Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.
Highlighted classes are awaiting a firm start date. Please check back September 6th.

Drop-In Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arriba	Studio			1:00pm-1:45pm				
Bootcamp	Studio		12:00pm-12:45pm		12:00pm-12:45pm			
Cycle	Studio	12:00pm-12:45pm		12:00pm-12:45pm		12:00pm-12:45pm		
Gravity	Studio	6:45pm-7:30pm	6:45pm-7:30pm	10:15am - 11:00am	6:45pm-7:30pm			
On The Move	Gym	9:00am - 9:45am		9:00am - 9:45am		9:00am - 9:45am		
Yoga	Studio	9:00am-10:00am 5:30pm - 6:30pm	5:30pm-6:30pm	9:00am - 10:00am				
Cardio & Strength	Gym/ Studio		9:00am - 9:45am		5:30pm-6:15pm			
Circuit	Studio			5:30pm-6:15pm				
Core	Studio			6:30pm-7:15pm	9:00am-9:45am			
Stretch & Restore	Studio					10:00am - 11:00am		
TotalFit	Gym				6:00pm-6:45pm			

Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.

Drop-In Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Centre	Condit. Floor	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	8:00am - 4:00pm	10:00am-3:00pm
Open Gym	Gym	7:00am-8:30am 1:00-4:00pm	7:00am-8:30am 1:00-4:00pm	7:00am-8:30am 1:00-4:00pm	7:00am-8:30am 1:00-4:00pm	7:00am-8:30am 1:00-4:00pm		
Family Gym							9:00am-11:30am	
Basketball 13-17 Years	Gym	4:00pm-6:00pm				4:00pm-6:00pm	12:00pm-2:30pm	
Basketball 18+ Years	Gym					6:00pm-8:30pm		10:30am-1:00pm
Rec Sports 18yrs+	Gym				7:00pm-8:45pm			
Boardgames	MPR	5:30pm-7:30pm	11:30am-1:30pm				9:00am-11:30am	
Pickleball 18+ Years	Gym	10:30am-1:00pm 6:00pm-8:15pm		10:30am-1:00pm 6:00pm-8:15pm	9:00am-12:45pm	10:30am-1:00pm		

Are you new to working out?

Looking for an Orientation, Consultation or Personal Training?
Please reach out to tamar.connell@sm.ymca.ca for information on your options and to set up and appointment.

Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.
Highlighted classes are awaiting a firm start date. Please check back September 6th.

Child & Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stay n' Play (Drop In) 0 - 5 Years	MPR		5:30pm-7:30pm	4:00pm-6:00pm				
All Sport (Drop In) Preschool 3-5 Years	Gym B		5:30pm-6:30pm	4:00pm-5:00pm				
All Sport (Drop In) Child 6-9 Years	Gym B		6:30pm-7:30pm	5:00pm-6:00pm				
Girls Club (Drop In) 10 - 12 Years	MPR			6:15pm-7:15pm				
Youth Leaders (Drop In) 10 - 16 Years	MPR							
Youth Night (Drop In) 10 - 17 Years						5:00pm-6:30pm		

Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.
Highlighted classes are awaiting a firm start date. Please check back September 6th.

Aquatics Pre-Booked	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit (Pre-Booked)	Lap Pool	10:30am-11:15am	10:30am-11:15am 7:15pm - 8:00pm	10:30am-11:15am	10:30am-11:15am 6:00pm-6:45pm	10:30am - 11:15am		
Aquatics Drop In	**Location**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Open Swim	Lap Pool							
Family Swim	Leisure Pool							10:30am-12:00pm
Open Swim	Leisure Pool	9:30am-10:15am 4:45pm-6:45pm	9:30am - 10:15am	9:30am - 10:15am 4:45pm-6:45pm	9:30am - 10:15am 4:45pm-6:45pm	9:30am - 10:15am	1:30pm-2:30pm	
Triathlon Club 16yrs +	Lane Pool			6:00pm-7:00pm				
SwimFit 16yrs+	Lane Pool							1:00pm-2:00pm
Lane Swim	Lap Pool	7:00am-8:00am 8:00am-9:00am 11:30am-12:15pm	7:00am-8:00am 8:00am-9:00am 11:30am-12:15pm	7:00am-8:00am 8:00am-9:00am 11:30am-12:15pm 7:00pm-8:30pm	7:00am-8:00am 8:00am-9:00am 11:30am-12:15pm	7:00am-8:00am 8:00am-9:00am 11:30am-12:15pm	11:30am-1:00pm	

Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.

REGISTERED Swim Lessons	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bobber/Floater/ Glider 3-5yrs	Leisure Pool		4:00pm-4:30pm					
Diver/Surfer/ Jumper 3-5yrs	Leisure Pool		4:40pm-5:10pm					
Otter & Seal 6yrs - 12yrs	Leisure Pool		5:20pm-5:50pm					
Dolphin & Swimmer 6yrs-12yrs	Lap Pool		6:00pm-6:30pm					
Star 1, 2 & 3 6yrs-12yrs	Lap Pool		6:40pm-7:10pm					
Star 4, 5, 6, & 7 6yrs-12yrs	Lap Pool							
Parent & Tot Swim	Leisure		4:40pm-5:10pm					
Private Swim Lessons 3yrs-12yrs $$	Leisure/Lap						8:00am-11:00pm	
Junior Lifeguard Club 6yrs-15yrs $$	Lap Pool	5:00pm-6:00pm 6:00pm-7:00pm						

Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.

Notes:
Youth under 10 years require active adult supervision.

Hours of Operation:

Monday - Friday: 6:00am-9:00pm
Saturday: 8:00am - 4:00pm
Sundays: 10:00-3:00
Statutory Days: CLOSED