

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						Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane	
10:00am		Parent and Tot Social Gym 10:00-12:00pm	Step 10:00-10:30am					
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								
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		Int. Leaders 5:00-6:00pm			
5:30pm								
6:00pm	Volleyball (6-9) Fundamentals 5:55-6:55pm		Group Power 6:15-7:15pm		Adv. Leaders 6:00-7:00pm			
6:30pm								
7:00pm	Volleyball (10-12) Fundamentals 7:05PM-8:05pm					Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	
7:30pm		Yoga 7:30-8:15pm						
8:00pm	Open Gym Basketball 8:15-9:45pm							
8:30pm		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

For more information, please contact your Membership Services Desk

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



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

Health, Fitness, & Aquatics

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						Open Swim 9:00-10:00am 3 lanes	
9:00am		OTM 9:00-9:45am					
9:30am						Lane Swim 9:00-10:00am 3 Lanes	
10:00am							
10:30am		Parent and Tot Social Gym 10:00-12:00pm				Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane
11:00am						Lane Swim 11:00-1:00pm 6 Lanes	
11:30am			Gentlefit 11:00-11:45am				
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							
2:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm					
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							
6:00pm	Basketball (6-9) Fundamentals 5:55-6:55pm		Group Power 6:15-7:15pm				
6:30pm							
7:00pm	Basketball (10-12) Fundamentals 7:05PM-8:05pm						
7:30pm			Yoga 7:30-8:15pm			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						

- 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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



THURSDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool		
6:00am						Lane Swim 6:30am-7:15am 4 Lanes	Master Swim Club 6:15am-7:15am	
6:30am								
7:00am						Lane Swim 7:15am-10:00am 6 Lanes		
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		Booking 10:00AM-11:00AM						
10:30am			Pilates 10:30-11:15am					
11:00am								
11:30am				Zumba 11:30-12:15pm				
12:00pm			Member Pickleball 12:00-1:30pm	Silver Club 12:30-3:30pm	TOI \$2 Track Residents Only		Lane 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						Swimming Lessons 4:00-7:30pm		
4:00pm		Open Gym Basketball 3:45-4:45pm						
4:30pm								
5:00pm		Y-Kids (3-9) 5:00-8:00pm						
5:30pm	Aikido (6-9) 5:15-6:15pm		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	Open Gym Basketball 8:00-9:45pm	Open Gym Basketball 8:15-9:45pm						
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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



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	Booking 8:30-2:00pm						
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			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							
1:00pm							
1:30pm		Pickleball Member/ Resident \$2 1:30-4:00pm					
2:00pm	Pickleball Member/ Resident \$2 2:30-4:00pm						
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						

Innisfil YMCA

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



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			Swimming Lessons 9:00-12:30pm	
9:30am							
10:00am							
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							
2:30pm						Birthday Party Bookings Available	
3:00pm							
3:30pm							
4:00pm							
4:30pm						Please contact us for more information	
5:00pm	Closed						
						TOI Community Swim 12:30-3:30pm 3 Lanes	Lane Swim 12:30-4:45pm 3 Lanes
						Open Swim 3:30-4:45pm 3 Lanes	



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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



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					Open Swim 9:30-3:45pm 3 Lanes	
10:30am								
11:00am								
11:30am					Birthday Party Bookings Available Please contact us for more information			
12:00pm								
12:30pm		Badminton 12:45-4:45pm						
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm						Adult Rec Swim 3:45-4:45pm 3 Lanes		
4:30pm								
5:00pm	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

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



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