



Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Fall Schedule - September 6, 2022

- Schedule is subject to change -

Masks are optional but recommended.

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



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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.



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Aquatics Pre-Booked	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit (Pre-Booked)	Lap Pool	10:30am-11:15am	10:30am-11:15am	10:30am-11:15am	10:30am-11:15am			
AquaFit Social (Pre-Booked)	Lap Pool					10:30am-11:15am		
Aquatics Drop In	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Tot Swim	Leisure Pool						10:30am-11:00am	
Family Swim	Leisure Pool							10:30am-12:00pm
Open Swim	Leisure Pool	9:30am-10:15am 4:30pm-6:30pm	9:30am - 10:15am	9:30am-10:15am	9:30am-10:15am	9:30am - 10:15am	1:30pm-2:30pm	
SwimFit 16yrs+	Lap Pool							1:00pm-2:00pm (2 lanes)
Lane Swim	Lap Pool	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	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	1:00pm-2:00pm (2 lanes)



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REGISTERED Swim Lessons	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bobber/Floater/ Glider 3-5yrs	Leisure Pool						9:10am-9:40am	
Diver/Surfer/ Jumper 3-5yrs	Leisure Pool						9:50am-10:20am	
Otter & Seal 6yrs - 12yrs	Leisure Pool						8:30am-9:00am 9:50am-10:20am	
Dolphin & Swimmer 6yrs-12yrs	Lap Pool						9:10am-9:40am 10:30am-11:00am	
Star 1, 2 & 3 6yrs-12yrs	Lap Pool						8:30am-9:00am	
Star 4, 5, 6, & 7 6yrs-12yrs	Lap Pool							
Private Swim Lessons 3yrs-12yrs \$\$	Leisure/Lap							
Junior Lifeguard Club 6yrs-15yrs \$\$	Lap Pool							



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Notes:

Youth under 10 years require active adult supervision.

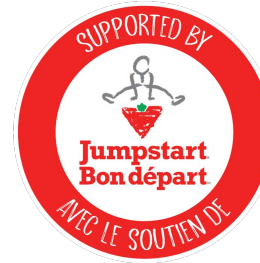
Hours of Operation:

Monday - Friday: 6:00am-9:00pm

Saturday: 8:00am - 4:00pm

Sundays: 10:00-3:00

Statutory Days: CLOSED



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life SavingSport