

Gravenhurst YMCA

Health, Fitness, & Aquatics

June 29 - September 6

2026 Summer 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	YMCA Day Camp (6-12 years) 9:00-4:00pm		Family Swim 8:45-10:00am			
9:30am									
10:00am	Pickleball 10:00-12:30pm		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			CycleFit 11:45-12:30pm						
12:00pm									
12:30pm	Open Gym 12:30-8:45pm					Lane Swim 12:00-2:00pm			
1:00pm									
1:30pm									
2:00pm									
2:30pm									Camp Swim 2:30-3:30pm
3:00pm									
3:30pm									
4:00pm									
4:30pm									
5:00pm									
5:30pm		Yoga 5:30-6:30pm				Family Swim 4:30-6:30pm			
6:00pm									
6:30pm					Lane Swim 6:45-8:00pm				
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

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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						
8:00am						
8:30am						
9:00am	Cardio and Strength 9:00-9:45am		Pilates 10:30-11:15am	YMCA Day Camp (6-12 years) 9:00-4:00pm	AquaFit Stretch 10:15-10:30am	Family Swim 8:45-10:00am
9:30am						
10:00am						
10:30am						
11:00am						
11:30am						
12:00pm	Pickleball 10:00-12:30pm		Stretch 5:30-6:15pm		AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Open Gym 12:30-4:00pm	Open Gym 12:30-6:30pm			Lane Swim 12:00-2:00pm	Camp Swim 2:30-3:30pm
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm						
6:00pm	YKids 4:15-6:30pm		Swim Lessons (3-12 years) 4:15-6:30pm			
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm	Drop-In Volleyball 6:45-8:45pm				Lane Swim 6:45-8:00pm	

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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	On The Move 9:00-9:45am					Family Swim 8:45-10:00am
9:00am						
9:30am						
10:00am	Pickleball 10:00-12:30pm		Strictly Strength 10:00-10:45am	YMCA Day Camp (6-12 years) 9:00-4:00pm	AquaFit Stretch 10:15-10:30am	
10:30am						
11:00am						
11:30am						
12:00pm						
12:30pm	Open Gym 12:30-8:45pm		CycleFit 11:45-12:30pm		Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm	Pilates 5:30-6:15pm					Family Swim 4:30-6:30pm
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm	Youth Leadership (10-12 years) 6:30-7:30pm				Lane Swim 6:45-8:00pm	
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			Outdoor Sunrise Yoga 7:00-8:00am				
7:30am							
8:00am							
8:30am							
9:00am	Pickleball 10:00-12:30pm		Strictly Strength 9:00-10:00am	YMCA Day Camp (6-12 years) 9:00-11:00am		Family Swim 8:45-10:00am	
9:30am							
10:00am							
10:30am						AquaFit Stretch 10:15-10:30am	
11:00am						AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am							
12:00pm	Open Gym 12:30-6:30pm			Silver Club 11:30-12:45pm	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							
5:30pm							
6:00pm			Strictly Strength 5:30-6:15pm			Family Swim 4:30-6:30pm	
6:30pm	Drop-In Volleyball 6:45-8:45pm				Lane Swim 6:45-8:00pm		
7:00pm							
7:30pm							
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	Strictly Strength 9:00-9:45am		Yoga 10:15-11:15am	YMCA Day Camp (6-12 years) 9:00-4:00pm	Lane Swim 12:00-2:00pm	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								AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am									
12:00pm	Open Gym 12:30-6:00pm								
12:30pm									
1:00pm									
1:30pm									
2:00pm									
2:30pm									
3:00pm									
3:30pm									
4:00pm									
4:30pm									
5:00pm	Adult Drop In Basketball 6:00-8:45pm				Lane Swim 6:45-8:00pm	Camp Swim 2:30-3:30pm			
5:30pm									
6:00pm									
6:30pm									
7:00pm									
7:30pm									
8:00pm									
8:30pm									
9:00pm									
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	Family Gym 8:00-12:00pm	Open Gym 8:00-12:00pm			Private Swim Lessons 8:15-8:45am		
8:30am							
9:00am							
9:30am							Family Swim 9:00-11:00am
10:00am							
10:30am							
11:00am					Lane Swim 11:15-12:30pm		
11:30am						Pool Booking 11:30-12:30pm	
12:00pm	Pickleball 12:00-2:15pm	Badminton 12:15-2:15pm					
12:30pm							
1:00pm							Family Swim 12:45-2:45pm
1:30pm							
2:00pm							
2:30pm	Open Gym 2:15-3:45pm						
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	Badminton 10:00-12:00pm					
10:30am				Yoga 10:15-11:15am			
11:00am							Family Swim 10:30-12:30pm
11:30am							
12:00pm	Open Gym 12:00-3:45pm						
12:30pm							Adult Leisure Swim 12:45-2:00pm
1:00pm							
1:30pm							
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

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