

Innisfil YMCA
Health, Fitness, & Aquatics
September 7 - December 20
2026 Fall Schedule



MONDAY								
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am								
6:30am						Lane Swim 6:30-9:00am 6 Lanes		
7:00am								Open Swim 7:00-10:00am
7:30am								
8:00am	Booking 8:00-4:30pm							
8:30am								
9:00am		OTM 9:00-9:45am				Lane Swim 9:00-10:00am 3 Lanes	Open Swim 9:00-10:00am 3 Lanes	
9:30am								
10:00am		Creative Play: Music & Movement (0-5) 10:00-10:45am	Step 10:00-10:30am			Lane Swim 10:00-11:00am 1 Lane	Aquafit 10:00-10:45am	Closed
10:30am								
11:00am		Parent & Tot Cardio & Strength 11:00-11:45am	Gentlefit 11:00-11:45am			Lane Swim 11:00-1:00pm 6 Lanes		Open Swim 10:45-1:00pm
11:30am								
12:00pm		Member Pickleball 12:00-1:30pm	Zumba 12:15-1:00pm	TOI \$2 Track Residents Only 12:00-2:00pm				
12:30pm							Closed	
1:00pm								
1:30pm	Pickleball Member/ Resident \$2 1:30-3:30pm							
2:00pm								
2:30pm						Lane Swim 3:00-4:00pm 6 Lanes		
3:00pm								
3:30pm						Open Swim 3:00-4:00pm		
4:00pm	Open Gym 3:45-4:45pm							
4:30pm						Swim Lessons 4:00-7:30pm		
5:00pm	Boost Soccer (3-5) 5:00-5:30pm	Y Kids (3-9) 5:00-8:00pm	Pilates 5:00-5:45pm	Youth Wellness Orientation 5:00-8:00pm	Int. Leaders 5:00-6:00pm Servery			
5:30pm	Boost Soccer (6-9) 5:35-6:20pm							
6:00pm					Adv. Leaders 6:00-7:00pm Servery			
6:30pm	Boost Soccer (10-13) 6:25-7:25pm		Group Power 6:15-7:15pm					
7:00pm								
7:30pm			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	Open Gym 7:45-8:45pm	Open Gym 8:15-8:45pm						
8:30pm								
9:00pm	Closed							

TUESDAY									
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool	
6:00am									
6:30am						Lane Swim 6:30-10:00am 6 Lanes			
7:00am								Open Swim 7:00-11:00am	
7:30am									
8:00am	Booking 8:00-4:30pm	Open Gym 8:00-9:45am			Booking 8:00-12:00pm				
8:30am									
9:00am									
9:30am									
10:00am		OTM 10:00-10:45am				Lane Swim 10:00-11:00am 3 Lanes	Open Swim 10:00-11:00am 3 Lanes		
10:30am									
11:00am		Parent & Tot Social Gym 11:00-12:30pm	Pilates 11:00-11:45am			Lane Swim 11:00-12:00pm 1 Lane	Aquafit 11:00-11:45am	Closed	
11:30am									
12:00pm			Member Pickleball 12:30-2:00pm	Cardio & Strength 12:15-1:00pm	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								Closed	
1:00pm									
1:30pm									
2:00pm									
2:30pm		Pickleball Member/ Resident \$2 2:00-4:00pm							
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm	
3:30pm						Swim Lessons 4:00-7:30pm			
4:00pm		Open Gym 4:00-4:45pm							
4:30pm									
5:00pm	Barrie Kempettes: Primary Gymnastics 5:00-5:30pm	Y Kids (3-9) 5:00-6:30pm in MPR 6:30-8:00pm							
5:30pm	Barrie Kempettes: Jr. Rec Gymnastics 5:35-6:20pm		Strictly Strength 5:15-5:45pm						
6:00pm			Zumba 6:00-6:45pm			Y Kids (3-9) Cool & Calm 6:30-8:00pm			
6:30pm	Barrie Kempettes: Youth Rec Gymnastics 6:25-7:25pm	13+ Volleyball League 6:45-8:45pm							
7:00pm			Pilates 7:00-7:45pm						
7:30pm									
8:00pm	Open Gym 8:00-8:45pm					Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm	
8:30pm									
9:00pm	Closed								

