

Gravenhurst YMCA

Health, Fitness, & Aquatics

September 2- January 4

2025 Fall Schedule



MONDAY							
	Gymnasium (Left)	Gymnasium (Right)	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		Strictly Strength 9:00-10:00am				
9:30am							
10:00am	Pickleball Conditioning Workshop 10:00-10:30am		Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am		
10:30am	Pickleball 10:35-2:00pm				AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:00am							
11:30am							
12:00pm			Cycle 12:00-12:45pm		Lane Swim 12:00-2:00pm		
12:30pm	Open Gym 2:30-4:15pm						
1:00pm							
1:30pm							
2:00pm							
2:30pm	Open Gym 2:30-4:15pm					Pool Booking 2:30-3:30pm	
3:00pm							
3:30pm					Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm							
4:30pm	Multi-Sport 6-9 yrs 4:30-5:30pm	Drop In Youth Volleyball (10-15 years) 4:30-7:00pm				Family Swim 4:30-6:30pm	
5:00pm	Multi-Sport 10-12 yrs 5:30-6:30pm						
5:30pm			Yoga 5:30-6:30pm				
6:00pm							
6:30pm					Lane Swim 6:45-8:30pm		
7:00pm	Open Gym 7:00-8:55pm						
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		

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TUESDAY						
	Gymnasium (Left)	Gymnasium (Right)	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						
9:00am	Cardio and Strength 9:00-9:45am					Family Swim 8:45-10:00am
9:30am						
10:00am	Pickleball 10:00-2:15pm				AquaFit Stretch 10:15-10:30am	
10:30am		Pilates 10:30-11:15am			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						
2:30pm	Open Gym 2:30-6:30pm	Youth Drop-In Gym 2:30-4:00pm (10-13 years)				
3:00pm						
3:30pm						
4:00pm		YKids (3-11 years) 4:00-6:30pm		Youth Hub (12-17 years) 3:30-7:00pm	Swim Lessons (3-12 years) 4:15-6:15pm	
4:30pm						
5:00pm						
5:30pm	Workshop: Stretch 5:30-6:30pm					
6:00pm						
6:30pm	Volleyball 6:45-8:45pm				Lane Swim 6:30-8:30pm	
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						



Drop-In Fitness 13+



Registered Programs



Sign In Programs



Self-Directed



Drop-In Aquatics

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WEDNESDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
7:00am	Open Gym 7:00-8:45am		Yoga 7:00-8:00am		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					Parent and Tot 9:30-10:00am
9:30am						
10:00am	Pickleball 10:00-1:15pm	Strictly Strength 10:00-10:45am	Stay and Play (0-5 years) 10:00-11:15am	AquaFit Stretch 10:15-10:30am		
10:30am						
11:00am		Cycle 11:15-12:00pm		AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm	Beginner Pickleball 1:15-2:30pm			Lane Swim 12:00-2:00pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:30-4:45pm	Youth Drop-In Gym 2:30-4:45pm (10-13 years)				Pool Booking 2:30-3:30pm
2:30pm						
3:00pm				Youth Hub (12-17 years) 3:30-7:00pm		
3:30pm						
4:00pm						
4:30pm						
5:00pm		Y Kids (3-11 years) 5:00-6:30pm	Pilates 5:30-6:15pm		Family Swim 4:30-6:30pm	
5:30pm	Open Gym 6:30-8:55pm					
6:00pm						
6:30pm				Lane Swim 6:45-8:30pm		
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						



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Sign In Programs



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THURSDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
7:00am	Open Gym 7:00-10:00am				Lane Swim 7:00-8:30am	
7:30am			Circuit 7:30-8:15am			
8:00am						
8:30am						Family Swim 8:45-10:00am
9:00am			Strictly Strength 9:00-10:00am			
9:30am						
10:00am	Pickleball 10:00-2:15pm				AquaFit Stretch 10:15-10:30am	
10:30am			Pilates 10:30-11:15am		AquaFit 10:30-11:15am	
11:00am			(Changing to Yoga 10:15-11:15am Oct 6-Nov 26)			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	Open Gym 2:30-4:45pm					
1:30pm						
2:00pm						
2:30pm						Pool Booking 2:30-3:30pm
3:00pm						
3:30pm	Basketball (6-9 years) 4:45-5:30pm	Youth Drop In Gym (10-13 yrs) 4:45pm-6:30pm	Yoga 4:30-5:30pm	Youth Hub (12-17 years) 3:30-7:00pm	Swim Lessons (3-12 years) 4:15-6:15pm	
5:00pm						
5:30pm	Basketball (10-12 years) 5:30-6:30pm		Women & Weights Club (Wellness Floor) 5:15-6:15pm		Deep Aquafit 6:30-7:15pm	
6:00pm	Drop-In Volleyball 6:15-8:30pm					
6:30pm						
7:00pm						
7:30pm					Lane Swim 7:30-8:30pm	
8:00pm						
8:30pm						
9:00pm						



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FRIDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
7:00am	Open Gym 7:00-8:45am							
7:30am								
8:00am								
8:30am								
9:00am	On The Move 9:00-9:45am		Strictly Strength 9:00-9:45am					
9:30am								
10:00am	Pickleball 10:00-2:15pm		Yoga 10:00-11:00am					
10:30am								
11:00am			Women & Weight Club (Wellness Floor) 11:15-12:15pm					
11:30am								
12:00pm								
12:30pm								
1:00pm			Open Gym 2:30-8:55pm	Youth Drop In Gym (10-13 yrs) 3:30-7:30pm				
1:30pm								
2:00pm								
2:30pm								
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 (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Family Gym 10:00-12:00pm				Family Swim Lessons (3-12 years old) 10:15-12:30pm	
10:30am						
11:00am						
11:30am						
12:00pm						
12:30pm	Pickleball 12:15-2:15					Family Swim 12:45-2:15pm
1:00pm						
1:30pm						
2:00pm						
2:30pm	Open Gym 2:15-3:55pm				Lane Swim 2:30-3:30pm	
3:00pm						
3:30pm						
4:00pm						

SUNDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Family Gym 10:00-12:00pm	Youth Drop In Gym 10:00-12:00pm	Yoga 10:15-11:15am			Family Swim 10:30-12:30pm
10:30am						
11:00am						
11:30am						
12:00pm						
12:30pm	Open Gym 12:00-3:55pm					
1:00pm						
1:30pm						
2:00pm						Lane Swim 1:15-3:15pm
2:30pm						
3:00pm						
3:30pm						
4:00pm						



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Contact Information & Hours

Monday - Friday: 7:00am-9:00pm

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

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