#### Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



MONDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
7:00am						
7:30am	Open Gym			Lane Swim 7:00-8:30am		
8:00am	7:00-8:45am			7.00 0.000111		
8:30am					Family Swim	
9:00am	On The Move	Bars and Plates			8:45-10:00am	
9:30am	9:00-9:45am	9:00-10:00am				
10:00am		Stretch & Restore 10:15-11:15am		AquaFit Stretch 10:15-10:30am		
10:30am		10.13-11.13a111		AquaFit		
11:00am				10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm			YMCA Gravenhurst  Day Camp	Swim Lessor	ıs (3-12 years)	
12:30pm			9:00am-4:00pm		2:00pm	
1:00pm					14-26 <del>5</del>	
1:30pm					t 11-23	
2:00pm				9		
2:30pm	Open Gym					
3:00pm	10:00-7:45pm				Camp Swim 2:30-3:30pm	
3:30pm						
4:00pm						
4:30pm						
5:00pm					Family Swim	
5:30pm		Yoga			4:00-6:00pm	
6:00pm		5:30-6:30pm				
6:30pm				Lane Swim		
7:00pm				6:45-7:30pm		
7:30pm				,		
8:00pm						







#### Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



TUESDAY							
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool		
7:00am				Laura Corina			
7:30am	Open Gym			Lane Swim 7:00-8:30am			
8:00am	7:00-8:45am			, 100 0100aiiii			
8:30am					Family Swim		
9:00am	Cardio and Strength				8:45-10:00am		
9:30am	9:00-9:45am						
10:00am				AquaFit Stretch 10:15-10:30am			
10:30am				AquaFit			
11:00am	Open Gym			10:30-11:15am	AquaFit Stretch 11:15-11:30am		
11:30am			YMCA Gravenhurst	Swim Lesson	s (3-12 years)		
12:00pm			Day Camp		2:00pm		
12:30pm	10:00-4:00pm		9:00am-4:00pm		14-26		
1:00pm					<del>)</del> t 11-23		
1:30pm				Augus	(11-23		
2:00pm							
2:30pm					Camp Swim		
3:00pm					2:30-3:30pm		
3:30pm							
4:00pm	Kids Open Gym						
4:30pm	(3-9 years)			Swim Losson	s (3-12 years)		
5:00pm	Parent participation req.				5:15pm		
5:30pm	4:00-6:00pm				7.2 <b>0</b> p		
6:00pm		Stretch					
6:30pm	Onor Com	5:30-6:30pm		Long Coding			
7:00pm	Open Gym 6:00-7:45pm			Lane Swim 6:30-7:30pm			
7:30pm				0.30 7.30piii			
8:00pm							

Drop-In Fitness 13+







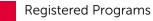
#### Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



WEDNESDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
7:00am				Lane Swim		
7:30am	Open Gym			7:00-8:30am		
8:00am	7:00-8:45am					
8:30am					Family Swim	
9:00am	On The Move				8:45-9:30am	
9:30am	9:00-9:45am				Parent and Tot 9:30-10:00am	
10:00am		Strength and Tone		AquaFit Stretch 10:15-10:30am		
10:30am		10:00-10:45am		AquaFit		
11:00am			YMCA Gravenhurst Day Camp 9:00am-4:00pm	10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm				Swim Lessons (3-12 years) 11:45-2:00pm		
12:30pm						
1:00pm					14-26	
1:30pm				ક August 11-23		
2:00pm				Augus	(11-23	
2:30pm	Open Gym 10:00-7:45pm					
3:00pm	10.00-7.45pm				Camp Swim	
3:30pm					2:30-3:30pm	
4:00pm						
4:30pm						
5:00pm		Gravity			Family Swim	
5:30pm		5:15-6:00pm			4:00-6:00pm	
6:00pm						
6:30pm				Lane Swim		
7:00pm				6:45-7:30pm		
7:30pm						
8:00pm						

**Drop-In Aquatics** 







#### Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



THURSDAY							
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool		
7:00am				Lane Swim			
7:30am				7:00-8:30am			
8:00am							
8:30am					Family Swim		
9:00am		Bars and Plates			8:45-10:00am		
9:30am		9:00-10:00am					
10:00am			YMCA Gravenhurst Day Camp	AquaFit Stretch 10:15-10:30am			
10:30am			9:00am-11:00am	AquaFit			
11:00am	Open Gym 7:00-4:00pm	Open Gym 7:00-4:00pm		10:30-11:15am	AquaFit Stretch 11:15-11:30am		
11:30am			Silver Club				
12:00pm			11:30-12:45pm	Swim Lesson	s (3-12 years)		
12:30pm				11:45-2:00pm			
1:00pm				July 1			
1:30pm				& August 11-23			
2:00pm			YMCA Gravenhurst Day Camp 1:00pm-4:00pm	Augus	(11 23		
2:30pm							
3:00pm					Camp Swim		
3:30pm					2:30-3:30pm		
4:00pm	Kids Open Gym						
4:30pm	(3-9 years)			Swim Lesson	s (3-12 vears)		
5:00pm	Parent participation req. 4:00-6:00pm	Bars and Plates		Swim Lessons (3-12 yea 4:00-6:15pm	-		
5:30pm	4.00-6.00pm	5:15-6:00pm					
6:00pm							
6:30pm	Drop-In Volleyball 6:15-7:30pm			Deep Aquafit			
7:00pm				6:30-7:15pm			
7:30pm							
8:00pm							



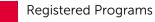


#### Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



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





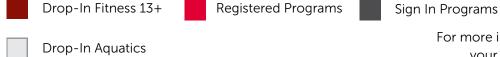
Health, Fitness, & Aquatics

June 30-August 31 2025 Summer Schedule



SATURDAY							
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool		
10:00am							
10:30am	Family Come						
11:00am	Family Gym 10:00-12:15am			Family Swim Lessons 10:30-12:00pm	m Lessons		
11:30am					2:00pm		
12:00pm							
12:30pm					Sensory Friendly		
1:00pm					Family Swim 12:15-1:15pm		
1:30pm							
2:00pm	Open Gym			F9.	· Contract		
2:30pm	12:15-3:45pm			Family Swim 1:45-3:15pm			
3:00pm							
3:30pm							
4:00pm							

SUNDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
10:00am						
10:30am		Yoga 10:15-11:15am				
11:00am	Family Gym 10:00-12:15pm				Family Swim	
11:30am	10.00 12.13pm				10:30-12:30pm	
12:00pm						
12:30pm						
1:00pm				Lane Swim 12:45-2:45pm		
1:30pm	Open Gym					
2:00pm	12:30-3:45pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm						



Self-Directed

Health, Fitness, & Aquatics June 30-August 31 2025 Summer Schedule



#### **Contact Information & Hours**

Monday - Friday: 7:00am-8:00pm Saturday & Sunday: 10:00am-4:00pm

gravenhurst@sm.ymca.ca (705) 687-9899

1-101 Centennial Drive Gravenhurst, ON P1P 1B7





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 Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport