

# Gravenhurst YMCA

Health, Fitness, & Aquatics

May 25 - June 28

2026 Spring 2 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	On The Move 9:00-9:45am		Strictly Strength 9:00-10:00am			Family Swim 8:45-10:00am		
9:00am								
9:30am	Pickleball 10:00-12:30pm		Yoga 10:15-11:15am		AquaFit Stretch 10:15-10:30am			
10:00am								
10:30am			AquaFit 10:30-11:15am					
11:00am								
11:30am								
12:00pm	Cycle 11:45-12:30pm							
12:30pm								
1:00pm	Open Gym 12:30-2:30pm							
1:30pm								
2:00pm								
2:30pm	Badminton 2:30-4:15pm							
3:00pm								
3:30pm								
4:00pm								
4:30pm	Floor Hockey (6-9yrs) 4:30-5:30pm				Open Gym 4:15-5:30pm	Youth Hub (12-17 years) 3:30-7:00pm		
5:00pm								
5:30pm	Open Gym 5:30-8:45pm		Yoga 5:30-6:30pm					
6:00pm								
6:30pm			Lane Swim 6:45-7:30pm					
7:00pm								
7:30pm								
8:00pm	Adult Leisure Swim 7:45-8:30pm							
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 10:00-12:30pm				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	Open Gym 12:30-2:30pm				Lane Swim 12:00-2:00pm			
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Open Gym 2:30-6:30pm	Youth Drop-In Gym (10-13 years) 2:30-4:00pm						
3:30pm								
4:00pm								
4:30pm			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		
5:00pm								
5:30pm				Workshop: Stretch 5:30-6:30pm				
6:00pm								
6:30pm	Drop-In Volleyball 6:45-8:45pm				Lane Swim 6:30-8:30pm			
7:00pm								
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		AquaFit Stretch 10:15-10:30am						
10:30am											
11:00am											
11:30am											
12:00pm											
12:30pm											
1:00pm	Badminton 1:30-2:30pm				Lane Swim 12:00-2:00pm						
1:30pm											
2:00pm											
2:30pm	Open Gym 2:30-8:45pm	Youth Drop-In Gym (10-13 years) 2:30-5:00pm									
3:00pm											
3:30pm											
4:00pm		Y Kids (3-11 years) 5:00-6:30pm						Youth Hub (12-17 years) 3:30-7:00pm			
4:30pm											
5:00pm											
5:30pm		Youth Leadership (10-12 years) 6:30-7:30pm						Pilates 5:30-6:15pm		Lane Swim 6:45-8:30pm	Family Swim 4:30-6:30pm
6:00pm											
6:30pm											
7:00pm	Open Gym 7:30-8:45pm										
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 10:00-12:30pm				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				Silver Club 11:30-12:45pm			
12:00pm							
12:30pm	Open Gym 12:30-4:30pm				Lane Swim 12:00-2:00pm		
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm	Basketball (6-9 years) 4:45-5:30pm			Youth Hub (12-17 years) 3:30-7:00pm	Swim Lessons (3-12 years) 4:15-6:15pm		
5:00pm							
5:30pm	Open Gym 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 10:00-12:30pm		Yoga 10:00-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am						AquaFit Social 10:30-11:15am	
11:00am							AquaFit Stretch 11:15-11:30am
11:30am							
12:00pm	Open Gym 12:30-6:00pm				Lane Swim 12:00-2:00pm		
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm					Family Swim 4:30-6:30pm		
5:30pm							
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			Badminton 12:15-2:15pm				
1:00pm							Family Swim 12:45-2:15pm
1:30pm							
2:00pm	Open Gym 2:15-3:45pm						
2:30pm						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		Yoga 10:15-11:15am					
10:30am				Badminton 10:00-12:00pm			Family Swim 10:30-12:30pm	
11:00am								
11:30am	Open Gym 12:00-3:45pm							
12:00pm								
12:30pm							Shared Adult Leisure & Lane Swim 12:45-2:00pm	
1:00pm								
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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Drop-In Aquatics
 For more information, please contact your Membership Services Desk

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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