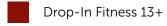
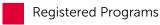
#### Health, Fitness, & Aquatics

September 2- January 4 2025 Fall Schedule



	MONDAY								
	Gymnasium (Left)	Gymnasium (Right)	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		e Move	Strictly Strength			8:45-10:00am			
9:30am		9:45am	9:00-10:00am						
10:00am		ioning Workshop L0:30am	Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am				
10:30am			10.10 11.10am		AquaFit				
11:00am	Pickleball 10:35-2:00pm				10:30-11:15am	AquaFit Stretch 11:15-11:30am			
11:30am									
12:00pm			Cycle						
12:30pm	10.00	2.00pm	12:00-12:45pm		Lane Swim				
1:00pm					12:00-2:00pm				
1:30pm									
2:00pm									
2:30pm						Pool Booking			
3:00pm		Gym				2:30-3:30pm			
3:30pm	2:30-4	1:15pm							
4:00pm 4:30pm	Multi-Sport								
5:00pm	6-9 yrs	Drop In		Youth Hub		5 11 6 1			
5:30pm	4:30-5:30pm Multi-Sport	Youth Volleyball	Yoga	(12-17 years) 3:30-7:00pm		Family Swim 4:30-6:30pm			
6:00pm	10-12 yrs 5:30-6:30pm	10-12 yrs (10-15 years)							
6:30pm									
7:00pm					Lane Swim				
7:30pm		Cina			6:45-8:30pm				
8:00pm		Open Gym 7:00-8:55pm							
8:30pm	7.00-6.33pm								
9:00pm									









Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



			TUESDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
7:00am						
7:30am	Open Gym 7:00-8:45am				Lane Swim 7:00-8:30am	
8:00am					7.00 0.000111	
8:30am						Family Swim
9:00am		d Strength				8:45-10:00am
9:30am	9:00-9	9:45am				
10:00am					AquaFit Stretch 10:15-10:30am	
10:30am			Pilates 10:30-11:15am		AquaFit	
11:00am	Pickl	eball			10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am	10:00-					
12:00pm						
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm		Youth Drop-In Gym				
3:00pm		2:30-4:00pm				
3:30pm		(10-13 years)				
4:00pm	Open Gym					
4:30pm	2:30-6:30pm	YKids		Youth Hub		
5:00pm		(3-11 years)		(12-17 years)		ns (3-12 years)
5:30pm		4:00-6:30pm	Workshop:	3:30-7:00pm	4:15-6	5:15pm
6:00pm			Stretch 5:30-6:30pm			
6:30pm						
7:00pm	Volleyball 6:45-8:45pm				Lane Swim	
7:30pm					6:30-8:30pm	
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness 13+ Registered Programs Sign In Programs

**Drop-In Aquatics** 

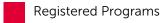


#### Health, Fitness, & Aquatics

September 2- January 4 2025 Fall Schedule



WEDNESDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
7:00am			Yoga					
7:30am	Open Gym 7:00-8:45am		7:00-8:00am		Lane Swim 7:00-8:30am			
8:00am					7.00 0.000			
8:30am						Family Swim		
9:00am	On Th	e Move				8:45-9:30am		
9:30am	9:00-9	9:45am				Parent and Tot 9:30-10:00am		
10:00am			Strictly Strength 10:00-10:45am	Stay and Play	AquaFit Stretch 10:15-10:30am			
10:30am			10.00 10.434111	(0-5 years)	AquaFit			
11:00am	Pickleball 10:00-1:15pm		Cycle 11:15-12:00pm	10:00-11:15am	10:30-11:15am	AquaFit Stretch 11:15-11:30am		
11:30am			11.13 12.00pm					
12:00pm								
12:30pm					Lane Swim			
1:00pm	Beginner Pickleball				12:00-2:00pm			
1:30pm		2:30pm						
2:00pm		·						
2:30pm		Youth Drop-In				Pool Booking		
3:00pm		Gym				2:30-3:30pm		
3:30pm		2:30-4:45pm						
4:00pm	Open Gym	(10-13 years)						
4:30pm	2:30-4:45pm	_		Youth Hub				
5:00pm		Y Kids	Pilates 5:30-6:15pm	(12-17 years) 3:30-7:00pm		Family Swim 4:30-6:30pm		
5:30pm		(3-11 years) 5:00-6:30pm	3.30-0.13pm	3.30 7.00pm		4.30-0.30pm		
6:00pm		9.00 0.30piii						
6:30pm	Open Gym 6:30-8:55pm							
7:00pm					Lane Swim 6:45-8:30pm			
7:30pm					0.45-0.50pm			
8:00pm								
8:30pm								
9:00pm								





#### Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



THURSDAY							
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
7:00am					Lana Curina		
7:30am			Circuit		Lane Swim 7:00-8:30am		
8:00am	Open Gym		7:30-8:15am				
8:30am	7:00-10:00am					Family Swim	
9:00am			Strictly Strength			8:45-10:00am	
9:30am			9:00-10:00am				
10:00am					AquaFit Stretch 10:15-10:30am		
10:30am			Pilates				
11:00am			10:30-11:15am (Changing to Yoga 10:15-11:15am Oct 6-Nov 26)		AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:30am	-	deball -2:15pm	00.0 1.0.20				
12:00pm		·		Silver Club			
12:30pm				11:30-12:45pm	Lane Swim		
1:00pm					12:00-2:00pm		
1:30pm					1 1		
2:00pm							
2:30pm						Pool Booking	
3:00pm	0	C				2:30-3:30pm	
3:30pm		n Gym 4:45pm					
4:00pm							
4:30pm							
5:00pm	Basketball		Yoga	Youth Hub	Swim Lesson	ns (3-12 years)	
5:30pm	(6-9 years) 4:45-5:30pm	Youth Drop In Gym	4:30-5:30pm	(12-17 years) 3:30-7:00pm	4:15-	6:15pm	
6:00pm	. Basketball	(10-13 yrs)	Women & Weights				
6:30pm	(10-12 years) 5:30-6:30pm		Club (Wellness Floor) 5:15-6:15pm		Deep Aquafit 6:30-7:15pm		
7:00pm							
7:30pm	Drop-In	Volleyball			Lane Swim		
8:00pm		8:30pm			7:30-8:30pm		
8:30pm							
9:00pm							

Drop-In Fitness 13+







Self-Directed

#### Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



			FRIDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
7:00am						
7:30am	Oper	n Gym				
8:00am	7:00-8	3:45am				
8:30am						
9:00am	On Th	e Move	Strictly Strength			
9:30am	9:00-9	9:45am	9:00-9:45am			
10:00am			Yoga			
10:30am			10:00-11:00am			
11:00am				Women & Weight		
11:30am	Pickleball 10:00-2:15pm			Club (Wellness Floor) 11:15-12:15pm		
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm	Open Gym	Youth Drop In				Family Swim
5:30pm	2:30-8:55pm	Gym (10-13 yrs)				4:30-6:30pm
6:00pm	2.30-8.55pm (10-13 yrs) 3:30-7:30pm					
6:30pm					Lane Swim	
7:00pm					6:45-8:00pm	
7:30pm					55 5.65pm	
8:00pm						
8:30pm						
9:00pm						







Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule

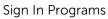


SATURDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
10:00am								
10:30am	F1				Family Swim Lessons (3-12 year old) 10:15-12:30pm			
11:00am		/ Gym 2:00pm						
11:30am	10.00 1	.2.00рт						
12:00pm								
12:30pm								
1:00pm	Pickl	eball				Family Swim		
1:30pm	12:15	-2:15				12:45-2:15pm		
2:00pm								
2:30pm					Laura Contina			
3:00pm	Oper	Gym			Lane Swim 2:30-3:30pm			
3:30pm	2:15-3	:55pm						
4:00pm								

	SUNDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool			
10:00am			, ,						
10:30am	5 11 6	Youth Drop In Gym 10:00-12:00pm	Yoga 10:15-11:15am			Family Swim 10:30-12:30pm			
11:00am	Family Gym 10:00-12:00pm		10.13 11.13411						
11:30am									
12:00pm									
12:30pm									
1:00pm									
1:30pm									
2:00pm	Oper	ı Gym			Lane Swim				
2:30pm	12:00-	3:55pm			1:15-3:15pm				
3:00pm									
3:30pm									
4:00pm									









Health, Fitness, & Aquatics September 2 - January 4 2025 Fall Schedule



#### **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





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