

Innisfil YMCA
Health, Fitness, & Aquatics
September 7 - October 25
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	Open Swim 7:00-10:00am
9:30am								
10:00am		Parent & Tot Social Gym 10:00-11:45am	Step 10:00-10:30am			Lane Swim 10:00-11:00am 1 Lane	Aquafit 10:00-10:45am	Closed
10:30am								
11:00am			Gentlefit 11:00-11:45am			Lane Swim 11:00-12:00pm 4 Lanes	Open Swim 11:00-12:00pm 2 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	Lane Swim 12:00-1:00pm 6 Lanes		
12:30pm								
1:00pm					Closed			
1:30pm		Pickleball Member/ Resident \$2 1:30-3:30pm						
2:00pm								
2:30pm								
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm
3:30pm		Open Gym 3:45-4:45pm				Swim Lessons 4:00-7:30pm		
4:00pm								
4:30pm								
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				
5:30pm	Boost Soccer (6-9) 5:35-6:20pm							
6:00pm								
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							

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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				Lane Swim 10:00-11:00am 3 Lanes		Open Swim 10:00-11:00am 3 Lanes
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			Yoga 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		Member Pickleball 12:30-2:00pm					Closed				
1:00pm											
1:30pm											
2:00pm											
2:30pm	Pickleball Member/ Resident \$2 2:00-4:00pm					Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm			
3:00pm											
3:30pm											
4:00pm											
4:30pm		Open Gym 4:00-4:45pm				Swim Lessons 4:00-7:30pm					
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									
6:30pm	Barrie Kempettes: Youth Rec Gymnastics 6:25-7:25pm	Drop In Volleyball 6:45-8:45pm	Pilates 7:00-7:45pm		Y Kids (3-9) Cool & Calm 6:30-8:00pm				Lane Swim 7:30-8:45pm 3 Lanes		Open Swim 7:30-8:45pm 3 Lanes
7:00pm											
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		Parent & Tot Social Gym 10:00-11:45am	Step 10:00-10:30am			Lane Swim 10:00-11:00am 1 Lane	Aquafit 10:00-10:45am	Closed	
10:30am									
11:00am			Zumba 11:00-11:45am				Lane Swim 11:00-12:00pm 4 Lanes	Open Swim 11:00-12:00pm 2 Lanes	Open Swim 10:45-1:00pm
11:30am									
12:00pm		Member Pickleball 12:00-1:30pm			TOI \$2 Track Residents Only 12:00-2:00pm		Lane Swim 12:00-1:00pm 6 Lanes		
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							Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm
3:30pm			Open Gym 3:45-4:45pm				Swim Lessons 4:00-7:30pm		
4:00pm									
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	Yoga 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	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	Y Kids (3-9) 5:00-6:30pm in MPR 6:30-8:00pm							
5:30pm		Strictly Strength 5:15-5:45pm						
6:00pm	Open Gym Basketball 4:45-8:45pm	Zumba 6:00-6:45pm						
6:30pm				Y Kids (3-9) Cool & Calm 6:30-8:00pm				
7:00pm		Drop In Volleyball (13+) 6:45-8:45pm	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								
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						Lane Swim 9:00-10:00am 3 Lanes		Open Swim 9:00-10:00am 3 Lanes	
9:00am		OTM 9:00-9:45am							
9:30am						Lane Swim 10:00-11:00am 1 Lane		Aquafit 10:00-10:45am	
10:00am		Parent & Tot Social Gym 10:00-11:45am							
10:30am						Lane Swim 11:00-12:00pm 4 Lanes		Open Swim 11:00-12:00pm 2 Lanes	
11:00am			Gentlefit 11:00-11:45am						
11:30am						Lane Swim 12:00-1:00pm 6 Lanes		Open Swim 10:45-1:00pm	
12:00pm		Member Pickleball 12:00-1:30pm		TOI \$2 Track Residents Only 12:00-2:00pm					
12:30pm			Metafit 12:15-12:45pm			Closed			
1:00pm		Pickleball Member/ Resident \$2 1:30-3:30pm							
1:30pm									
2:00pm									
2:30pm									
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	Youth Night Open Gym Basketball 4:00-8:45pm	Drop In Volleyball 4:00-8:45pm							
4:30pm									
5:00pm									
5:30pm				Youth Wellness Orientation 5:00-8:00pm					
6:00pm									
6:30pm									
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									
9:00pm	Closed								

Innisfil YMCA

Health, Fitness, & Aquatics

September 7 - October 25

2026 Fall Schedule



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						Swim Lessons 9:00-12:30pm			
11:30am									
12:00pm									
12:30pm									
1:00pm	Open Gym Basketball 11:45-2:00pm	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	
1:30pm									
2:00pm	Drop In Badminton 2:15-4:45pm						Open Swim 3:30-4:45pm 3 Lanes		
2:30pm									
3:00pm									
3:30pm									
4:00pm									
4:30pm									
5:00pm	Closed								

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September 7 - October 25

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									
7:30am						Lane Swim 7:30-4:45pm 3 Lanes	Low Sensory Swim 7:30-9:30am 3 Lanes	Low Sensory Swim 7:30-9:30am			
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	Open Gym Basketball 11:45-1:45pm	Member Pickleball 11:30-2:00pm									
12:00pm											
12:30pm											
1:00pm											
1:30pm											
2:00pm	Drop In Badminton 2:00-4:45pm	Drop In Pickleball 2:00-4:45pm					Adult Rec Swim 3:45-4:45pm 3 Lanes	Adult Rec Swim 3:45-4:45pm			
2:30pm											
3:00pm											
3:30pm											
4:00pm											
4:30pm											
5:00pm			Closed								

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September 7 - October 25

2026 Fall Schedule



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