Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4

2026 Fall Schedule

Shine On

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		MuscleFit 9:00-9:45am			
9:30am						
10:00am	Pickleball 10:00-2:00pm		Stretch and Restore 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am					AquaFit 10:30-11:15am	
11:00am						AquaFit Stretch 11:15-11:30am
11:30am			Cycle 11:45-12:30pm			
12:00pm					Lane Swim 12:00-2:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Badminton 2:15-5:15pm	Open Gym 2:15-5:15pm				
2:30pm						
3:00pm						
3:30pm				Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm						
4:30pm						Family Swim 4:30-6:30pm
5:00pm						
5:30pm	Line Dance 5:30-6:15pm		FlowFit 5:30-6:15pm			
6:00pm						
6:30pm	Open Gym 6:30-8:45pm				Lane Swim 6:45-7:30pm	
7:00pm						
7:30pm						Adult Leisure Swim 7:45-8:30pm
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness 13+ | Registered Programs | Sign In Programs | Self-Directed Drop In

For more information, please contact your Membership Services Desk

NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4

2026 Fall Schedule

Shine On

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						Family Swim 8:45-10:00am
9:00am	Cardio and Strength 9:00-9:45am		Yoga *Starts Nov 3 9:00-10:00am			
9:30am						
10:00am	Pickleball 10:00-2:00pm				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					Lane Swim 12:00-2:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-4:00pm					
2:30pm						
3:00pm						
3:30pm				Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm	Youth Gym (10-13 years) 4:00-5:00pm	YKids (3-9 years) 4:00-6:30pm			Swim Lessons (3-12 years) 4:15-6:30pm	
4:30pm						
5:00pm	Fall 1: Soccer Fall 2: Floor Hockey Winter: Basketball Spring 1: Multisport (6-12 years) 5:00-5:45pm					
5:30pm			Somatic Stretch ($) 5:30-6:30pm			
6:00pm						
6:30pm	Drop-In Volleyball 6:45-8:45pm				Lane Swim 6:45-8:30pm	
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						

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NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4

2026 Fall Schedule

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						Family Swim 8:45-9:30am
9:00am	On The Move 9:00-9:45am					
9:30am						Parent & Tot 9:30-10:00am
10:00am	Pickleball 10:00-2:00pm		MuscleFit 10:00-10:45am		AquaFit Stretch 10:15-10:30am	
10:30am					AquaFit 10:30-11:15am	
11:00am						AquaFit Stretch 11:15-11:30am
11:30am			Cycle 11:45-12:30pm			
12:00pm					Lane Swim 12:00-2:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-4:30pm					
2:30pm						
3:00pm						
3:30pm				Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm						
4:30pm	Open Gym 4:30-6:30pm	Badminton 4:30-6:30pm				Family Swim 4:30-6:30pm
5:00pm						
5:30pm			Pilates 5:30-6:15pm			
6:00pm						
6:30pm	Open Gym 6:30-8:45pm		Youth Leadership (10-16 years) 6:30-7:30pm		Lane Swim 6:45-8:30pm	
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness 13+ | Registered Programs | Sign In Programs | Self-Directed Drop In

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NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

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2026 Fall Schedule

THURSDAY

	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	Cardio and Strength 9:00-9:45am					
9:30am						
10:00am	Pickleball 10:00-2:00pm				AquaFit Stretch 10:15-10:30am	
10:30am					AquaFit 10:30-11:15am	
11:00am						AquaFit Stretch 11:15-11:30am
11:30am				Silver Club 11:30-12:45pm		
12:00pm			Pilates 12:00-12:45pm		Lane Swim 12:00-2:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-4:00pm					
2:30pm						
3:00pm						
3:30pm				Youth Hub (12-17 years) 3:30-7:00pm		
4:00pm	Youth Gym (10-13 years) 4:00-5:00pm	YKids (3-9 years) 4:00-6:30pm			Swim Lessons (3-12 years) 4:15-6:30pm	
4:30pm			FlowFit 4:30-5:15pm			
5:00pm	Fall 1: Basketball Fall 2: Multisport Winter: Soccer Spring 1: Basketball (6-12 years) 5:00-5:45pm					
5:30pm			Women & Weights ($) 5:15-6:15pm			
6:00pm						
6:30pm	Drop-In Volleyball 6:45-8:45pm		MuscleFit 6:30-7:15pm		Lane Swim 6:45-8:30pm	
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness 13+ | Registered Programs | Sign In Programs | Self-Directed Drop In

