

Innisfil YMCA

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



MONDAY								
	Gym A	Gym B	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				Open Swim 9:00-10:00am 3 lanes	Lane Swim 9:00-10:00am 3 Lanes	
9:30am								
10:00am			Parent and Tot Social Gym 10:00-12:00pm	Step 10:00-10:30am			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		TOI \$2 Track Residents Only			
12:30pm				Metafit 12:15-12:45pm				
1:00pm								
1:30pm								
2:00pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:30pm								
3:00pm								
3:30pm						Lane Swim 3:00-4:00pm 6 Lanes		
4:00pm		Open Gym Basketball 3:45-4:45pm				Swimming Lessons 4:00-7:30pm		
4:30pm								
5:00pm	Sport (3-5) Fundamentals 5:00-5:45pm	Y-Kids (3-9) 5:00-8:15pm	Pilates 5:15-6:00pm		Int. Leaders 5:00-6:00pm			
5:30pm	Volleyball (6-9) Fundamentals 5:55-6:55pm		Group Power 6:15-7:15pm		Adv. Leaders 6:00-7:00pm			
6:00pm	Volleyball (10-12) Fundamentals 7:05PM-8:05pm							
6:30pm								
7:00pm			Yoga 7:30-8:15pm					
7:30pm								
8:00pm	Open Gym Basketball 8:15-9:45pm	Open Gym Basketball 8:30-9:45pm				Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	
8:30pm								
9:00pm								
9:30pm								
10:00pm	Closed							

Drop-In Fitness 13+
 Child and Youth
 Registered Programs
 Self-Directed

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

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January 5 - March 15

2026 Winter Schedule



TUESDAY

	Gym A	Gym B	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								
9:30am								
10:00am			OTM 9:30-10:15am				Open Swim 10:00-11:00am 3 lanes	Lane Swim 10:00-11:00am 3 Lanes
10:30am			Parent and Tot Social Gym 10:30-12:00pm	Pilates 10:30-11:15am				
11:00am				Zumba 11:30-12:15pm			Aquafit 11:00-11:45am	Lane Swim 11:00-12:00pm 1 Lane
11:30am								
12:00pm			Member Pickleball 12:15-1:30pm	Yoga 12:30-1:15pm	TOI \$2 Track Residents Only		Lane Swim 12:00-1:00pm 6 lanes	
12:30pm								
1:00pm								
1:30pm								
2:00pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:30pm								
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		
3:30pm								
4:00pm		Open Gym Basketball 3:45-4:45pm						
4:30pm								
5:00pm	Barrie Kempettes Gymnastics 5:00-8:30pm See the Child & Youth Schedule for more information	Y-Kids (3-9) 5:00-8:00pm	Strictly Strength 5:30-6:00pm			Lane Swim 4:00-7:30pm 1 lane	Swimming Lessons 4:00-7:30pm	
5:30pm				Zumba 6:15-7:00pm				
6:00pm				Pilates 7:15-8:00pm				
6:30pm								
7:00pm								
7:30pm								
8:00pm						Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	
8:30pm	Open Gym Basketball 8:45-9:45pm	Open Gym Basketball 8:15-9:45pm						
9:00pm								
9:30pm								
10:00pm	Closed							

- Drop-In Fitness 13+
- Child and Youth
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- Drop-In Aquatics

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January 5 - March 15

2026 Winter Schedule



WEDNESDAY

	Gym A	Gym B	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				Open Swim 9:00-10:00am 3 lanes	Lane Swim 9:00-10:00am 3 Lanes	
9:30am								
10:00am			Parent and Tot Social Gym 10:00-12:00pm				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								
12:30pm			Member Pickleball 12:15-1:30pm	Pilates 12:00-12:45pm	TOI \$2 Track Residents Only			
1:00pm								
1:30pm								
2:00pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
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 4:00-7:30pm		
4:30pm								
5:00pm	Sport (3-5) Fundamentals 5:00-5:45pm	Y-Kids (3-9) 5:00-8:15pm	Pilates 5:15-6:00pm					
5:30pm	Basketball (6-9) Fundamentals 5:55-6:55pm		Group Power 6:15-7:15pm					
6:00pm	Basketball (10-12) Fundamentals 7:05PM-8:05pm							
6:30pm			Yoga 7:30-8:15pm					
7:00pm								
7:30pm						Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	
8:00pm	Open Gym Basketball 8:15-9:45pm	Open Gym Basketball 8:30-9:45pm						
8:30pm								
9:00pm								
9:30pm								
10:00pm	Closed							

