



# Gravenhurst YMCA: Health, Fitness & Aquatics Centre

## FALL 2021

### October 4 - December 19, 2021

101 Centennial Dr.  
 Gravenhurst ON, P1P 1B9  
 Phone: (705) 687-9899  
 email: [gravenhurst@sm.ymca.ca](mailto:gravenhurst@sm.ymca.ca)  
[www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)

DROP-IN FITNESS	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp	Studio		12:15-1:00pm		12:15-1:00pm		
Cycle	Studio			12:15-12:45pm			
Gravity	Studio			10:15-11:00am			
On The Move	Gymnasium	9:00-9:45am		9:00-9:45am		9:00-9:45pm	
Yoga	Studio		5:00-6:00pm				
Big 3 Lifting \$	Studio	7:30-8:30pm					
DROP-IN SELF DIRECTED	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Centre	Conditioning Floor	5:30-1:00pm 3:30-8:30pm	5:30-1:00pm 3:30-8:30pm	5:30-1:00pm 3:30-8:30pm	5:30-1:00pm 3:30-8:30pm	5:30-6:00pm	7:00-12:00pm
Open Gym	Gymnasium	5:30-8:30am	6:00-1:00pm	5:30-8:30am	5:30-8:30am	5:30-8:30am 10:00-12:45pm 3:00-4:00pm	7:00-11:45am
Basketball 16yrs +	Gymnasium		6:45-8:15pm		6:45-8:15pm		
Volleyball 18yrs +	Gymnasium	6:00-7:15pm		6:45-8:15pm			
Pickleball 18yrs +	Gymnasium	10:30-11:15am 11:15-12:00pm 12:15-1:00pm 7:30-8:30pm		10:30-11:15am 11:15-12:00pm 12:15-1:00pm	9:00-9:45am 10:00-10:45am 11:00-11:45am 12:00-12:45pm	1:00-1:45pm 2:00-2:45pm	
DROP-IN Child & Youth Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay n' Play 0-5 years	MPR	Coming Soon to the Gravenhurst YMCA					
Y Kids Preschool 3-5 years	Gym B		4:30-5:25pm				
Y Kids Child 6-9 years	Gym B		5:30-6:30pm				
Spikeball 10-17yrs	Gymnasium			5:30-6:30pm			
Girls Club 9-12yrs	MPR			5:30-6:30pm			
Youth Leaders 10-16 years	MPR			6:30-7:30pm			
Youth Open Gym 13-17yrs	Gymnasium	4:00-5:45pm	5:00-6:30pm		4:00-6:30pm	4:00-6:15pm	
Young Renegades Fitness & Mindfulness 6-8yrs	Gymnasium	4:30-5:15pm					
Young Renegades Fitness & Mindfulness 9-12yrs	Gymnasium	5:45-6:30pm					



# AQUATICS SCHEDULE

## Fall 2021

### October 4 - December 19, 2021

REGISTERED FITNESS	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Lap Pool	10:30-11:15am		10:30-11:15am		10:30-11:15am	
SELF DIRECTED	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim Lap Pool	Lap Pool	5:00-7:00pm		5:00-7:30pm	5:00-6:00pm	5:00-6:00pm	10:15-11:45am
Open Swim Leisure Pool	Leisure Pool	11:45-12:30pm 5:00-7:00pm	9:30-10:15am	9:30-10:15am 11:45-12:30pm 5:00-7:30pm	9:30-10:15am 6:00-7:00pm	4:00-5:00pm	
Pre-Booked	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim	Lap Pool	6:30-7:15am 7:30-8:15am 8:30-9:15am 9:30-10:15am 11:30-12:45pm 7:30-8:15pm	6:30-7:15am 7:30-8:15am 8:30-9:15am 10:30-11:15am 11:30-12:30pm	6:30-7:15am 7:30-8:15am 8:30-9:15am 11:30-12:30pm	6:30-7:15am 7:30-8:15am 8:30-9:15am 9:30-10:15am 11:30-12:45pm 7:30-8:15pm	6:30-7:15am 7:30-8:15am 8:30-9:15am 9:30-10:15am 11:30-12:30pm	7:00-7:45am 8:00-8:45am 9:00-9:45am
REGISTERED Swim Lessons	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Splasher & Bubbler 0-3yrs	Leisure Pool		5:20-5:50pm				
Bobber/Floater/Glider 3-5yrs	Leisure Pool		4:00-4:30pm 6:00-6:30pm				
Diver/Surfer/Dipper 3-5yrs	Leisure Pool		4:40-5:10pm				
Otter & Seal 6-12yrs	Leisure Pool		4:00-4:30pm 5:20-5:50pm 6:40-7:10pm				
Dolphin & Swimmer 6-12yrs	Lap Pool		4:00-4:30pm 5:20-5:50pm 6:40-7:10pm				
Stars 1, 2 & 3 6-12yrs	Lap Pool		4:40-5:10pm 6:00-6:30pm				
Stars 4, 5, 6 & 7 6-12yrs	Lap Pool		6:40-7:10pm				

Hours of Operation
<b>Monday-Thursday</b> 5:30-1:00pm & 3:30-8:30pm (Closed 1:00-3:30pm) <b>Friday</b> 5:30-6:30pm <b>Saturday</b> 7:00-12:00pm <b>Sundays and Statutory Holidays: CLOSED</b>  Thanksgiving: October 11th Christmas Day: December 25th Boxing Day: December 26th

**YMCA of Simcoe/Muskoka: Mission Statement**

The YMCA is dedicated to the growth of all persons in spirit, mind & body, and to their sense of belonging to each other and the global community.

**YMCA of Simcoe/Muskoka: Vision Statement**

The YMCA inspires people to reach their full potential.

**YMCA of Simcoe/Muskoka: Core Values**

Caring, Honesty, Inclusiveness, Respect, Responsibility