

Gravenhurst YMCA

Health, Fitness, & Aquatics

March 17 - June 29

2025 Spring Schedule



MONDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				
6:30am					
7:00am				Lane Swim 6:30-8:30am	
7:30am					
8:00am					
8:30am					
9:00am	On The Move 9:00-9:45am	Bars and Plates 9:00-10:00am			Family Swim 8:45-10:00am
9:30am					
10:00am	Pickleball 10:00-1:15pm	Stretch & Restore 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am				AquaFit 10:30-11:15am	
11:00am					AquaFit Stretch 11:15-11:30am
11:30am					
12:00pm		CycleFit 12:00-12:45pm			
12:30pm	Beginner Pickleball 1:15-2:30pm			Lane Swim 12:00-2:00pm	
1:00pm					
1:30pm					
2:00pm	Open Gym 2:30-8:45pm				
2:30pm					Pool Booking 2:30-3:30pm
3:00pm					
3:30pm			Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm					
4:30pm					
5:00pm					Family Swim 4:30-6:30pm
5:30pm		Yoga 5:30-6:30pm			
6:00pm					
6:30pm				Lane Swim 6:45-8:30pm	
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics

For more information, please contact
your Membership Services Desk

Gravenhurst YMCA

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2025 Spring Schedule



TUESDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				
6:30am					
7:00am				Lane Swim 6:30-8:30am	
7:30am					
8:00am					
8:30am					Family Swim 8:45-10:00am
9:00am	Cardio and Strength 9:00-9:45am				
9:30am					
10:00am	Pickleball 10:00-2:15pm			AquaFit Stretch 10:15-10:30am	
10:30am				AquaFit 10:30-11:15am	
11:00am					AquaFit Stretch 11:15-11:30am
11:30am					
12:00pm				Lane Swim 12:00-2:00pm	
12:30pm					
1:00pm					
1:30pm					
2:00pm					Parent and Tot 2:15-2:45pm
2:30pm	Open Gym 2:30-4:30pm				
3:00pm					
3:30pm			Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm				Swim Lessons (3-12 years) 4:15-6:30pm	
4:30pm	YKids (6-12 years) 4:30-6:30pm				
5:00pm					
5:30pm		Stretch 5:30-6:30pm			
6:00pm					
6:30pm	Fitness Workshop 6:45-7:30pm				
7:00pm				Lane Swim 7:00-8:30pm	
7:30pm	Open Gym 7:30-8:45pm				
8:00pm					
8:30pm					
9:00pm					



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WEDNESDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				
6:30am					
7:00am				Lane Swim 6:30-8:30am	
7:30am					
8:00am					
8:30am					Family Swim 8:45-9:30am
9:00am	On The Move 9:00-9:45am				
9:30am					Parent and Tot 9:30-10:00am
10:00am	Pickleball 10:00-1:15pm	Strength and Tone 10:00-10:45am	Stay and Play (0-5 years) 10:00-11:15am	AquaFit Stretch 10:15-10:30am	
10:30am					
11:00am		CycleFit 11:15-12:00pm		AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am					
12:00pm		Gravity 12:15-12:45pm			
12:30pm				Lane Swim 12:00-2:00pm	
1:00pm	Beginner Pickleball 1:15-2:30pm				
1:30pm					
2:00pm					
2:30pm	Open Gym 2:30-6:30pm				Pool Booking 2:30-3:30pm
3:00pm					
3:30pm			Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm					
4:30pm					
5:00pm		Gravity 5:15-6:00pm			Family Swim 4:30-6:30pm
5:30pm					
6:00pm					
6:30pm	3v3 Basketball League (16+) 6:30-8:45pm			Lane Swim 6:45-8:30pm	
7:00pm		Yoga 7:00-8:00pm			
7:30pm					
8:00pm					
8:30pm					
9:00pm					



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THURSDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-10:00am				
6:30am					
7:00am				Lane Swim 6:30-8:30am	
7:30am					
8:00am		Circuit 8:00-8:45am			
8:30am					Family Swim 8:45-10:00am
9:00am		Bars and Plates 9:00-10:00am			
9:30am					
10:00am	Pickleball 10:00-2:15pm	Fitness Workshop 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am				AquaFit 10:30-11:15am	
11:00am					AquaFit Stretch 11:15-11:30am
11:30am			Silver Club 11:30-12:45pm		
12:00pm				Lane Swim 12:00-2:00pm	
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm	Open Gym 2:30-4:45pm				Pool Booking 2:30-3:30pm
3:00pm					
3:30pm			Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm					
4:30pm				Swim Lessons (3-12 years) 4:15-6:15pm	
5:00pm	Basketball (6-12 years) 5:00-6:00pm	Bars and Plates 5:15-6:00pm			
5:30pm					
6:00pm	Drop-In Volleyball 6:15-8:30pm			Deep Aquafit 6:30-7:15pm	
6:30pm					
7:00pm				Lane Swim 7:30-8:30pm	
7:30pm					
8:00pm					
8:30pm					
9:00pm					



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FRIDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				
6:30am					
7:00am					
7:30am					
8:00am					
8:30am					
9:00am	On The Move 9:00-9:45am	Strength and Tone 9:00-9:45am			
9:30am					
10:00am	Pickleball 10:00-2:15pm	Stretch 10:00-11:00am			
10:30am					
11:00am		Fitness Workshop 11:00-12:00pm			
11:30am					
12:00pm		Strength HIIT 12:00-12:30pm			
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm	Open Gym 2:30-8:45pm				
3:00pm					
3:30pm					
4:00pm					
4:30pm					Family Swim 4:30-6:30pm
5:00pm					
5:30pm					
6:00pm					
6:30pm				Lane Swim 6:45-8:00pm	
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

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SATURDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
7:00am	Pickleball 7:00-9:00am				
7:30am					
8:00am				Lane Swim 7:30-9:00am	
8:30am					Parent and Tot 8:30-9:00am
9:00am	Family Gym 9:00-11:00am	Pilates 9:00-9:45am		Swim Lessons (3-12 years old) 9:10-12:00pm	
9:30am					
10:00am					
10:30am					
11:00am	Open Gym 11:00-2:45pm				
11:30am					Pool Booking 11:30-12:30pm
12:00pm					
12:30pm					Family Swim 12:45-2:30pm
1:00pm		Youth Wellness 1:00-2:00pm			
1:30pm					
2:00pm					
2:30pm					
3:00pm					

SUNDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Family Gym 10:00-12:15pm	Yoga 10:15-11:15am			Family Swim 10:30-12:30pm
10:30am					
11:00am					
11:30am					
12:00pm	Open Gym 12:30-2:45pm				
12:30pm				Lane Swim 12:45-2:30pm	
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					

For more information, please contact
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Contact Information & Hours

Monday - Friday: 6:00am-9:00pm

Saturday: 7:00am-3:00pm

Sunday: 10:00am-3:00pm

gravenhurst@sm.ymca.ca

(705) 687-9899

1-101 Centennial Drive

Gravenhurst, ON

P1P 1B7



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, Aquatherapy, 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