

Innisfil YMCA

Health, Fitness, & Aquatics

June 29 - September 7

2026 Summer Schedule



MONDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool	
6:00am								
6:30am						Lane Swim 6:30-9:00AM 6 Lanes	Open Swim 7:00-1:00PM	
7:00am								
7:30am	Day Camp Before Care 7:30-9:00AM							
8:00am								
8:30am								
9:00am	Y Kids (3-9) 9:00-12:00PM	OTM 9:00-9:45AM				Lane Swim 9:00-10:00AM 2 Lanes		Open Swim 9:00-10:00AM 2 Lanes
9:30am								
10:00am			Open Gym 10:00-12:00PM	Step 10:00-10:30AM			Aquafit 10:00-10:45AM	
10:30am								
11:00am			Gentlefit 11:00-11:45AM			Lane Swim 11:00-1:00PM 2 Lanes	Open Swim 11:00-1:00PM 2 Lanes	
11:30am								
12:00pm	Open Gym 12:15-4:45PM	Member Pickleball 12:00-1:30PM				Day Camp Swim 1:00-3:00PM		
12:30pm								
1:00pm			Pickleball Member / Resident \$2 1:30-3:30PM					
1:30pm								
2:00pm								
2:30pm						Lane Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM
3:00pm		Open Gym 3:45-4:45PM						
3:30pm								
4:00pm								
4:30pm					Day Camp After Care 4:00-6:00PM	Swimming Lessons 4:00-7:00PM		
5:00pm	Y Kids (3-9) 5:00-8:30PM	Sport Fundamentals (3-5) 5:00-5:30PM	Pilates 5:00-5:45PM					
5:30pm		Volleyball Fundamentals (6-9) 5:35-6:20PM						
6:00pm		Volleyball Fundamentals (10-12) 6:25-7:25PM	Group Power 6:15-7:15PM					
6:30pm								
7:00pm		Drop In Volleyball 7:30-8:45PM	Yoga 7:45-8:30PM			Lane Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM
7:30pm								
8:00pm								
8:30pm								
9:00pm	Closed							

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

Drop-In Aquatics
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2026 Summer Schedule



TUESDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool	
6:00am								
6:30am						Lane Swim 6:30-9:00AM 6 Lanes	Open Swim 7:00-1:00PM	
7:00am								
7:30am	Day Camp Before Care 7:30-9:00AM							
8:00am								
8:30am								
9:00am	Y Kids (3-9) 9:00-12:00PM	OTM 9:00-9:45AM				Lane Swim 9:00-10:00AM 2 Lanes		Open Swim 9:00-10:00AM 2 Lanes
9:30am								
10:00am			Pilates 10:00-10:45AM			Aquafit 10:00-10:45AM		
10:30am			Open Gym 10:00-12:00PM					
11:00am			Yoga 11:00-11:45AM			Lane Swim 11:00-1:00PM 2 Lanes	Open Swim 11:00-1:00PM 2 Lanes	
11:30am								
12:00pm	Open Gym 12:15-4:45PM	Member Pickleball 12:00-1:30PM						
12:30pm								
1:00pm								
1:30pm			Pickleball Member / Resident \$2 1:30-3:30PM				Day Camp Swim 1:00-3:00PM	
2:00pm								
2:30pm								
3:00pm						Lane Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM
3:30pm		Open Gym 3:45-4:45PM						
4:00pm								
4:30pm								
5:00pm	Soccer Fundamentals (3-5) 5:00-5:30PM	Drop In Volleyball 5:00PM-8:45PM			Day Camp After Care 4:00-6:00PM	Swimming Lessons 4:00-7:00PM		
5:30pm	Soccer Fundamentals (6-9) 5:35-6:20PM							
6:00pm				Zumba 6:15-7:00PM				
6:30pm	Soccer Fundamentals (10-12) 6:25-7:25PM							
7:00pm			Pilates 7:15-8:00PM			Lane Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM
7:30pm	Open Gym 7:45-8:45PM							
8:00pm								
8:30pm								
9:00pm	Closed							

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WEDNESDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool	
6:00am								
6:30am						Lane Swim 6:30-9:00AM 6 Lanes	Open Swim 7:00-1:00PM	
7:00am								
7:30am	Day Camp Before Care 7:30-9:00AM							
8:00am						Lane Swim 9:00-10:00AM 2 Lanes		Open Swim 9:00-10:00AM 2 Lanes
8:30am								
9:00am	Y Kids (3-9) 9:00-12:00PM	OTM 9:00-9:45AM						
9:30am								
10:00am			Step 10:00-10:30AM			Aquafit 10:00-10:45AM		
10:30am			Open Gym 10:00-12:00PM					
11:00am			Zumba 11:00-11:45AM			Lane Swim 11:00-1:00PM 2 Lanes	Open Swim 11:00-1:00PM 2 Lanes	
11:30am								
12:00pm	Open Gym 12:15-4:45PM	Member Pickleball 12:00-1:30PM				Day Camp Swim 1:00-3:00PM		
12:30pm								
1:00pm			Pickleball Member / Resident \$2 1:30-3:30PM					
1:30pm								
2:00pm								
2:30pm								
3:00pm						Lane Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM
3:30pm		Open Gym 3:45-4:45PM				Swimming Lessons 4:00-7:00PM		
4:00pm								
4:30pm								
5:00pm	Y Kids (3-9) 5:00-8:30PM	Basketball Fundamentals (3-5) 5:00-5:30PM	Pilates 5:00-5:45PM		Teen Nights (Gr. 7-12) 5:00-7:30PM			
5:30pm		Basketball Fundamentals (6-9) 5:35-6:20PM						
6:00pm		Basketball Fundamentals (10-12) 6:25-7:25PM	Group Power 6:15-7:15PM					
6:30pm								
7:00pm						Lane Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM
7:30pm		Open Gym 7:45-8:45PM	Yoga 7:45-8:30PM					
8:00pm								
8:30pm								
9:00pm	Closed							

