

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						
7:00am						
7:30am						
8:00am						
8:30am						
9:00am		OTM 9:00-9:45am				
9:30am						
10:00am		Step 10:00-10:30am				
10:30am		Parent and Tot Social Gym 10:00-12:00pm				
11:00am			Gentlefit 11:00-11:45am			
11:30am						
12:00pm	Booking 8:00-4:30pm	Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only		
12:30pm						
1:00pm						
1:30pm						
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				
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	Swimming Lessons 4:00-7:30pm
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					
7:30pm						
8:00pm						
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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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							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am						Open Swim 10:00-11:00am 3 lanes	Lane Swim 10:00-11:00am 3 Lanes
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							
						Closed	

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WEDNESDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool
6:00am						
6:30am						
7:00am						
7:30am						
8:00am						
8:30am						
9:00am		OTM 9:00-9:45am				
9:30am						
10:00am						
10:30am		Parent and Tot Social Gym 10:00-12:00pm				
11:00am						
11:30am						
12:00pm	Booking 8:00-4:30pm					
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						
3:00pm						
3:30pm						
4:00pm						
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			Swimming Lessons 4:00-7:30pm
5:30pm						
6:00pm	Basketball (6-9) Fundamentals 5:55-6:55pm					
6:30pm			Group Power 6:15-7:15pm			
7:00pm	Basketball (10-12) Fundamentals 7:05PM-8:05pm		Yoga 7:30-8:15pm			
7:30pm						
8:00pm	Open Gym Basketball 8:15-9:45pm					
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						Lane Swim 6:30am-7:15am 4 Lanes
6:30am						Master Swim Club 6:15am-7:15am
7:00am						
7:30am						
8:00am						Lane Swim 7:15am-10:00am 6 Lanes
8:30am						
9:00am						
9:30am			OTM 9:30-10:15am			
10:00am						Open Swim 10:00-11:00am 3 lanes
10:30am			Pilates 10:30-11:15am			Lane Swim 10:00-11:00am 3 Lanes
11:00am						
11:30am			Zumba 11:30-12:15pm			Aquafit 11:00-11:45am
12:00pm						Lane Swim 12:00-1:00pm 6 lanes
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes
3:30pm						
4:00pm						
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			Swimming Lessons 4:00-7:30pm
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						
8:00pm						
8:30pm						
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						
7:00am						
7:30am						
8:00am						
8:30am	Booking 8:30-2:00pm					
9:00am		OTM 9:00-9:45am				
9:30am			Step 10:00-10:30am			
10:00am		Parent and Tot Social Gym 10:00-12:00pm				
10:30am					Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane
11:00am			Yoga 11:00-11:45am			
11:30am						
12:00pm						
12:30pm		Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm		Pickleball Member/ Resident \$2 2:30-4:00pm				Lane Swim 3:00-4:00pm 6 Lanes
4:00pm						
4:30pm	Youth Open Gym Basketball 4:15-8:45pm					
5:00pm						
5:30pm						
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm					Closed	

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SATURDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool
7:00am						
7:30am						Lane Swim 7:30-9:00am 6 Lanes
8:00am						
8:30am						
9:00am			Group Power 9:00-10:00am			
9:30am						
10:00am		Y-Kids (3-9) 9:00-11:30am				
10:30am						
11:00am			Pilates 10:30-11:15am			
11:30am	Open Gym Basketball 7:00am-4:45pm					
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm				Closed		

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SUNDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool	
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							
11:00am							
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12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
						Closed	

Gym A

Gym B

Studio

Track

MPR

Lap Pool

Open Gym
Basketball
7:00am-4:45pm

Member
Pickleball
10:00-12:30pm

Badminton
12:45-4:45pm

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

Adult Rec Swim
3:45-4:45pm
3 Lanes



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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



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