For more information, please contact your Membership Services Desk

NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4

2026 Fall Schedule

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			Cycle *Starts Nov 6 7:45-8:30am			
8:00am						
8:30am						Family Swim 8:45-10:00am
9:00am	On The Move 9:00-9:45am		Stability Ball ($) 9:00-9:45am			
9:30am						
10:00am	Pickleball 10:00-2:00pm		Stretch and Restore 10:15-11:15am		AquaFit Stretch 10:15-10:30am	
10:30am					AquaFit 10:30-11:15am	
11:00am						AquaFit Stretch 11:15-11:30am
11:30am						
12:00pm			Women & Weights ($) 12:00-1:00pm		Lane Swim 12:00-2:00pm	
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-6:00pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						Family Swim 4:30-6:30pm
5:00pm						
5:30pm						
6:00pm	Adult Drop-In Basketball 6:00-8:45pm					
6:30pm					Lane Swim 6:45-8:00pm	
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.

Drop-In Fitness 13+ | Registered Programs | Sign In Programs | Self-Directed Drop In

For more information, please contact your Membership Services Desk | NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4

2026 Fall Schedule

Shine On

SATURDAY

	Gymnasium (Left)	Gymnasium (Right)	Studio	MPR	Lap Pool	Leisure Pool
8:00am	Family Gym 8:00-9:00am	Pickleball 8:00-11:30am				
8:30am				Fall 2, Winter & Spring 1: ArtSpark (3-5 years) 8:45-9:15am	Swim Lessons (3-12 yrs) 8:45-11:00am	
9:00am	YKids (3-9 years) 9:15-11:15am					
9:30am						
10:00am						
10:30am						
11:00am						
11:30am	Open Gym 11:30-3:45pm				Lane Swim 11:30-1:15pm	Pool Booking 11:30-12:30pm
12:00pm						
12:30pm						
1:00pm						
1:30pm						Family Swim 1:30-3:30pm
2:00pm						
2:30pm						
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	Pickleball 10:00-12:00pm				
10:30am						Family Swim 10:30-12:30pm
11:00am						
11:30am						
12:00pm	Open Gym 12:00-3:45pm					
12:30pm					Lane Swim 12:45-2:15pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						Adult Leisure Swim 2:30-3:30pm
3:00pm						
3:30pm						
4:00pm						

Drop-In Fitness 13+ | Registered Programs | Sign In Programs | Self-Directed Drop In

For more information, please contact your Membership Services Desk

NEW PROGRAM! Drop In Fitness 13+

Gravenhurst YMCA

Health, Fitness, & Aquatics

Updated November 4
2026 Fall Schedule

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

1-101 Centennial Drive
Gravenhurst, ON
P1P 1B7

Key Member Dates

Session	2026-2027 Session Dates	Member Registration Opens
Fall Swim Lessons	September 7 - December 20	August 15
Fall 1	September 7 - October 25	August 15
Fall 2	November 1 - December 20	October 19
Winter Swim Lessons	January 4 - March 14	December 12
Winter	January 11 - March 14	December 12
Spring Swim Lessons	March 22 - June 27	March 6
Spring 1	March 22 - May 9	March 6
Spring 2	May 10 - June 27	April 24
*Registered program dates are subject to change and may differ depending on program. More information available at your membership services desk		

Interested in becoming a group fitness instructor?
Contact Tamar! tamar.connell@sm.ymca.ca

UNIVERSITY OF OTTAWA HEART INSTITUTE
INSTITUT DE CARDIOLOGIE DE L'UNIVERSITÉ D'OTTAWA

Heart Wise Exercise · Corps à cœur ·

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.