



Gravenhurst YMCA: Health, Fitness & Aquatics Centre

FALL 2021

November 1 - December 19, 2021

101 Centennial Dr.
 Gravenhurst ON, P1P 1B9
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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		12:15-12:45pm	9:15-10:00am		
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				
Cardio & Strength	Gymnasium		9:15-10:00am				
Stretch & Restore	Studio					10:00-10:45am	
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 3:30-8:15pm	5:30-8:30am 10:00-1:00pm 3:30-6:45pm	5:30-8:30am 3:30-8:30pm	5:30-8:30am 3:30-6:45pm	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		
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	



AQUATICS SCHEDULE

Fall 2021

November 1 - December 19

REGISTERED FITNESS		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Lap Pool		10:30-11:15am	10:30-11:15am	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						5:00-6:00pm	
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 5:00-7:00pm	9:30-10:15am	4:00-5:00pm	10:15-11:45am
Pre-Booked		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim (Individual Lane Bookings)	Lap Pool		6:30-7:15am 7:30-8:15am	6:30-7:15am 7:30-8:15am	6:30-7:15am 7:30-8:15am	6:30-7:15am 7:30-8:15am	6:30-7:15am 7:30-8:15am	
Lane Swim (Shared Lane Bookings)	Lap Pool		8:30-9:15am 9:30-10:15am 11:30-12:45pm 7:30-8:15pm	8:30-9:15am 11:30-12:30pm	8:30-9:15am 11:30-12:30pm	8:30-9:15am 9:30-10:15am 11:30-12:45pm	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

Monday-Thursday: 5:30am - 1:00pm & 3:30pm - 8:30pm (Closed 1:00pm - 3:30pm)
 Friday: 5:30am - 6:30pm
 Saturday: 7:00am - 12:00pm
 Sundays and Statutory Holidays: CLOSED

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