Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

Shine On

MONDAY

	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am		Open Gym 6:00-8:45am						
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			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 3 Lanes		Open Swim 3:00-4:00pm
3:30pm		Open Gym 3:45-4:45pm						
4:00pm						Swim Lessons 4:00-7:30pm		
4:30pm	Soccer (3-5) 5:00-5:30pm							
5:00pm		Y Kids (3-9) 5:00-8:00pm		Youth Wellness Orientation 5:00-8:00pm				
5:30pm	Soccer (6-9) 5:35-6:20pm				Home Alone/ Babysitter 5:30-7:30pm			
6:00pm			Group Power 6:15-7:15pm					
6:30pm	Soccer (10-13) 6:25-7:25pm							
7:00pm								
7:30pm	Open Gym 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							

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

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

Shine On

TUESDAY

	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am		Open Gym 6:00-9:45am						
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				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			Yoga 12:00-12:45pm	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						
1:00pm						Closed		
1:30pm								
2:00pm		Pickleball Member/ Resident $2 2:00-4:00pm						
2:30pm								
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm
3:30pm								
4:00pm		Open Gym 4:00-4:45pm				Swim Lessons 4:00-7:30pm		
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	Strictly Strength 5:15-5:45pm					
5:30pm	Barrie Kempettes: Jr. Rec Gymnastics 5:35-6:20pm							
6:00pm			Zumba 6:00-6:45pm					
6:30pm	Barrie Kempettes: Youth Rec Gymnastics 6:25-6:55pm	Badminton 6:45-7:45pm			Y Kids (3-9) Cool & Calm 6:30-8:00pm			
7:00pm			Core & Stretch 7:00-7:45pm					
7:30pm		Volleyball 7:45-8:45pm				Lane Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm 3 Lanes	Open Swim 7:30-8:45pm
8:00pm	Open Gym 8:00-8:45pm							
8:30pm								
9:00pm	Closed							

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

Drop-In Aquatics

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Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

Shine On

WEDNESDAY

	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am		Open Gym 6:00-8:45am						
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						
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			Group Power 6:15-7:15pm					
6:30pm	Next Level Basketball (10-13) 6:25-7:25pm							
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							

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

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20

2026 Fall Schedule

Shine On

THURSDAY

	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am		Open Gym 6:00-9:45am						
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							
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 12:00-12:45pm	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						
1:00pm			Silver Club 1:00-3:30pm			Closed		
1:30pm								
2:00pm		Pickleball Member/ Resident $2 2:00-4:00pm						
2:30pm								
3:00pm						Lane Swim 3:00-4:00pm 6 Lanes		Open Swim 3:00-4:00pm
3:30pm								
4:00pm		Open Gym 4:00-4:45pm				Swim Lessons 4:00-7:30pm		
4:30pm	Open Gym Basketball 4:45-8:45pm							
5:00pm		Y Kids (3-9) 5:00-8:00pm						
5:30pm			Strictly Strength 5:15-5:45pm					
6:00pm			Zumba 6:00-6:45pm					
6:30pm								
7:00pm			Core & Stretch 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		Drop In Volleyball (13+) 8:00-8:45pm						
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

Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

Shine On

FRIDAY

	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR/Servery	Lap Pool		Leisure Pool
6:00am		Open Gym 6:00-8:45am						
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	
9:30am								
10:00am		Parent & Tot Social Gym 10:00-11:45am				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		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 3 Lanes		Open Swim 3:00-4:00pm
3:30pm								
4:00pm	Youth Night Open Gym Basketball 4:00-8:45pm	Drop In Volleyball 4:00-6:30pm				Swim Lessons 4:00-7:30pm		
4:30pm								
5:00pm				Youth Wellness Orientation 5:00-8:00pm				
5:30pm								
6:00pm								
6:30pm		Drop In Badminton 6:30-8:45pm						
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							

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

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

Shine On

SATURDAY							
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR	Lap Pool	Leisure Pool
7:00am	Open Gym 7:00-8:45am	Drop In Family Gym 7:00-8:45am					
7:30am						Lane Swim 7:30-9:00am 6 Lanes	Closed
8:00am							
8:30am							
9:00am	Open Gym Basketball 11:45-2:00pm	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							
10:00am							
10:30am			Pilates 10:30-11:15am				
11:00am							
11:30am		Drop In Volleyball 11:45-2:00pm					
12:00pm							
12:30pm						Lane Swim 12:30-4:45pm 3 Lanes	TOI Community Swim 12:30-3:30pm 3 Lanes
1:00pm							
1:30pm							Open Swim 12:30-4:45pm
2:00pm	Drop In Pickleball 2:00-4:45pm	Drop In Badminton 2:15-4:45pm					
2:30pm							
3:00pm							Open Swim 3:30-4:45pm 3 Lanes
3:30pm							
4:00pm							
4:30pm							
5:00pm	Closed						

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

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

Health, Fitness, & Aquatics

November 2 - December 20
2026 Fall Schedule

SUNDAY								
	Gym A	Gym B	Studio	Conditioning Floor/Track	MPR	Lap Pool		Leisure Pool
7:00am	Open Gym Basketball 7:00am-1:45pm	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		Family Drop In Pickleball 9:00-11:30am						
9:30am							Open Swim 9:30-3:45pm 3 Lanes	Open Swim 9:30-3:45pm
10:00am								
10:30am								
11:00am								
11:30am		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						
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								
5:00pm	Closed							

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

Drop-In Aquatics

For more information, please contact your Membership Services Desk

Innisfil YMCA

Health, Fitness, & Aquatics

September 7 - December 20
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

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(705) 431-9622

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

Heart Wise Exercise · Corps à cœur ·

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.

SUPPORTED BY Jumpstart Bon départ AVEC LE SOUTIEN DE

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