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THURSDAY

	Gym A	Gym B	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		Parent and Tot Social Gym 8:30AM-10:00AM						
9:00am								
9:30am			OTM 9:30-10:15am					
10:00am						Open Swim 10:00-11:00am 3 lanes	Lane Swim 10:00-11:00am 3 Lanes	
10:30am			Booking	Pilates 10:30-11:15am				
11:00am						Aquafit 11:00-11:45am	Lane Swim 11:00-12:00pm 1 Lane	
11:30am				Zumba 11:30-12:15pm				
12:00pm			Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only		Lane Swim 12:00-1:00pm 6 lanes	
12:30pm								
1:00pm			Silver Club 12:30-3:30pm					
1:30pm								
2:00pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:30pm								
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		
3:30pm								
4:00pm		Open Gym Basketball 3:45-4:45pm				Lane Swim 4:00-7:30pm 1 lane	Swimming Lessons 4:00-7:30pm	
4:30pm								
5:00pm								
5:30pm	Aikido (6-9) 5:15-6:15pm	Y-Kids (3-9) 5:00-8:00pm	Strictly Strength 5:30-6:00pm					
6:00pm			Zumba 6:15-7:00pm					
6:30pm	Aikido (Family/All Ages) 6:30-7:30pm			Pilates 7:15-8:00pm				
7:00pm								
7:30pm						Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	
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	Studio	Track	MPR	Lap Pool						
6:00am												
6:30am						Lane Swim 6:30am-9:00am 6 Lanes						
7:00am												
7:30am												
8:00am												
8:30am												
9:00am	Booking 8:30-2:00pm	OTM 9:00-9:45am				Open Swim 9:00-10:00am 3 lanes	Lane Swim 9:00-10:00am 3 Lanes					
9:30am												
10:00am			Parent and Tot Social Gym 10:00-12:00pm	Step 10:00-10:30am			Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane				
10:30am												
11:00am				Yoga 11:00-11:45am			Lane Swim 11:00-1:00pm 6 Lanes					
11:30am												
12:00pm			Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only							
12:30pm						Metafit 12:15-12:45pm						
1:00pm												
1:30pm												
2:00pm	Pickleball Member/ Resident \$2 2:30-4:00pm	Pickleball Member/ Resident \$2 1:30- 4:00pm										
2:30pm												
3:00pm								Lane Swim 3:00-4:00pm 6 Lanes				
3:30pm												
4:00pm						Swimming Lessons 4:00-7:00pm						
4:30pm	Youth Open Gym Basketball 4:15-8:45pm											
5:00pm												
5:30pm												
6:00pm												
6:30pm												
7:00pm												
7:30pm												
8:00pm						Lane Swim 7:00-8:45pm 3 Lanes	Open Swim 7:00-8:45pm 3 Lanes					
8:30pm												
9:00pm	Closed											

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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) 9:00-11:30am	Group Power 9:00-10:00am				
9:30am								
10:00am							Lane Swim 9:00-12:30pm 1 Lane	Swimming Lessons 9:00-12:30pm
10:30am				Pilates 10:30-11:15am				
11:00am								
11:30am								
12:00pm			Family Open Gym 12:00-4:45pm					
12:30pm								
1:00pm								
1:30pm								
2:00pm							Birthday Party Bookings Available Please contact us for more information	
2:30pm								
3:00pm								
3:30pm								
4:00pm						TOI Community Swim 12:30-3:30pm 3 Lanes	Lane Swim 12:30-4:45pm 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								
8:00am								
8:30am							Low Sensory Swim 7:30-9:30am 3 Lanes	
9:00am								
9:30am								
10:00am			Member Pickleball 10:00-12:30pm				Lane Swim 7:30-4:45pm 3 Lanes	Open Swim 9:30-3:45pm 3 Lanes
10:30am								
11:00am								
11:30am								
12:00pm						Birthday Party Bookings Available Please contact us for more information		
12:30pm								
1:00pm			Badminton 12:45-4:45pm					
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm	Closed							

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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



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



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