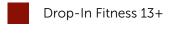
Health, Fitness, & Aquatics

January 5 - March 15 2026 Winter Schedule



			MONDAY	7		
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am						
6:30am					Lana Coolina	
7:00am		ı Gym			Lane Swim 6:30-8:30am	
7:30am	6:00-8	3:45am				
8:00am						
8:30am						Family Swim
9:00am		e Move	Strictly Strength			8:45-10:00am
9:30am	9:00-9	9:45am	9:00-10:00am		A 5'' C'	
10:00am			Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am			10.13 11.134111		AquaFit	
11:00am					10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am	Pickleball 10:00-2:00pm					
12:00pm			Cycle			
12:30pm			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	Floor Hockey					
4:30pm	(6-9yrs)			Youth Hub		
5:00pm	4:30-5:30pm	Open Gym		(12-17 years)		Family Swim
5:30pm	Pickleball (10-12yrs)	4:15-8:55pm	Yoga	3:30-7:00pm		4:30-6:30pm
6:00pm	5:30-6:30pm		5:30-6:30pm			
6:30pm					ļ	
7:00pm					Lane Swim	
7:30pm	Oper	Open Gym			6:45-8:30pm	
8:00pm		3:55pm				
8:30pm						
9:00pm						



Drop-In Aquatics







Health, Fitness, & Aquatics

Drop-In Aquatics



			TUESDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am						
6:30am					Lane Swim	
7:00am		. Gym	Circuit 7:30-8:15am		6:30-8:30am	
7:30am	6:00-8	6:00-8:45am				
8:00am						
8:30am						Family Swim
9:00am		d Strength				8:45-10:00am
9:30am	9:00-9	9:45am	Yoga		.	
10:00am			9:00-10:00am		AquaFit Stretch 10:15-10:30am	
10:30am			Pilates 10:30-11:15am		AquaFit	
11:00am					10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am		eball 2:15pm				
12:00pm	10.00-	2.13μπ				
12:30pm					Lane Swim	
1:00pm					12:00-2:00pm	
1:30pm						
2:00pm						
2:30pm		Youth Drop-In				
3:00pm		Gym 2:30-4:00pm				
3:30pm		(10-13 years)				
4:00pm	Open Gym					
4:30pm	2:30-6:30pm	VIV. d.	Girls & Weights	Youth Hub		
5:00pm		YKids (3-11 years)	4:15-5:15pm (Jan 13-Mar 3)	(12-17 years)		is (3-12 years) 5:15pm
5:30pm		4:00-6:30pm	Workshop:	3:30-7:00pm	5	7.20
6:00pm			Stretch 5:30-6:30pm			
6:30pm						
7:00pm					Masters Swim	
7:30pm		eyball			6:30-8:30pm	
8:00pm	6:45-8	3:45pm				
8:30pm			<u> </u>			
9:00pm						



Health, Fitness, & Aquatics

January 5 - March 15 2026 Winter Schedule



WEDNESDAY							
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
6:00am							
6:30am					Lane Swim		
7:00am		n Gym	Yoga		6:30-8:30am		
7:30am	6:00-	8:45am	7:00-8:00am		0.30 0.304111		
8:00am							
8:30am						Family Swim	
9:00am	On Th	ie Move				8:45-9:30am	
9:30am		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			10.00-10.45am	(0-5 years)	AquaFit		
11:00am	Pickleball 10:00-1:15pm		Cycle 11:15-12:00pm	10 00-11 12am	10:30-11:15am	Aqua Yoga 11:15-11:45am	
11:30am			11.13-12.00pm				
12:00pm							
12:30pm					Lane Swim		
1:00pm	Reginner	⁻ Pickleball			12:00-2:00pm		
1:30pm	_	2:30pm					
2:00pm							
2:30pm						Pool Booking	
3:00pm		Youth Drop-In Gym				2:30-3:30pm	
3:30pm		2:30-4:45pm					
4:00pm		(10-13 years)					
4:30pm				Youth Hub			
5:00pm		Y Kids	Pilates	(12-17 years)		Family Swim	
5:30pm	Open Gym	(3-11 years) 5:00-6:30pm	5:30-6:15pm	3:30-7:00pm		4:30-6:30pm	
6:00pm	2:30-8:55pm	3.00-0.30pm					
6:30pm			Women & Weights		Laura C. :		
7:00pm		Youth Leadership	6:30-7:30pm (Jan 13-Mar 3)	Youth Leadership	Lane Swim 6:45-8:30pm		
7:30pm		(10-12 yrs & 13-16 yrs)	(20.1. 20.1.10.1.0)	(10-12 yrs & 13-16	0.43 0.30pm		
8:00pm		6:30-8:55pm		yrs)			
8:30pm				7:00-8:55pm			
9:00pm							



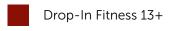
Drop-In Aquatics

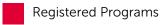
Self-Directed

Health, Fitness, & Aquatics



			THURSDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am						
6:30am					1	
7:00am					Lane Swim 6:30-8:30am	
7:30am		n Gym			0.30 0.304111	
8:00am	6:00-1	L0:00am				
8:30am						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		AquaFit	
11:00am			10:30-11:15am		10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am		deball		Cilver Club		
12:00pm	10:00-	-2:15pm		Silver Club 11:30-12:45pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						Pool Booking
3:00pm	One	n Gym				2:30-3:30pm
3:30pm		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	Art Spark	(10-13 yrs)	Women & Weights			
6:30pm	(10-12 yrs) 4:45pm-6:15pm 5:30-6:30pm		Club 2 (Wellness Floor) 5:15-6:15pm		Deep Aquafit 6:30-7:15pm	
7:00pm						
7:30pm	Drop-In	Volleyball			Lane Swim	
8:00pm	6:15-8:30pm				7:30-8:30pm	
8:30pm						
9:00pm						









Health, Fitness, & Aquatics



			FRIDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
6:00am						
6:30am						
7:00am		n Gym				
7:30am	6:00-8	3:45am				
8:00am						
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			Club 2 (Wellness Floor) 11:15-12:15pm		
12:00pm	10:00-	2:15pm				
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm		n Gym				
4:30pm	2:15-6	::00pm				
5:00pm						Family Swim
5:30pm						4:30-6:30pm
6:00pm						
6:30pm					Lane Swim	
7:00pm					6:45-8:00pm	
7:30pm		In Basketball				
8:00pm	6:00-8	3:55pm				
8:30pm						
9:00pm						







Health, Fitness, & Aquatics

Drop-In Aquatics



	iter seriedate	SA	TURDAY				
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
8:00am							
8:30am							
9:00am							
9:30am	D:-I-I	a la a II					
10:00am	Pickl 8:00-12				Swim Lessons (3-12 yrs)		
10:30am	0.00				10:15-12:30pm		
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm	Family P	ickleball				Family Swim	
1:30pm	12:00-7	2:15pm				12:45-2:15pm	
2:00pm							
2:30pm					Laura Conina		
3:00pm	Open	Gym			Lane Swim 2:30-3:30pm		
3:30pm	2:15-3	:55pm			2.00 0.00pm		
4:00pm							

		S	UNDAY			
	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
10:00am						
10:30am	5 11 6	V 11 D 1 C	Yoga 10:15-11:15am			
11:00am	Family Gym 10:00-12:00pm	Youth Drop In Gym 10:00-12:00pm	20.20 22.200			Family Swim 10:30-12:30pm
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 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





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