

Innisfil YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



MONDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool		Leisure Pool	
6:00am									
6:30am						Lane Swim 6:30am-9:00am 6 Lanes		Open Swim 7:00-10:00am	
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				Step 10:00-10:30am			Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane	
10:30am			Parent and Tot Social Gym 10:00-12:00pm						
11:00am				Zumba 11:15-12:00pm			Lane Swim 11:00-1:00pm 6 Lanes		Open Swim 10:45-1:00pm
11:30am									
12:00pm			Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only 12:00-2:00pm				
12:30pm				Strictly Strength 12:15-12:45pm					
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		Open Swim 3:00-4:00pm	
3:30pm						Swimming Lessons 4:00-7:30pm			
4:00pm									
4:30pm		Sport Fundamentals (3-5) 4:30PM-5:00pm							
5:00pm		Sport Fundamentals (3-5) 5:05PM-5:35pm	Pilates 5:00-5:45pm		Int. Leaders 5:00-6:00pm				
5:30pm		Soccer Fundamentals (6-9) 5:40PM-6:25pm			Adv. Leaders 6:00-7:00pm				
6:00pm	Y Kids (3-9) 5:00PM-8:15pm		Group Power 6:15-7:15pm						
6:30pm		Volleyball Fundamentals (6-9) 6:30PM-7:15pm							
7:00pm									
7:30pm		Volleyball Fundamentals (10-12) 7:20-8:20pm	Yoga 7:45-8:30pm			Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm	
8:00pm									
8:30pm	Open Gym Basketball	Open Gym Basketball				18+ Lane Swim 8:45-9:45pm 6 Lanes			
9:00pm									
9:30pm	8:30-9:45pm	8:30-9:45pm							
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

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2026 Spring Schedule



TUESDAY

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

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WEDNESDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool		Leisure Pool
6:00am								
6:30am						Lane Swim 6:30am-9:00am 6 Lanes		Open Swim 7:00-10:00am
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						Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane	
10:30am		Parent and Tot Social Gym 10:00-12:00pm						
11:00am			Zumba 11:15-12:00pm			Lane Swim 11:00-1:00pm 6 Lanes		Aqua Stretch 11:00-11:45am
11:30am								
12:00pm			Member Pickleball 12:15-1:30pm	Pilates 12:15-1:00pm	TOI \$2 Track Residents Only 12:00-2:00pm			Open Swim 11:45-1:00pm
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		Open Swim 3:00-4:00pm
3:30pm								
4:00pm						Swimming Lessons 4:00-7:30pm		
4:30pm		Sport Fundamentals (3-5) 4:30PM-5:00pm						
5:00pm	Y Kids (3-9) 5:00PM-8:15pm	Basketball Fundamentals (3-5) 5:05PM-5:35pm	Pilates 5:00-5:45pm		Teen Nights Gr. 7-12 5:00-7:30pm			
5:30pm		Basketball Fundamentals (6-9) 5:40PM-6:25pm						
6:00pm			Basketball Fundamentals (6-9) 6:30PM-7:15pm	Group Power 6:15-7:15pm				
6:30pm								
7:00pm								
7:30pm		Basketball Fundamentals (10-12) 7:20-8:20pm				Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm
8:00pm								
8:30pm	Open Gym Basketball 8:30-9:45pm	Open Gym Basketball 8:30-9:45pm				18+ Lane Swim 8:45-9:45pm 6 Lanes		
9:00pm								
9:30pm								
10:00pm	Closed							

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THURSDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool		Leisure Pool
6:00am								
6:30am						Lane Swim 6:30-7:15am 4 lanes	Master Swim 6:15-7:15am 2 lanes	
7:00am								Open Swim 7:00-11:00am
7:30am	Booking 8:00-4:30pm					Lane Swim 7:15-10:00am 6 Lanes		
8:00am								
8:30am								
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		Parent and Tot Social Gym 10:30-12:00pm	Pilates 10:30-11:15am					
11:00am						Aquafit 11:00-11:45am	Lane Swim 11:00-12:00pm 1 Lane	
11:30am			Gentlefit 11:30-12:15pm					
12:00pm		Member Pickleball 12:15-1:30pm		TOI \$2 Track Residents Only 12:00-2:00pm		Lane Swim 12:00-1:00pm 6 lanes		Open Swim 11:45-1:00pm
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		Open Swim 3:00-4:00pm
3:30pm								
4:00pm		Open Gym Basketball 3:45-4:45pm				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	Open Swim 7:30-8:45pm
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	Leisure Pool					
6:00am												
6:30am												
7:00am						Lane Swim 6:30am-9:00am 6 Lanes	Open Swim 7:00-10:00am					
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				Step 10:00-10:30am			Aquafit 10:00-10:45am	Lane Swim 10:00-11:00am 1 Lane				
10:30am			Parent and Tot Social Gym 10:00-12:00pm									
11:00am				Yoga 11:00-11:45am								
11:30am							Lane Swim 11:00-1:00pm 6 Lanes	Open Swim 10:45-1:00pm				
12:00pm												
12:30pm			Member Pickleball 12:15-1:30pm	Strictly Strength 12:15-12:45pm	TOI \$2 Track Residents Only 12:00-2:00pm							
1:00pm												
1:30pm												
2:00pm												
2:30pm	Pickleball Member/ Resident \$2 2:30-4:00pm	Pickleball Member/ Resident \$2 1:30-4:00pm										
3:00pm												
3:30pm												
4:00pm						Lane Swim 3:00-4:00pm 6 Lanes	Open Swim 3:00-4:00pm					
4:30pm	Youth Open Gym Basketball 4:15-8:45pm					Swimming Lessons 4:00-7:00pm						
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	Open Swim 7:00-8:45pm				
8:30pm												
9:00pm	Closed											

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SATURDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool		Leisure 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									
12:30pm									
1:00pm		Family Open Gym 11:45-4:45pm				TOI Community Swim 12:30-3:30pm 3 Lanes	Lane Swim 12:30-4:45pm 3 Lanes	Open Swim 12:30-4:45pm	
1:30pm									
2:00pm					Birthday Party Bookings Available Please contact us for more information				
2:30pm									
3:00pm						Open Swim 3:30-4:45pm 3 Lanes			
3:30pm									
4:00pm									
4:30pm									
5:00pm	Closed								

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SUNDAY

	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool	
7:00am	Open Gym Basketball 7:00am-4:45pm							
7:30am								
8:00am			Family Drop-In Pickleball 8:00-10:00am				Low Sensory Swim 7:30-9:30am 3 Lanes	Low Sensory Swim 7:30-9:30am
8:30am								
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						Birthday Party Bookings Available	Open Swim 9:30-3:45pm 3 Lanes	Open Swim 9:30-3:45pm
12:00pm								
12:30pm						Please contact us for more information	Open Swim 9:30-3:45pm 3 Lanes	Open Swim 9:30-3:45pm
1:00pm								
1:30pm								
2:00pm			Badminton 12:45-4:45pm				Lane Swim 7:30-4:45pm 3 Lanes	Open Swim 9:30-3:45pm 3 Lanes
2:30pm								
3:00pm								
3:30pm							Adult Rec Swim 3:45-4:45pm 3 Lanes	Adult Rec Swim 3:45-4:45pm
4:00pm								
4:30pm						Adult Rec Swim 3:45-4:45pm 3 Lanes	Adult Rec Swim 3:45-4:45pm	
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

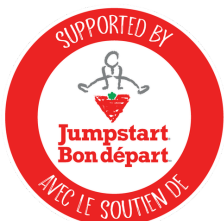


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



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