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WEDNESDAY								
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am								
6:30am						Lane Swim 6:30-9:00am 6 Lanes		
7:00am								Open Swim 7:00-10:00am
7:30am								
8:00am	Booking 8:00-4:30pm							
8:30am								
9:00am		OTM 9:00-9:45am				Lane Swim 9:00-10:00am 3 Lanes	Open Swim 9:00-10:00am 3 Lanes	
9:30am								
10:00am		Creative Play: Imaginative Play (0-5) 10:00-10:45am	Step 10:00-10:30am			Lane Swim 10:00-11:00am 1 Lane	Aquafit 10:00-10:45am	Closed
10:30am								
11:00am		Parent & Tot Cardio & Strength 11:00-11:45am	Zumba 11:00-11:45am					
11:30am								
12:00pm			Member Pickleball 12:00-1:30pm		TOI \$2 Track Residents Only 12:00-2:00pm			
12:30pm				Metafit 12:15-12:45pm				
1:00pm						Closed		
1:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:00pm								
2:30pm								
3:00pm								
3:30pm		Open Gym 3:45-4:45pm				Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm
4:00pm						Swim Lessons 4:00-7:30pm		
4:30pm								
5:00pm	Next Level Basketball (3-5) 5:00-5:30pm	Y Kids (3-9) 5:00-8:00pm	Pilates 5:00-5:45pm	Youth Wellness Orientation 5:00-8:00pm	Teen Nights Gr.7-12 5:00-7:30pm			
5:30pm	Next Level Basketball (6-9) 5:35-6:20pm							
6:00pm	Next Level Basketball (10-13) 6:25-7:25pm		Group Power 6:15-7:15pm					
6:30pm								
7:00pm								
7:30pm	Drop In Badminton 7:45-8:45pm		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		Open Gym 8:15-8:45pm						
8:30pm								
9:00pm	Closed							

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THURSDAY									
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool	
6:00am									
6:30am						Lane Swim 6:30-10:00am 6 Lanes			
7:00am								Open Swim 7:00-11:00am	
7:30am									
8:00am	Booking 8:00-4:30pm	Open Gym 8:00-9:45am							
8:30am									
9:00am									
9:30am									
10:00am		OTM 10:00-10:45am				Lane Swim 10:00-11:00am 3 Lanes	Open Swim 10:00-11:00am 3 Lanes		
10:30am									
11:00am		Parent & Tot Social Gym 11:00-12:30pm	Pilates 11:00-11:45am			Lane Swim 11:00-12:00pm 1 Lane	Aquafit 11:00-11:45am	Closed	
11:30am									
12:00pm			Member Pickleball 12:30-2:00pm	Cardio & Strength 12:15-1:00pm	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								Closed	
1:00pm		Silver Club 1:00-3:30pm							
1:30pm									
2:00pm									
2:30pm									
3:00pm		Pickleball Member/ Resident \$2 2:00-4:00pm				Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm	
3:30pm						Swim Lessons 4:00-7:30pm			
4:00pm		Open Gym 4:00-4:45pm							
4:30pm									
5:00pm		Y Kids (3-9) 5:00-6:30pm in MPR 6:30-8:00pm							
5:30pm	Aikido (6-9) 5:15-6:15pm		Strictly Strength 5:15-5:45pm						
6:00pm									
6:30pm	Aikido (Family/All Ages) 6:30-7:30pm	Drop In Volleyball (13+) 6:45-8:45pm	Zumba 6:00-6:45pm			Y Kids (3-9) Cool & Calm 6:30-8:00pm			
7:00pm			Pilates 7:00-7:45pm						
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	Open Gym 8:00-8:45pm								
8:30pm									
9:00pm	Closed								

