

# Gravenhurst YMCA

Health, Fitness, & Aquatics

March 23 - June 30

2026 Spring 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						
9:00am	On The Move 9:00-9:45am		Strictly Strength 9:00-10:00am			Family Swim 8:45-10:00am
9:30am						
10:00am	Pickleball 10:00-2:00pm		Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am						
11:00am					AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am						
12:00pm						
12:30pm			Cycle 11:45-12:30pm		Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Badminton 2:30-4:15pm					
3:30pm						
4:00pm						
4:30pm	Floor Hockey (6-9yrs) 4:30-5:30pm	Open Gym 4:15-6:30pm		Youth Hub (12-17 years) 3:30-7:00pm		Family Swim 4:30-6:30pm
5:00pm	Skipping Club (6-12yrs) 5:45-6:15pm					
5:30pm			Yoga 5:30-6:30pm			
6:00pm						
6:30pm					Lane Swim 6:45-7:30pm	
7:00pm						
7:30pm	Open Gym 6:30-8:45pm					Adult Leisure Swim 7:45-8:30
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		
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:30-8:30am			
6:30am								
7:00am								
7:30am					Circuit 7:30-8:15am			
8:00am								
8:30am								
9:00am	Cardio and Strength 9:00-9:45am		Yoga 9:00-10:00am			Family Swim 8:45-10:00am		
9:30am								
10:00am	Pickleball 10:00-2:15pm				AquaFit Stretch 10:15-10:30am			
10:30am								
11:00am					Pilates 10:30-11:15am		AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am								
12:00pm								
12:30pm								
1:00pm					Lane Swim 12:00-2:00pm			
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					Youth Hub (12-17 years) 3:30-7:00pm	Swim Lessons (3-12 years) 4:15-6:15pm		
4:30pm				Twinkle Toes Dance (3-5yrs) 4:30-5:15pm				
5:00pm			YKids (3-11 years) 4:00-6:30pm					
5:30pm			Workshop: Stretch 5:30-6:30pm					
6:00pm								
6:30pm								
7:00pm	Drop-In Volleyball 6:45-8:45pm				Lane Swim 6:30-8:30pm			
7:30pm								
8:00pm								
8:30pm								
9:00pm								

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WEDNESDAY											
	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											
9:00am	On The Move 9:00-9:45am					Family Swim 8:45-9:30am					
9:30am						Parent & Tot (Self-Guided) 9:30-10:00am					
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			Cycle 11:15-12:00pm		AquaFit 10:30-11:15am		AquaFit Stretch 11:15-11:30am				
11:00am											
11:30am											
12:00pm											
12:30pm								Lane Swim 12:00-2:00pm			
1:00pm	Badminton 1:30-2:30pm										
1:30pm											
2:00pm											
2:30pm	Open Gym 2:30-8:45pm	Youth Drop-In Gym 2:30-4:00pm (10-13 years)									
3:00pm											
3:30pm											
4:00pm											
4:30pm		Y Kids (3-11 years) 4:00-6:30pm					Youth Hub (12-17 years) 3:30-7:00pm	Pilates 5:30-6:15pm		Family Swim 4:30-6:30pm	
5:00pm											
5:30pm											
6:00pm		Youth Leadership (10-12 years) 6:30-7:30pm									
6:30pm											
7:00pm		Open Gym 7:30-8:45pm								Lane Swim 6:45-8:30pm	
7:30pm											
8:00pm											
8:30pm											
9:00pm											

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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							Lane Swim 12:00-2:00pm
1:00pm							
1:30pm							
2:00pm							
2:30pm	Open Gym 2:30-4:30pm						
3:00pm							
3:30pm							
4:00pm							
4:30pm	Basketball (6-9 years) 4:45-5:30pm		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	Flag Football (6-12 yrs) 5:30-6:30pm	Women & Weights Club 2 (Wellness Floor) 5:15-6:15pm					
6:00pm							
6:30pm	Drop-In Volleyball 6:45-8:45pm				Deep Aquafit 6:30-7:15pm		
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	
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:30-8:30am		
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			Family Swim 8:45-10:00am	
9:30am							
10:00am	Pickleball 10:00-2:15pm		Yoga 10:00-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am						AquaFit Social 10:30-11:15am	
11:00am				Women & Weight Club 1: 10:00-11:00am Club 2 11:15-12:15pm			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 2:15-6:00pm						
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm						Family Swim 4:30-6:30pm	
6:00pm	Adult Drop In Basketball 6:00-8:45pm				Lane Swim 6:45-8:00pm		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

\*Youth Night Runs one Friday each month, from 6:00-8:45pm

Please check with our Membership Desk for our modified building schedule.

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## SATURDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool		
8:00am	Pickleball 8:00-12:00pm							
8:30am								
9:00am								
9:30am								
10:00am							Swim Lessons (3-12 yrs) 10:15-12:00pm	
10:30am								
11:00am								
11:30am								
12:00pm	Family Pickleball 12:00-2:15pm					Pool Booking 12:00-12:45pm		
12:30pm								
1:00pm				Badminton 12:15-2:15pm				Family Swim 12:45-2:15pm
1:30pm								
2:00pm	Open Gym 2:15-3:45pm							
2:30pm								
3:00pm							Lane Swim 2:30-3:30pm	
3:30pm								
4:00pm								

## SUNDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool	
10:00am	Family Gym 10:00-12:00pm						
10:30am				Yoga 10:15-11:15am			
11:00am				Badminton 10:00-12:00pm			
11:30am	Open Gym 12:00-3:45pm					Family Swim 10:30-12:30pm	
12:00pm							
12:30pm							
1:00pm							Shared Adult Leisure & Lane Swim 12:45-2:00pm
1:30pm							Adult Leisure Swim 12:45-2:00pm
2:00pm							
2:30pm							Lane Swim 2:15-3:30pm
3:00pm							
3:30pm							
4:00pm							

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## Contact Information & Hours

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

Saturday: 8:00am-4:00pm

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