




**WINTER/SPRING
2017**




**Adult Fitness
Schedule & Pool
Swim Schedule
starts Jan 2**



**Swimming
Lessons
starts Jan 9-Jun 11**

MONDAY	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 6:30-9:00				
7:00 AM						
7:30 AM						
8:00 AM				Gravity 8:00-8:30		
8:30 AM		Open Swim 9:00-10:00				Childminding (\$) 8:45-11:45
9:00 AM					On The Move 9:00-9:45	
9:30 AM			XPOWER 9:00-10:00			
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim 10:00-11:30	Barre Dance Jan 9-Mar 27 (no class Mar 13) Yoga Apr 6-Jun 26 10:45-11:45	Chair Yoga/Stretch 9:45-10:00 Gentle Fit/Fitness for Breath 10:15-11:15 Feb 6-Apr 26		
10:30 AM		Open Swim 11:30-1:00				Fitness For Breath Education 11:30-12:30 Feb 6-Mar 22
11:00 AM	Lane Swim 11:00-1:00					
11:30 AM						
12:00 PM			Cycle 12:10-12:50		Urban Poling 10:15-11:00 May 1-June 12	
12:30 PM						
1:00 PM	Pool Closed for Cleaning and Maintenance 1:00-2:30		X-CORE 1:00-1:30 Jan 9-Mar 6	Pickle Ball 1:00-2:30 Jan 9-Jun 12 (not March Break) (Register with Town)		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Lane Swim 2:30-4:15	Adult Rec Swim 2:30-4:15				
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	Swimming Lessons 4:30-7:00					
5:30 PM			Gravity/Core Jan 2-Feb 27 Barre Dance May 29-Jun 26 5:15-6:15	Zumba 5:30-6:15 Mar 6-Apr 4		Childminding (\$) 5:15-7:45
6:00 PM						
6:30 PM						
7:00 PM	Pool Closed 7:00-7:30				Supervised Gym (6-9 yrs) 6:15-7:15	
7:30 PM			XPOWER 6:30-7:30			
8:00 PM	Lane Swim 7:30-9:30	Adult Rec Swim 7:30-9:30	Yoga 7:45-8:45		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 6:30-9:00				
7:00 AM				Yoga 7:30-8:15		
7:30 AM				Gravity 9:15-9:45		
8:00 AM						
8:30 AM						Childminding (\$) 8:45-11:45
9:00 AM		Open Swim 9:00-10:00				
9:30 AM						
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim 10:00-11:05	Drums Alive 10:15-11:00 Mar 21-May 16			
10:30 AM						
11:00 AM	Lane Swim 11:00-1:00	Aqua Yoga 11:05-11:30	Laughter Yoga 11:15-11:45 Jan 24-Feb 28			
11:30 AM						
12:00 PM			Open Swim 11:30-1:00	Yoga for Sport 12:10-12:50		
12:30 PM						
1:00 PM	Pool Closed for Cleaning and Maintenance 1:00-2:30		 XPOWER 1:00-2:00 Jan 9-Mar 6	TIME 1:15-2:15 Apr 3-Jun 23		
1:30 PM						
2:00 PM						
2:30 PM	Lane Swim 2:30-4:15	Adult Rec Swim 2:30-3:15				
3:00 PM						
3:30 PM			Open Swim 3:15-4:15			
4:00 PM						
4:30 PM	Swimming Lessons 4:30-7:00					
5:00 PM						
5:30 PM				Step 5:30-6:15 starts Jan 10		Soccer (6-9 yrs) 5:15-6:15
6:00 PM				Y Kids (6-9 yrs) 6:30-7:30		
6:30 PM	Pool Closed 7:00-7:30		Pilates Jan 3-Mar 28 Technique Tuesdays Apr 4-Jun 27 6:30-7:15			
7:00 PM						
7:30 PM	Aqua Fit 7:30-8:15	Open Swim 7:30-8:15				
8:00 PM						
8:30 PM	Lane Swim 8:15-9:30	Adult Rec 8:15-9:30				
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 6:30-9:00					
7:00 AM				Gravity 7:15-7:45 starts Jan 11			
7:30 AM							
8:00 AM							
8:30 AM						Childminding (\$) 8:45-11:45	
9:00 AM		Swimming Lessons 9:00-9:30	 XPOWER 9:00-10:00	On The Move 9:00-9:45			
9:30 AM							
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim 9:30-11:00	Yoga 10:15-11:15	Chair Yoga/Stretch 9:45-10:00			
10:30 AM				Pickle Ball 10:30-12:00 Jan 9-Jun 12 (not March Break) (Register with Town)			
11:00 AM	Lane Swim 11:00-1:00	Aqua Gentle Fit 11:05-11:45					
11:30 AM							
12:00 PM			Open Swim 11:45-1:00	Cycle 12:10-12:50			
12:30 PM							
1:00 PM	Pool Closed for Cleaning and Maintenance 1:00-2:30			Gentle Fit/Fitness for Breath 1:15-2:15 Feb 6-Apr 26			
1:30 PM							
2:00 PM						Fitness For Breath Education 2:30-3:30 Feb 6-Mar 22	
2:30 PM	Lane Swim 2:30-4:15	Adult Rec Swim 2:30-4:15					
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Swimming Lessons 4:30-7:00						
5:00 PM				Boot Camp Jan 4-Mar 29 Cycle Apr 5-Jun 28 5:30-6:15	Youth Basketball (6-9 yrs) 5:30-6:30 Jan 18-Mar 8 (register with Y) Mar 22-May 24 (register with Town)		Childminding (\$) 5:15-7:45
5:30 PM							
6:00 PM							
6:30 PM	Pool Closed 7:00-7:30		 CORE 6:30-7:00	Youth Basketball (10-12 yrs) 6:30-7:30 Jan 18-Mar 8 (register with Y) Mar 22-May 24 (register with Town)			
7:00 PM							
7:30 PM		Open Swim 7:30-8:30	Yoga 7:15-8:15				
8:00 PM							
8:30 PM	Lane Swim 8:30-9:30	Adult Rec Swim 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 6:30-9:00					