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FRIDAY														
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool						
6:00am														
6:30am						Lane Swim 6:30-9:00am 6 Lanes								
7:00am								Open Swim 7:00-10:00am						
7:30am														
8:00am	Booking 8:00-3:30pm													
8:30am														
9:00am		OTM 9:00-9:45am				Lane Swim 9:00-10:00am 3 Lanes	Open Swim 9:00-10:00am 3 Lanes	Closed						
9:30am						Lane Swim 10:00-11:00am 1 Lane	Aquafit 10:00-10:45am							
10:00am		Creative Play: Sensory Seekers (0-5) 10:00-10:45am						Open Swim 10:45-1:00pm						
10:30am		Parent & Tot Cardio & Strength 11:00-11:45am	Gentlefit 11:00-11:45am			Lane Swim 11:00-1:00pm 6 Lanes								
11:00am														
11:30am														
12:00pm			Member Pickleball 12:00-1:30pm		TOI \$2 Track Residents Only 12:00-2:00pm		Closed							
12:30pm				Metafit 12:15-12:45pm										
1:00pm										Closed				
1:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm												
2:00pm						Lane Swim 3:00-4:00pm 6 Lanes								
2:30pm									Open Swim 3:00-4:00pm					
3:00pm												Swim Lessons 4:00-7:30pm		
3:30pm														
4:00pm	Youth Night Open Gym Basketball 4:00-8:45pm	Drop In Volleyball 4:00-8:45pm				Open Swim 7:30-8:45pm								
4:30pm									Open Swim 7:30-8:45pm					
5:00pm												Open Swim 7:30-8:45pm		
5:30pm														
6:00pm						Open Swim 7:30-8:45pm								
6:30pm									Open Swim 7:30-8:45pm					
7:00pm												Open Swim 7:30-8:45pm		
7:30pm														
8:00pm				Open Swim 7:30-8:45pm										
8:30pm							Open Swim 7:30-8:45pm							
9:00pm	Closed													

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SATURDAY								
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR	Lap Pool		Leisure Pool
7:00am	Open Gym 7:00-8:45am	Open Gym 7:00-8:45am						
7:30am						Lane Swim 7:30-9:00am 6 Lanes	Closed	
8:00am								
8:30am								
9:00am	Basketball Fundamentals (3-5) 9:00-9:30am	Y Kids (3-9) 9:00-11:30am	Group Power 9:00-10:00am	Youth Wellness Orientation 9:15-12:00pm		Swim Lessons 9:00-12:30pm		
9:30am	Basketball Fundamentals (6-9) 9:35-10:20am							
10:00am	Basketball Fundamentals (10-12) 10:25-11:25am		Pilates 10:30-11:15am					
10:30am								
11:00am		Drop In Volleyball 11:45-4:45pm				Lane Swim 12:30-4:45pm 3 Lanes	TOI Community Swim 12:30-3:30pm 3 Lanes	Open Swim 12:30-4:45pm
11:30am	Open Gym Basketball 11:45-2:00pm							
12:00pm								
12:30pm								
1:00pm	Drop In Badminton 2:15-4:45pm							
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm							Open Swim 3:30-4:45pm 3 Lanes	
4:30pm								
5:00pm	Closed							

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2026 Fall Schedule



SUNDAY										
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR	Lap Pool		Leisure Pool		
7:00am	Open Gym Basketball 7:00-8:45am	Drop In Family Gym 7:00-8:45am				Lane Swim 7:30-4:45pm 3 Lanes	Low Sensory Swim 7:30-9:30am 3 Lanes	Low Sensory Swim 7:30-9:30am		
7:30am										
8:00am										
8:30am										
9:00am	Soccer Fundamentals (3-5) 9:00-9:30am	Family Drop In Pickleball 9:00-11:30am					Open Swim 9:30-3:45pm 3 Lanes	Open Swim 9:30-3:45pm		
9:30am	Soccer Fundamentals (6-9) 9:35-10:20am									
10:00am										
10:30am	Soccer Fundamentals (10-12) 10:25-11:25am									
11:00am										
11:30am	Drop In Badminton 11:45-4:45pm	Member Pickleball 11:30-2:00pm							Adult Rec Swim 3:45-4:45pm 3 Lanes	Adult Rec Swim 3:45-4:45pm
12:00pm										
12:30pm										
1:00pm										
1:30pm		Drop In Pickleball 2:00-4:45pm								
2:00pm										
2:30pm										
3:00pm										
3:30pm										
4:00pm										
4:30pm										
5:00pm	Closed									

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Contact Information & Hours

Monday - 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