

Fall 2026

Active Innisfil

Town of Innisfil Recreation Programs

Explore the recreation programs we have to offer you this season! Whether you're looking to get into shape with one of our fun fitness classes, or you want to get creative with coding or painting, we have something for you!

Ways to Register:



Online

innisfil.ca/ActiveInnisfil

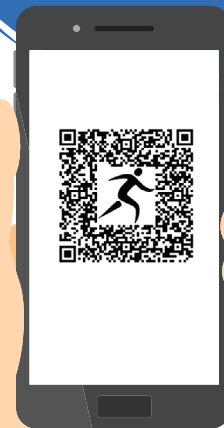


Drop Box/Mail-In

Innisfil Town Hall
2101 Innisfil Beach Road
Innisfil, ON L9S 1A1

Scan the QR code to download or print the Registration Form.

Open your camera and hover over the QR codes in this guide to link to more information right at your fingertips!



Get more information about payment, program cancellations and changes, withdrawal process, and refunds at innisfil.ca/recreation.

Registration dates:

Resident: August 19, 8:30am

Non Resident: August 26, 8:30am

Active Innisfil Programs

TIP: Find the latest programs on Active Innisfil by looking for the **New** next to listed activities!

Preschool Programs (Ages 0-5)

Preschool programs make learning new skills fun!

Young children get introduced to organized recreation programs and build confidence, independence, and small and large motor skills. Expand your child's skills with programs that explore gymnastics, skating, dance, art, soccer, and more.



Children & Youth Programs (Ages 5-16)

Children and youth programs offer a variety of options for participants to have fun, make friends, and promote a healthy mind and body. Expand your skills and wellness through programs that explore sports, skating, dance, art, fitness, general interest and much more.



Cooking & Food Programs (All Ages)

We offer a wide range of cooking and food programs to help you enhance your culinary skills, improve your health, and enjoy a more vibrant lifestyle. Consider our Neighbours Helping Neighbours program to learn a new recipe while preparing meals for the Troy Scott Community Fridges!



General Interest Programs (Ages 16+)

Recreation isn't just about exercise or fitness, and we have plenty of activity-based programming to suit your interests and needs! Find something that speaks to you in our general interest programs. From exploring your artistic side to refocusing on a skill that brings you joy, you're sure to have fun.



Fitness Programs (Ages 16+)

Active Innisfil's fitness programs enhance physical fitness and well-being. Stretch yourself in yoga, sweat it out in Zumba, or get your game face on in pickleball. Programs will keep you fit, and you'll have a blast while participating! Whether you decide to join a team or do it on your own, we've got a class for you.



55+ Programs

Specialized instructor-led classes developed for individuals aged 55 and older and are intended for all skill levels. Older adult programs provide an opportunity to explore new interests like pickleball, fitness, MSALC (Mobile Seniors Active Living Centre) and much more.



Mobile Seniors Active Living Centre (MSALC)

MSALC brings free recreation, wellness, and social opportunities directly to Innisfil residents aged 55 and over. Drop in for activities such as fitness, games, arts and crafts, dancing, educational presentations, and opportunities to connect with others in the community.

MSALC operates weekly from **9:30am to 11:30am** at three locations:

- ◆ **Tuesdays** – Cookstown Library & Community Centre
- ◆ **Wednesdays** – Morgan Russell Memorial Arena & Community Centre
- ◆ **Thursdays** – The Wheel at Sandycove Acres

Check out the monthly program calendar at innisfil.ca/MSALC.

M-SALC is funded in part by the Government of Ontario.

Ontario 

Fee Assistance Program

Everyone deserves the opportunity to participate in recreation and community life. The Town's Fee Assistance in Recreation (F.A.I.R.) program helps eligible residents overcome financial barriers by providing support toward recreation program fees. **Learn more and apply: [innisfil.ca/FAIR](https://www.innisfil.ca/FAIR).**

Teen Nights

Innisfil's Teen Nights provide free, safe drop-in spaces for youth in Grades 7–12 to connect, participate in activities, enjoy snacks, play games, and try something new.

Teen Nights run from **5pm to 7:30pm** each week at community locations across Innisfil:

- ★ **Mondays** – Morgan Russell Memorial Arena & Community Centre
- ★ **Wednesdays** – Innisfil YMCA
- ★ **Fridays** – Innisfil ideaLAB & Library (Lakeshore Branch)

One-time registration is required, after which teens can attend as often as they like. **Learn more:** innisfil.ca/teennights

Drop-in Activities

The Town of Innisfil's drop-in programs make it easy to fit recreation into your schedule. We offer pickleball, public skates, shinny, ticket ice (figure skating), and more! Learn more and view schedules: [innisfil.ca/dropin](https://www.innisfil.ca/dropin)



Looking for more?

The Town's Youth Hub is your online destination for activities, programs, volunteer opportunities, wellness resources, and community connections designed specifically for youth and teens. **Explore what's available:**
[innisfil.ca/youth](https://www.innisfil.ca/youth)





Active Innisfil

Facilities that suit your needs!

Whether you're looking to book space for your buck and doe, a corporate meeting, ice time for a group skating session, or a picnic with friends and family, we have the venue for you!



For more information or to book a facility, please visit innisfil.ca/facilities or contact us at activeinnisfil@innisfil.ca or 705-436-3710. We look forward to helping you create a successful and memorable event!

Helpful Links

Innisfil Town Council Members
innisfil.ca/council

Community Groups & Organizations
innisfil.ca/groups

Online Youth Hub
innisfil.ca/youth

Community Events

Wondering where to go to find community events in town? **Explore the events calendar at innisfil.ca/events!**

Save the date: InnisFALL on Saturday, October 3, from 10am to 2pm at Innisfil Town Square



Visit us online to learn more about the Town of Innisfil's recreation programs at innisfil.ca/recreation.

