

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

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June 29 - September 7

2026 Summer Schedule



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						
7:30am						Lane Swim 7:30-2:30PM 3 Lanes	Low Sensory Swim 7:30-9:30AM 3 Lanes	Low Sensory Swim 7:30-9:30AM 3 Lanes
8:00am								
8:30am								
9:00am			Dance Fundamentals (3-5) 9:00-9:30AM					
9:30am		Dance Fundamentals (6-9) 9:35-10:20AM						
10:00am		Member Pickleball 10:00-12:00PM	Dance Fundamentals (10-12) 10:25-11:25AM					
10:30am								
11:00am								
11:30am					Open Swim 9:30-2:30AM		Open Swim 9:30-2:30AM	
12:00pm		Drop In Badminton 12:15-2:45PM						
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Closed							

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June 29 - September 7

2026 Summer Schedule



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