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THURSDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool	
6:00am								
6:30am						Lane Swim 6:30-9:00AM 6 Lanes	Open Swim 7:00-1:00PM	
7:00am								
7:30am	Day Camp Before Care 7:30-9:00AM							
8:00am								
8:30am								
9:00am	Y Kids (3-9) 9:00-12:00PM	OTM 9:00-9:45AM				Lane Swim 9:00-10:00AM 2 Lanes		Open Swim 9:00-10:00AM 2 Lanes
9:30am								
10:00am								
10:30am		Open Gym 10:00-12:00PM	Pilates 10:00-10:45AM			Aquafit 10:00-10:45AM		
11:00am			Yoga 11:00-11:45AM					
11:30am						Lane Swim 11:00-1:00PM 2 Lanes	Open Swim 11:00-1:00PM 2 Lanes	
12:00pm	Open Gym 12:15-4:00PM	Member Pickleball 12:00-1:30PM				Day Camp Swim 1:00-3:00PM		
12:30pm								
1:00pm								
1:30pm			Pickleball Member / Resident \$2 1:30-3:30PM	Silver Club 12:30-3:30PM				
2:00pm								
2:30pm								
3:00pm						Lane Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM
3:30pm								
4:00pm	Drop In Badminton 4:00-8:45PM	Drop In Volleyball 3:45PM-8:45PM				Day Camp After Care 4:00-6:00PM	Swimming Lessons 4:00-7:00PM	
4:30pm								
5:00pm								
5:30pm								
6:00pm								
6:30pm			Zumba 6:15-7:00PM			Y Kids (3-9) 6:00-8:00PM		
7:00pm			Pilates 7:15-8:00PM					
7:30pm						Lane Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM 3 Lanes	Open Swim 7:00-8:30PM
8:00pm								
8:30pm								
9:00pm	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 6:30-9:00AM 6 Lanes	Open Swim 7:00-1:00PM		
7:30am	Day Camp Before Care 7:30-9:00AM								
8:00am									
8:30am									
9:00am	Y Kids (3-9) 9:00-12:00PM	OTM 9:00-9:45AM				Lane Swim 9:00-10:00AM 2 Lanes		Open Swim 9:00-10:00AM 2 Lanes	
9:30am									
10:00am			Open Gym 10:00-12:00PM				Aquafit 10:00-10:45AM		
10:30am									
11:00am			Gentlefit 11:00-11:45AM						
11:30am						Lane Swim 11:00-1:00PM 2 Lanes	Open Swim 11:00-1:00PM 2 Lanes		
12:00pm	Open Gym 12:15-3:45PM	Member Pickleball 12:00-1:30PM							
12:30pm									
1:00pm							Day Camp Swim 1:00-3:00PM		
1:30pm			Pickleball Member / Resident \$2 1:30-3:30PM						
2:00pm									
2:30pm									
3:00pm						Lane Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM 2 Lanes	Open Swim 3:00-4:00PM	
3:30pm									
4:00pm	Youth Open Gym Basketball 4:00-7:45PM	Youth Open Gym Basketball 4:00-7:45PM				Swimming Lessons 4:00-7:00PM			
4:30pm									
5:00pm									
5:30pm									
6:00pm									
6:30pm									
7:00pm									
7:30pm									
8:00pm	Closed								

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SATURDAY								
	Gym A	Gym B	Studio	Track	MPR	Lap Pool		Leisure Pool
7:00am	Family Open Gym 7:00-8:45AM	Drop In Badminton 7:00-9:45AM						
7:30am							Lane Swim 7:30-9:00AM 6 Lanes	
8:00am								
8:30am								
9:00am	Y Kids (3-9) 9:00-11:30AM	Drop In Volleyball 10:00-2:45PM	Group Power 9:00-10:00AM			Swimming Lessons 9:00AM-12:00PM		
9:30am								
10:00am			Pilates 10:15-11:00AM					
10:30am								
11:00am								
11:30am	Open Gym Basketball 11:45-2:45PM					Lane Swim 12:00-2:30PM 3 Lanes	Open Swim 12:00-2:30PM 3 Lanes	Open Swim 12:00-2:30PM
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Closed							

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SUNDAY							
	Gym A	Gym B	Studio	Track	MPR	Lap Pool	Leisure Pool
7:00am	Drop In Basketball 7:00-2:45PM	Family Open Gym 7:00-9:45AM				Lane Swim 7:30-2:30PM 3 Lanes	Low Sensory Swim 7:30-9:30AM 3 Lanes
7:30am							
8:00am							
8:30am							
9:00am				Dance Fundamentals (3-5) 9:00-9:30AM			Low Sensory Swim 7:30-9:30AM 3 Lanes
9:30am				Dance Fundamentals (6-9) 9:35-10:20AM			
10:00am				Dance Fundamentals (10-12) 10:25-11:25AM			
10:30am			Member Pickleball 10:00-12:00PM				Open Swim 9:30-2:30AM
11:00am							
11:30am							
12:00pm							
12:30pm			Drop In Badminton 12:15-2:45PM				Open Swim 9:30-2:30AM
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Closed						

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Contact Information & Hours

Monday - Thursday: 6:00am-9:00pm

Friday: 6:00am-8:00pm

Saturday-Sunday: 7:00am-3:00pm

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