

Gravenhurst YMCA

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



MONDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:30-8:30am	
6:30am						
7:00am						
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 10:00-2:00pm		Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am					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						
1:00pm						
1:30pm						
2:00pm						
2:30pm	Open Gym 2:30-4:15pm					Pool Booking 2:30-3:30pm
3:00pm						
3:30pm						
4:00pm						
4:30pm	Floor Hockey (6-9yrs) 4:30-5:30pm	Open Gym 4:15-8:55pm		Youth Hub (12-17 years) 3:30-7:00pm		Family Swim 4:30-6:30pm
5:00pm						
5:30pm	Pickleball (10-12yrs) 5:30-6:30pm		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

Gravenhurst YMCA

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



TUESDAY								
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
6:00am	Open Gym 6:00-8:45am		Circuit 7:30-8:15am		Lane Swim 6:30-8:30am			
6:30am								
7:00am								
7:30am								
8:00am								
8:30am			Cardio and Strength 9:00-9:45am				Family Swim 8:45-10:00am	
9:00am								
9:30am								
10:00am	Pickleball 10:00-2:15pm		Yoga 9:00-10:00am		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								
12:30pm						Lane Swim 12:00-2:00pm		
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				Youth Hub (12-17 years) 3:30-7:00pm				
4:00pm		YKids (3-11 years) 4:00-6:30pm	Girls & Weights 4:15-5:15pm (Jan 13-Mar 3)		Swim Lessons (3-12 years) 4:15-6:15pm			
4:30pm								
5:00pm			Workshop: Stretch 5:30-6:30pm					
5:30pm								
6:00pm								
6:30pm	Volleyball 6:45-8:45pm				Masters 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

For more information, please contact
your Membership Services Desk

Gravenhurst YMCA

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



WEDNESDAY							
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-8:45am		Yoga 7:00-8:00am		Lane Swim 6:30-8:30am		
6:30am							
7:00am							
7:30am							
8:00am							
8:30am	On The Move 9:00-9:45am					Family Swim 8:45-9:30am	
9:00am							
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	Aqua Yoga 11:15-11:45am		
11:30am							
12:00pm							
12:30pm							
1:00pm	Beginner Pickleball 1:15-2:30pm				Lane Swim 12:00-2:00pm		
1:30pm							
2:00pm							
2:30pm	Open Gym 2:30-8:55pm	Youth Drop-In Gym 2:30-4:45pm (10-13 years)				Pool Booking 2:30-3:30pm	
3:00pm							
3:30pm							
4:00pm							
4:30pm		Y Kids (3-11 years) 5:00-6:30pm	Pilates 5:30-6:15pm	Youth Hub (12-17 years) 3:30-7:00pm		Family Swim 4:30-6:30pm	
5:00pm							
5:30pm							
6:00pm							
6:30pm		Youth Leadership (10-12 yrs & 13-16 yrs) 6:30-8:55pm	Women & Weights 6:30-7:30pm (Jan 13-Mar 3)				Youth Leadership (10-12 yrs & 13-16 yrs) 7:00-8:55pm
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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



THURSDAY						
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-10:00am				Lane Swim 6:30-8:30am	
6:30am						
7:00am						
7:30am						
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	AquaFit Stretch 11:15-11:30am
11:00am						
11:30am				Silver Club 11:30-12:45pm		
12:00pm						
12:30pm					Masters Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm	Open Gym 2:30-4:45pm					
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	Basketball (6-9 years) 4:45-5:30pm	Youth Drop In Gym (10-13 yrs) 4:45pm-6:15pm	Yoga 4:30-5:30pm		Swim Lessons (3-12 years) 4:15-6:15pm	
5:30pm						
6:00pm	Art Spark (10-12 yrs) 5:30-6:30pm		Women & Weights Club 2 (Wellness Floor) 5:15-6:15pm			
6:30pm					Deep Aquafit 6:30-7:15pm	
7:00pm	Drop-In Volleyball 6:15-8:30pm					
7:30pm					Lane Swim 7:30-8:30pm	
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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



FRIDAY						
	Gymnasium (Left)	Gymnasium (Right)	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		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 2 (Wellness Floor) 11:15-12:15pm		
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Open Gym 2:15-6:00pm					
4:30pm						
5:00pm						Family Swim 4:30-6:30pm
5:30pm						
6:00pm						
6:30pm			Adult Drop In Basketball 6:00-8:55pm			
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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



SATURDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
8:00am	Pickleball 8:00-12:00pm				Swim Lessons (3-12 yrs) 10:15-12:30pm	
8:30am						
9:00am						
9:30am						
10:00am						
10:30am						
11:00am						
11:30am						
12:00pm						
12:30pm	Family Pickleball 12:00-2:15pm					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

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			
10:30am						Family Swim 10:30-12:30pm
11:00am						
11:30am						
12:00pm						
12:30pm	Open Gym 12:00-3:55pm					
1:00pm						
1:30pm					Lane Swim 1:15-3:15pm	
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						



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

Health, Fitness, & Aquatics

January 5 - March 15

2026 Winter Schedule



Contact Information & Hours

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

Saturday: 8:00am-4:00pm

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