| 9:00pm | | | | Closed | | | |



Health, Fitness, & Aquatics



| | SATURDAY | | | | | | | | | |
|-------------------|---------------|---------------------|--------------------------|--------|----------------------------|------------------------|------------------|--|--|--|
| | Gym A | Gym B | Studio | Track | MPR | Lap | Pool | | | |
| 7:00am | | | | | | | | | | |
| 7:30am | | | | | | Lane | e Swim | | | |
| 8:00am | | | | | | | 9:00am | | | |
| 8:30am | | | | | | 6 | Lanes | | | |
| 9:00am | | | Group Power | | | | | | | |
| 9:30am | | Y-Kids (3-9) | 9:00-10:00am | | | Lane Swim | | | | |
| 10:00am | | 9:00-11:30am | | | | | | | | |
| 10:30am | | | Pilates 10:30-11:15am | | | 9:00-12:30pm | Swimming Lessons | | | |
| 11:00am | Open Gym | | 10.50-11.15am | | | 1 Lane | 9:00-12:30pm | | | |
| 11:30am | Basketball | | | | | | | | | |
| 12:00pm | 7:00am-4:45pm | | | | | | | | | |
| 12:30pm 1:00pm | | | | | | | | | | |
| 1:30pm | | | | | | | | | | |
| 2:00pm | | Family Open | | | | TOI Community | | | | |
| 2:30pm | | Gym 12:00-4:45pm | | | Birthday Party Bookings | Swim 12:30-3:30pm | Lane Swim | | | |
| 3:00pm | | 12.000p | | | Available | 3 Lanes | 12:30-4:45pm | | | |
| 3:30pm | | | | | | | 3 Lanes | | | |
| 4:00pm | | | | | Please contact us for more | Open Swim | | | | |
| 4:30pm | | | | | information | 3:30-4:45pm 3 Lanes | | | | |
| 5:00pm | | | | Closed | | | | | | |

Health, Fitness, & Aquatics



| | SUNDAY | | | | | | | | | |
|---------|------------------------|--|--------|--------|----------------------------|-------------|--------------------------|--|--|--|
| | Gym A | Gym B | Studio | Track | MPR | La | p Pool | | | |
| 7:00am | | | | | | | | | | |
| 7:30am | | | | | | | | | | |
| 8:00am | | | | | | | Low Sensory Swim | | | |
| 8:30am | | | | | | | 7:30-9:30am 3 Lanes | | | |
| 9:00am | | | | | | | | | | |
| 9:30am | | | | | | | | | | |
| 10:00am | | | | | | | | | | |
| 10:30am | | Member | Member | | | | | | | |
| 11:00am | | Pickleball pen Gym 10:00-12:30pm asketball | | | | Lane Swim | Open Swim 9:30-3:45pm | | | |
| 11:30am | Open Gym Basketball | | | | | | | | | |
| 12:00pm | 7:00am-4:45pm | | | | | 7:30-4:45pm | | | | |
| 12:30pm | | | | | | 3 Lanes | 3 Lanes | | | |
| 1:00pm | | | | | , wanabie | | | | | |
| 1:30pm | | | | | Please contact us for more | | | | | |
| 2:00pm | | | | | information | | | | | |
| 2:30pm | | Badminton 12:45-4:45pm | | | | | | | | |
| 3:00pm | | | | | | | | | | |
| 3:30pm | | | | | | | Adult Rec Swim | | | |
| 4:00pm | | | | | | | 3:45-4:45pm 3 Lanes | | | |
| 4:30pm | | | | | | | | | | |
| 5:00pm | | | | Closed | | | | | | |



Health, Fitness, & Aquatics January 5 - March 15 2026 Winter 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 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, 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