



Adult Fitness Schedule: March 16 - March 22, 2020

SPRING INTERIM

Gravenhurst YMCA—101 Centennial Drive —705.687.9899


Class	Location	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21	Sunday March 22
Adult Basketball (16yrs+)	Gym		7:30-9:45 pm		8:00-9:45 pm			
Boot Camp							10:15-11:00 am	
Chair Yoga/Stretch	Gym	9:45-10:00 am		9:45-10:00 am		9:45-10:00 am		
Circuit	Studio		12:10-12:50 pm		1:10-1:45 pm			
Cycle	Studio	12:10-12:50 pm 6:00-6:45 pm		12:10-12:50 pm 6:15-6:55 pm		12:10-12:50 pm	9:15-10:00 am	
Gravity	Studio	1:10-1:40 pm 6:50-7:20 pm	9:15-9:45 am	1:10-1:45 pm			8:30-9:00 am	
Core	Studio					1:10-1:50 pm		
Group Power	Studio	9:00-10:00 am	6:30-7:30 pm	9:00-10:00 am	6:15-7:15 pm	9:00-10:00 am		10:30-11:30 am
Legs, Bum, Tum	Studio				12:10-12:40 pm			
metafit™	Studio	8:15-8:45 am	1:10-1:45 pm		5:30-6:00 pm			
meta PWR™	Studio				9:15-10:00 am			
On The Move	Gym	9:00-9:45 am		9:00-9:45 am		9:00-9:45am		
Step	Studio		5:30-6:15 pm					
Stretch	Studio		11:30-12 pm					
Yoga	Studio	10:15-11:15 am 7:30-8:30 pm		6:45-7:30 am 10:15-11:15 am 5:00-6:00 pm	10:15-11:00 am 7:45-8:45 pm			11:45-12:30 pm



Child, Youth & Aquatics Schedule: March 16 - March 22, 2020

SPRING INTERIM

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Pool	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21	Sunday March 22
Aquafit	10:15-11:00 am 7:30-8:15 pm	10:15-11:00 am	10:15-11:00 am	10:15-11:00 am 7:30-8:15 pm	10:15-11:00 am		
Aqua Core/Yoga	11:05-11:30 am			11:05-11:30 am			
Lane Swim	6:30-10:00 am 11:10-1:00 pm 2:30-4:00 pm 7:30-8:30 pm (1 Lane)	6:30-10:00 am 11:10-1:00 pm 2:30-4:00 pm 7:30-8:30 pm (2 Lanes)	6:30-10:00 am 11:10-1:00 pm 2:30-4:00 pm 7:30-8:30 pm	6:30-10:00 am 11:10-1:00 pm 2:30-4:00 pm 7:30-8:30 pm (1 Lane)	6:30-10:00 am 11:10-1:00 pm 2:30-4:00 pm	7:30-11:30 am -2 lanes 2:30-3:30 pm	7:30-9:15 am 1:00-3:30 pm -2 lanes MASTER SWIM 11:30-1:00 pm -2 lanes
Open Swim	9:00-11:00 am -Leisure Only 11:30-1:00 pm	9:00-1:00 pm -Leisure Only 4:30-7:30 pm	9:00-11:00 am -Leisure Only 11:30-1:00 pm	9:00-1:00 pm -Leisure Only 4:30-7:30 pm	9:00-11:00 am -Leisure Only 11:30-1:00 pm	9:00-11:30 pm -Leisure Only 11:30-2:30 pm	FAMILY SWIM 9:30-11:30 am 11:30-1:00 pm -Leisure only 1:00-3:30 pm
 \$2.00 – Open Swim	1:00-2:30 pm	1:00-2:30 pm	1:00-2:30 pm	1:00-2:30 pm	1:00-2:30 pm		
Adult Open Swim	6:30-9:00 am 2:30-4:00 pm 7:30-8:30 pm	6:30-9:00 am 2:30-4:00 pm 7:30-8:30 pm	6:30-9:00 am 2:30-4:00 pm 7:30-8:30 pm	6:30-9:00 am 2:30-4:00 pm 7:30-8:30 pm	6:30-9:00a m 2:30-4:00 pm	7:30-9:30 am -Leisure only 9:30-11:30 am -Lap pool 2:30-4:00 pm	7:30-9:15 am
FREE-Open Swim <i>Tim Hortons.</i>	4:30-7:30 pm		4:30-7:30 pm		4:30-8:00 pm		
Child Minding	8:45-11:30 am	8:45-11:30 am	8:45-11:30 am	8:45-11:30 am	8:45-11:30 am		
Drop in - Y Kids 3-5 & 6-9		9:00-12:00 pm Gym A & B			9:00-12:00 pm Gym A & B		
Youth Courses	Home Alone Course 9:00-1:00 pm			Babysitting Course 9:00-4:00 pm			

Building Hours:

**Monday,
Wednesday, Friday**
5:30 am—9:00 pm

Tuesday/Thursday
5:30 am—10:00 pm

Saturday/Sunday
7:00 am—4:00 pm

Home Alone Course/ Babysitting Course

Registration
available at the
Membership Desk!

Swim Policy:

Under 6 years



6 to 9 years



10 + years

Swim Test Required