



Gravenhurst YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule
Updated April 17, 2023

Masks are optional but recommended.

Drop-In Fitness	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bars and Plates	Studio		12:00pm-12:45pm		9:00am-9:45am			
Cycle	Studio	12:00pm-12:45pm		12:00pm-12:45pm		12:00pm-12:45pm		
Gravity	Studio		6:45pm-7:30pm	10:15am - 11:00am				
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	9:00am - 10:00am				
Cardio & Strength	Gym/ Studio		9:00am - 9:45am		5:30pm-6:15pm			
Core	Studio				12:00pm-12:45			
Stretch & Restore	Studio					10:00am - 11:00am		
TotalFit	Studio			6:45pm-7:30pm				



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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 1:30pm-4:00pm	7:00am-8:30am 2:30pm-4:00pm	7:00am-8:30am 1:30pm-4:00pm	7:00am-8:30am 1:00pm-4:00pm	7:00am-8:30am 1:30pm-4:00pm		
Homeschool/ Family Gym	Gym		1:00pm-2:30pm				9:00am-11:30am	
Basketball 18+ Years	Gym							
Volleyball 18yrs+	Gym				7:00pm-8:45pm			
Family Kin-Ball	Gym							12:30pm-2:45pm
Boardgames	MPR	5:30pm-7:30pm	11:30am-1:30pm				9:00am-11:30am	
Pickleball 18+ Years	Gym	10:30am-1:30pm 6:00pm-8:15pm		10:30am-1:30pm 7:30pm-8:45pm	9:00am-12:45pm	10:30am-1:30pm		
Silver Club	MPR				11:45am-12:45pm			



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Child & Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding 0 - 5yrs	MPR	9:00am-11:00am		9:00am-11:00am		9:00am-11:00am		
All Sport Preschool 3-5yrs	Gym B		5:30pm-6:30pm					
All Sport Child 6-9yrs	Gym B		6:30pm-7:30pm					
Volleyball 10-12yrs	Gym		7:30pm-8:45pm					
Volleyball 13-17yrs	Gym		7:30pm-8:45pm					
Basketball 10-12 Years	Gym	4:00pm-6:00pm				4:00pm-6:00pm	12:00pm-3:30pm	
Basketball 13-17 Years	Gym	4:00pm-6:00pm				4:00pm-6:00pm	12:00pm-3:30pm	
Girls Club 13-15yrs	MPR				5:30pm-6:30pm			
Guys Club 13-15yrs	MPR			5:00pm-6:00pm				
Youth Night 10-17yrs	MPR/Gym					6:30pm-8:30pm		
Multi-Sport Partner Program (Registered)				4:30pm-7:30pm				



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Aquatics (Tag System)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Lap Pool	10:35am-11:20am	10:35am-11:20am	10:35am-11:20am	10:35am-11:20am	10:35am-11:20am		
Aquatics Drop In	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Tot Swim	Leisure Pool						11:30am-12:00pm	
Family Swim	Leisure Pool		4:30pm-5:30pm		4:30pm-5:30pm			10:30am-12:30pm
Open Swim	Leisure Pool	9:30am-10:15am 11:20am-11:30am 4:30pm-6:00pm	9:30am-10:15am 11:20am-11:30am 1:15pm-2:00pm	9:30am-10:15am 11:20am-11:30am	11:20am-11:30am 1:15pm-2:00pm	9:30am-10:15am 11:20am-11:30am	1:30pm-2:30pm	
SwimFit 16yrs+	Lane Pool							1:00pm-2:00pm (2 lanes)
Lane Swim	Lap Pool	7:00am-8:00am 8:00am-9:00am 12:00pm-1:00pm 7:30pm-8:30pm	7:00am-8:00am 8:00am-9:00am 12:00pm-1:00pm 5:45pm-7:00pm	7:00am-8:00am 8:00am-9:00am 12:00pm-1:00pm	12:00pm-1:00pm 5:45pm-7:00pm	7:00am-8:00am 8:00am-9:00am 12:00pm-1:00pm	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 3-5yrs	Leisure Pool						9:10am-9:40am	
Glider/Diver 3-5yrs							9:50am-10:20am	
Surfer/Jumper 3-5yrs	Leisure Pool						9:50am-10:20am	
Otter & Seal 6yrs - 12yrs	Leisure Pool						8:30am-9:00am	
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	



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Notes:

Youth under 10 years require active adult supervision.

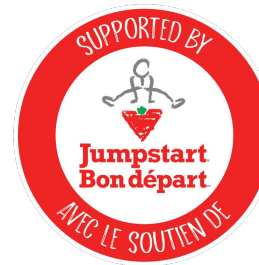
Hours of Operation:

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 Saving Sport