

# GRAVENHURST Health, Fitness & Aquatics







## SUMMER 2017


Adult Fitness Schedule  
Jul 4 to Sep 1  
Pool Swim Schedule starts Jul 3  
Swimming Lessons  
 See information sheet @ front desk

MONDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/ChildMinding
5:45 AM						
6:00 AM						
6:30 AM						
7:00 AM	Lane Swim 6:30-10:00	Adult Rec Swim (16 yrs+) 6:30-9:00				
7:30 AM						
8:00 AM				Gravity Blast 8:00-8:30		Camp Drop Off 8:00-8:30
8:30 AM						
9:00 AM		Open Swim 9:00-10:00			On The Move 9:00-9:45	Childminding (\$) 8:45-11:45
9:30 AM			<b>POWER</b> 9:00-10:00			
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim (16 yrs+) 10:00-12:00	Step 10:15-11:00		Chair Yoga/Stretch 9:45-10:00	
10:30 AM						
11:00 AM	Lane Swim 11:00-1:00				Gym Rental (full gym) 10:00-1:00 (Juy 31 & Aug 7)	
11:30 AM						
12:00 PM		Open Swim 12:00-1:00		Youth Pickleball (10-12 yrs) 12:00-1:00		
12:30 PM			Cycle 12:10-12:50		(No Class Jul 31 and Aug 7)	
1:00 PM	Open Swim 1:00-3:00		Youth Wellness Drop In 1:00-2:00 (No Class Jul 17, 24, 31)			
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Lane Swim 3:00-4:15	Adult Rec Swim (16 yrs+) 3:00-4:15				
3:30 PM						
4:00 PM						
4:30 PM	Swimming Lessons 4:30-5:30					Camp Pick Up 4:30-5:00
5:00 PM						
5:30 PM	Pool Closed 5:30-5:45		Mat Work Core 5:30-6:15		All Sport (6-9 yrs) 5:30-6:30	Childminding (\$) 5:15-7:45
6:00 PM	Open Swim 5:45-8:00					
6:30 PM			<b>POWER</b> 6:30-7:30		Y Kids (6-9 yrs) 6:30-7:45	
7:00 PM						
7:30 PM		Adult Rec Swim (16 yrs+) 8:00-9:30	Yoga 7:45-8:45			
8:00 PM	Lane Swim 8:00-9:30			Adult Basketball 8:00-9:45		
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

TUESDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding
5:45 AM						
6:00 AM						
6:30 AM	Lane Swim 6:30-10:00	Adult Rec Swim (16 yrs+) 6:30-9:00				
7:00 AM						
7:30 AM						
8:00 AM						Camp Drop Off 8:00-8:30
8:30 AM						
9:00 AM		Open Swim 9:00-10:00	Gravity Blast 9:15-9:45			Childminding (\$) 9:00-10:30
9:30 AM						
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim (16 yrs+) 10:00-12:00			Gym Rental (full gym) 10:00-1:00 (Aug 1 & 8)	
10:30 AM						
11:00 AM	Lane Swim 11:00-1:00					
11:30 AM						
12:00 PM		Open Swim 12:00-1:00	Yoga 12:10-12:50	Youth All Sport (10-12 yrs) 12:00-1:00 (No Class Aug 1, 8)		
12:30 PM						
1:00 PM	Open Swim 1:00-3:00					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Lane Swim 3:00-4:15	Adult Rec Swim (16 yrs+) 3:00-4:15				
3:30 PM						
4:00 PM						
4:30 PM						Camp Pick Up 4:30-5:00
5:00 PM	Swimming Lessons 4:30-6:30					
5:30 PM			Free Outdoor Boot Camp 5:30-6:15			
6:00 PM						
6:30 PM	Pool Closed 6:30-6:45		Gravity/ Mat Work Core 6:30-7:15	Child Pickleball (6-9 yrs) 6:15-7:30		
7:00 PM	Open Swim 6:45-8:00					
7:30 PM						
8:00 PM	Lane Swim 8:00-9:30	Adult Rec Swim (16 yrs+) 8:00-9:30				
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						

WEDNESDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding
5:45 AM						
6:00 AM						
6:30 AM	Lane Swim 6:30-10:00	Adult Rec Swim (16 yrs+) 6:30-9:00				
7:00 AM						
7:30 AM						
8:00 AM						Camp Drop Off 8:00-8:30
8:30 AM						
9:00 AM		Swimming Lessons 9:00-10:00	 XPOWER 9:00-10:00	On The Move 9:00-9:45		Childminding (\$) 8:45-11:45
9:30 AM						
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim (16 yrs+) 10:00-12:00	Yoga 10:15-11:15	Chair Yoga/Stretch 9:45-10:00		
10:30 AM					Run For Fun (Outside, meet at the Desk) 9:15-10:00	
11:00 AM	Lane Swim 11:00-1:00					
11:30 AM						
12:00 PM		Open Swim 12:00-1:00	 CORE 12:15-12:45	Gym Rental 10:00-1:00 (Aug 2 & 9)		
12:30 PM						
1:00 PM	Open Swim 1:00-3:00					
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Lane Swim 3:00-4:15	Adult Rec Swim (16 yrs+) 3:00-4:15				
3:30 PM						
4:00 PM			Youth Wellness Drop In 4:15-5:15			
4:30 PM	Swimming Lessons 4:30-5:30					Camp Pick Up 4:30-5:00
5:00 PM						
5:30 PM	Pool Closed 5:45-6:00					
6:00 PM			Cycle 5:30-6:15			Childminding (\$) 5:15-7:45
6:30 PM	Open Swim 6:00-7:30		 CORE 6:30-7:00			
7:00 PM						
7:30 PM	Aqua Fit 7:30-8:15	Open Swim 7:30-8:15	Yoga 7:15-8:15			
8:00 PM						
8:30 PM	Lane Swim 8:30-9:30	Adult Rec Swim (16 yrs+) 8:30-9:30				
9:00 PM						
9:30 PM						
10:00 PM						

THURSDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding	
5:45 AM							
6:00 AM							
6:30 AM	Lane Swim 6:30-10:00	Adult Rec Swim (16 yrs+) 6:30-9:00					
7:00 AM							
7:30 AM							
8:00 AM				Cycle 8:00-8:45			Camp Drop Off 8:00-8:30
8:30 AM							
9:00 AM		Open Swim 9:00-10:00	Mat Work Core 9:15-10:00			Childminding (\$) 9:00-10:30	
9:30 AM							
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim (16 yrs+) 10:00-12:00		Gym Rental 10:00-1:00 (Aug 3 & 10)			
10:30 AM							
11:00 AM	Lane Swim 11:00-1:00		Yoga with Props 11:00-11:45 (Aug 3-24)				
11:30 AM							
12:00 PM		Open Swim 12:00-1:00	Cycle 12:10-12:50				
12:30 PM							
1:00 PM	Open Swim 1:00-3:00						
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Lane Swim 3:00-4:15	Adult Rec Swim (16 yrs+) 3:00-4:15					
3:30 PM							
4:00 PM							
4:30 PM	Swimming Lessons 4:30-6:30					Camp Pick Up 4:30-5:00	
5:00 PM							
5:30 PM							
6:00 PM			Step 5:30-6:15	Y Kids (6-9 yrs) 5:15-6:30		Childminding (\$) 5:15-7:45	
6:30 PM	Pool Closed 6:30-6:45		 6:30-7:30	All Sport (6-9 yrs) 6:30-7:45			
7:00 PM	Open Swim 6:45-8:00						
7:30 PM							
8:00 PM	Lane Swim 8:00-9:30	Adult Rec Swim (16 yrs+) 8:00-9:30		Adult Basketball 8:00-9:45			
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

FRIDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding	
5:45 AM							
6:00 AM							
6:30 AM	Lane Swim 6:30-10:00	Adult Rec Swim (16 yrs+) 6:30-9:00					
7:00 AM							
7:30 AM				Yoga 7:30-8:15 (no class Jul 28)			Camp Drop Off 8:00-8:30
8:00 AM							
8:30 AM							
9:00 AM		Open Swim 9:00-10:00		On The Move (Jul 14, 28, Aug 11, 25) Zumba Gold (June 23, Jul 7, 21, Aug 4, 18, Sep 1) 9:00-10:00			
9:30 AM							
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim (16 yrs+) 10:00-12:00					
10:30 AM							
11:00 AM	Lane Swim 11:00-1:00						
11:30 AM							
12:00 PM		Open Swim 12:00-1:00	 12:15-12:45				
12:30 PM			Gentle Yoga 1:10-1:50 (no class Jul 28)				
1:00 PM	Open Swim 1:00-3:00						
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Lane Swim 3:00-4:15	Adult Rec Swim (16 yrs+) 3:00-4:15					
3:30 PM							
4:00 PM							
4:30 PM	Swimming Lessons 4:30-5:30					Camp Pick Up 4:30-5:00	
5:00 PM							
5:30 PM	Pool Closed 5:30-5:45						
6:00 PM							
6:30 PM	Open Swim 5:45-8:00						
7:00 PM							
7:30 PM							
8:00 PM	Lane Swim 8:00-9:30	Adult Rec Swim (16 yrs+) 8:00-9:30					
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

SATURDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Lane Swim 7:30-11:30	Adult Rec Swim (16 yrs+) 7:30-11:30		Free Outdoor Boot Camp 9:00-10:00		Childminding (\$) 8:45-11:00
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM			Instructor's Choice 10:15 start			
11:30 AM	Open Swim 11:30-3:00					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Birthday Parties (\$) Pool or Gym Option *see membership for more information
3:00 PM	Lane Swim 3:00-4:00	Adult Rec Swim (16 yrs+) 3:00-4:00				
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						


SUNDAY	Lap Pool	Leisure Pool	Studio	Gym A	Gym B	MPR/Childminding
7:00 AM						
7:30 AM	Lane Swim 7:30-9:00	Adult Rec Swim (16 yrs+) 7:30-9:15				
8:00 AM						
8:30 AM						
9:00 AM	Master Swim 9:00-10:00			Cycle 9:15-10:00		
9:30 AM						
10:00 AM	Lane Swim 10:00-12:00		Instructor's Choice 10:15 start	Free Parent & Tot Play Group 10:00-12:00		
10:30 AM						
11:00 AM		Open Swim 11:00-12:00				
11:30 AM	Open Swim 12:00-3:00					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Birthday Parties (\$) Pool or Gym Option *see membership for more information
3:00 PM	Lane Swim 3:00-4:00	Adult Rec Swim (16 yrs+) 3:00-4:00				
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						

Regular Hours of Operation		Adult Fitness Drop In	Holiday Schedule - July 1 and Aug 7		
Monday to Friday	5:30am-10pm		<b>Lap Pool</b>	<b>Leisure Pool</b>	<b>Gymnasium</b>
Saturday	7am-6pm	Registered Programs	Lane Swim 10:30am-2pm	Adult Rec (16+) 10:30am-12pm	Open Gym 10am-5pm
Sunday	7am-5pm		Open Swim 12pm-3pm	Open Swim 12pm-3pm	
Holiday Hours	10am-5pm	Drop In Program	Lane Swim 3pm-4pm	Adult Rec 16+ 3pm-4pm	

No Adult Fitness Classes July 1, 2, 3, Aug 6, 7, Sep 2, 3, 4

**To Contact the Gravenhurst YMCA...**

Call us at 705 687 9899,  
Fax 705 687 6535

 @GravenhurstYMCA

**Program Registration**

**@ Membership Services or  
Online**

[www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)

**Photo ID Required**

All patrons 16+ must provide Photo ID to gain access to the facility. This includes YMCA Membership Card, a YMCA Guardian Pass, or Government issued Photo ID.

**Child & Youth Participation**

All children under 10 must be directly supervised by a parent or guardian over the age of 16, or be signed into a YMCA Program by a guardian.

Wellness Floor access and fitness classes, ages 13+, unless otherwise stated.

**Swim Ratio Policy**

Children ages 0-5: must be accompanied by a guardian(16 yrs+) in water at a ratio of 1:2.

Children ages 6-9: must be accompanied by a guardian(16yrs+) in water at a ratio of 1:4.

Children ages 10+: who are able to successfully complete the swim test are able to swim on their own at the discretion of the lifeguards.