

# Gravenhurst YMCA

Health, Fitness, & Aquatics

June 30-August 31

2025 Summer Schedule



MONDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
7:00am	Open Gym 7:00-8:45am			Lane Swim 7:00-8:30am	
7:30am					
8:00am					
8:30am					Family Swim 8:45-10:00am
9:00am	On The Move 9:00-9:45am	Bars and Plates 9:00-10:00am	YMCA Gravenhurst Day Camp 9:00am-4:00pm		
9:30am					
10:00am	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				Swim Lessons (3-12 years) 11:45-2:00pm August 11-23	
12:30pm		Lane Swim 12:00-2:00pm			
1:00pm					
1:30pm					
2:00pm					
2:30pm	Open Gym 10:00-7:45pm				
3:00pm					Camp Swim 2:30-3:30pm
3:30pm					
4:00pm					
4:30pm					Family Swim 4:00-6:00pm
5:00pm					
5:30pm		Yoga 5:30-6:30pm			
6:00pm					
6:30pm				Lane Swim 6:15-7:30pm	
7:00pm					
7:30pm					
8:00pm					



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics

For more information, please contact  
your Membership Services Desk

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TUESDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
7:00am	Open Gym 7:00-8:45am			Lane Swim 7:00-8:30am	
7:30am					
8:00am					
8:30am					Family Swim 8:45-10:00am
9:00am	Cardio and Strength 9:00-9:45am		YMCA Gravenhurst Day Camp 9:00am-4:00pm		
9:30am					
10:00am	Open Gym 10:00-4:00pm			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					Swim Lessons (3-12 years) 11:45-2:00pm August 11-23
12:30pm				Lane Swim 12:00-2:00pm	
1:00pm					
1:30pm					
2:00pm					Camp Swim 2:30-3:30pm
2:30pm					
3:00pm					
3:30pm					
4:00pm	Kids Open Gym (3-9 years) Parent participation req. 4:00-6:00pm			Swim Lessons (3-12 years) 4:00-6:15pm	
4:30pm					
5:00pm					
5:30pm					
6:00pm	Open Gym 6:00-7:45pm	Stretch 5:30-6:30pm		Lane Swim 6:30-7:30pm	
6:30pm					
7:00pm					
7:30pm					
8:00pm					

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



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics

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



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Registered Programs



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

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SATURDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Family Gym 10:00-12:15am				
10:30am				Family Swim Lessons (Semi-private, additional cost) 10:30-12:10pm	
11:00am					
11:30am					
12:00pm					
12:30pm	Open Gym 12:15-3:45pm				Sensory Friendly Family Swim 12:15-1:15pm
1:00pm					
1:30pm				Family Swim 1:45-3:15pm	
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm					

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

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## Contact Information & Hours

**Monday - Friday: 7:00am-8:00pm**

**Saturday & Sunday: 10:00am-4:00pm**

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**gravenhurst@sm.ymca.ca**

**(705) 687-9899**

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**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