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM			 8:00-8:30 class starts Jan 12				
9:00 AM		Open Swim 9:00-10:00					
9:30 AM			Cycle (Jan 12-April 27) Strength (May 4-June 29) 9:15-10:00			Childminding (\$) 8:45-11:45	
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim 10:00-11:05					
10:30 AM							
11:00 AM		Aqua Core 11:05-11:30					
11:30 AM	Lane Swim 11:00-1:00	Open Swim 11:30-1:00	Yoga 11:00-11:45				
12:00 PM			 12:15-12:45				
12:30 PM							
1:00 PM	Pool Closed for Cleaning and Maintenance 1:00-2:30						
1:30 PM							
2:00 PM							
2:30 PM		Adult Rec Swim 2:30-3:15					
3:00 PM	Lane Swim 2:30-4:15						
3:30 PM		Open Swim 3:15-4:15					
4:00 PM			Drop In Youth Wellness 4:15-5:15 Jan 12-Jun 15 (not March Break)				
4:30 PM	Swimming Lessons 4:30-7:00						
5:00 PM			Cycle Jan 5-Mar 30 Boot Camp Apr 6-Jun 29 5:30-6:15			Childminding (\$) 5:15-7:45	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Pool Closed 7:00-7:30		6:30-7:30				
7:30 PM	Aqua Fit 7:30-8:15	Open Swim 7:30-8:15					
8:00 PM							
8:30 PM	Lane Swim 8:15-9:30	Adult Rec Swim 8:15-9:30			Adult Basketball 8:00-9:45		
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 6:30-9:00					
7:00 AM							
7:30 AM							
8:00 AM							
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			9:00-10:00		Chair Yoga/Stretch 9:45-10:00		
10:00 AM	Aqua Fit 10:15-11:00	Adult Rec Swim 10:00-11:30					
10:30 AM							
11:00 AM			 11:30-12:00	Pickle Ball 10:30-12:00 Jan 9-Jun 12 (not March Break) (Register with Town)			
11:30 AM	Lane Swim 11:00-1:00	Open Swim 11:30-1:00					
12:00 PM			Cycle 12:10-12:50				
12:30 PM							
1:00 PM	Pool Closed for Cleaning and Maintenance 1:00-2:30		Gentle Yoga 1:10-1:50		TIME 1:15-2:15 Apr 3-Jun 23		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Lane Swim 2:30-5:00	Adult Rec Swim 2:30-5:00					
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Open Swim 5:00-8:00						
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM					Free Youth Night 5:00-9:30 Jan 13-Jun 16 (not March Break) (10-17 yrs)		
7:30 PM							
8:00 PM							
8:30 PM	Lane Swim 8:00-9:30	Adult Rec Swim 8:00-9:30					
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	Lane Swim 7:30-9:45	Adult Rec Swim 7:30-9:45				
8:30 AM						
9:00 AM					Boot Camp 9:00-10:00	
9:30 AM						
10:00 AM	Pool Closed 9:45-10:15					Childminding (\$) 8:45-11:45
10:30 AM	Adult Stoke Correction 10:15-11:00		Instructor's Choice 10:15 start			
11:00 AM						
11:30 AM	Lane Swim 11:00-1:00	Adult Rec Swim 11:00-1:00				
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Open Swim 1:00-3:00					
2:00 PM						
2:30 PM						
3:00 PM	Lane Swim 3:00-4:00	Adult Rec Swim 3:00-4:00				Birthday Parties(\$) Pool or Gym Option *see membership for more information
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						
8:00 AM	Lane Swim 7:30-9:15	Adult Rec Swim 7:30-9:15				
8:30 AM						
9:00 AM			Cycle 9:15-10:00			
9:30 AM						
10:00 AM	Swimming Lessons 9:30-12:00		Instructor's Choice 10:15 start			
10:30 AM				Free Parent & Tot Play Group 10:15-12:00		
11:00 AM						
11:30 AM						
12:00 PM	Lane Swim 12:15-1:00					
12:30 PM		Open Swim 12:15-2:00				
1:00 PM	Master Swim 1:00-2:00					
1:30 PM						
2:00 PM	Open Swim 2:00-3:00					
2:30 PM						
3:00 PM	Lane Swim 3:00-4:00	Adult Rec Swim 3:00-4:00				Birthday Parties(\$) Pool or Gym Option *see membership for more information
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						

Hours of Operation		Adult Fitness Drop In
Monday to Friday	5:30am-10pm	
Saturday	7am-6pm	Registered Programs
Sunday	7am-5pm	

To contact the Gravenhurst YMCA...

Call us at 705-687-9899, Fax us at 705-687-6535, or Find us on the web at www.ymcaofsimcoemusoka.ca

Program Registration can be done in person at Member Services, or online by creating your account on our website.

To gain access to the Gravenhurst YMCA facility, all patrons 16+ years of age must show their YMCA Membership Card, a YMCA Guardian Pass, or Government issued Photo ID. All children under 10 must be directly supervised by a parent or guardian over the age of 16, or signed into a YMCA Program. Swim Supervision Ratios, Youth Conditioning Policies, and Wellness Floor/Gymnasium etiquette are strictly enforced. Please as a Membership Services Staff for more details.