

Gravenhurst YMCA

Health, Fitness, & Aquatics

January 1 - March 17

2024 Winter Schedule



MONDAY

	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-8:45am					
6:30am						
7:00am					Lane Swim 6:30-8:30am	
7:30am						
8:00am						
8:30am						
9:00am	On The Move 9:00-9:45am	Yoga 9:00-10:00am			Family Swim 8:45-10:00am	
9:30am						
10:00am	Pickleball 10:00-1:00pm	Bars and Plates 10:15-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit 10:30-11:15am		
11:00am					AquaFit Stretch 11:15-11:30am	
11:30am						
12:00pm		CycleFit 12:00-12:45pm				
12:30pm				Lane Swim 12:00-2:00pm		
1:00pm	Open Gym 1:00-6:30pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm					Family Swim 4:30-6:30pm	
5:30pm						
6:00pm						
6:30pm	Pickleball 6:30-8:45pm					
7:00pm				Lane Swim 6:45-8:30pm		
7:30pm						
8:00pm						
8:30pm						
9:00pm						

Drop-In Fitness
 Registered Child and Youth
 Sign In Programs
 Self-Directed

Drop-In Aquatics

For more information, please contact your Membership Services Desk

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TUESDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-8:45am					
6:30am						
7:00am					Lane Swim 6:30-8:30am	
7:30am						
8:00am						
8:30am						
9:00am	Cardio and Strength 9:00-9:45am		Stay and Play 8:45-10:00am		Family Swim 8:45-10:00am	
9:30am						
10:00am	Pickleball 10:00-1:00pm			AquaFit Stretch 10:15-10:30am		
10:30am						
11:00am					AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am
11:30am						
12:00pm						
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm	Open Gym 1:00-7:00pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm	YKids (3-12 years) 5:00-7:00pm					
5:30pm		Instructor's Choice 5:30-6:15pm			Swim Lessons (3-12 years) 4:30-6:30pm	
6:00pm						
6:30pm						
7:00pm	Youth Volleyball 7:30-8:45pm					
7:30pm				Lane Swim 7:00-8:30pm		
8:00pm						
8:30pm						
9:00pm						

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WEDNESDAY

	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-8:45am					
6:30am						
7:00am					Lane Swim 6:30-8:30am	
7:30am						
8:00am						
8:30am						
9:00am	On The Move 9:00-9:45am				Family Swim 8:45-10:00am	
9:30am						
10:00am	Pickleball 10:00-1:00pm	Instructor's Choice 10:15-11:00am		AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit 10:30-11:15am		
11:00am						AquaFit Stretch 11:15-11:30am
11:30am						
12:00pm			CycleFit 12:00-12:45pm			
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm	Open Gym 1:00-6:30pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm						
6:00pm					Family Swim 4:30-6:30pm	
6:30pm	Pickleball 6:30-8:45pm					
7:00pm						
7:30pm					Lane Swim 6:45-8:30pm	
8:00pm						
8:30pm						
9:00pm						

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THURSDAY							
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool		
6:00am	Open Gym 6:00-10:00am						
6:30am							
7:00am					Lane Swim 6:30-8:30am		
7:30am							
8:00am							
8:30am				Stay and Play 8:45-10:00am		Family Swim 8:45-10:00am	
9:00am			Bars and Plates 9:00-9:45am				
9:30am							
10:00am		Pickleball 10:00-1:00pm			AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit 10:30-11:15am			
11:00am						AquaFit Stretch 11:15-11:30am	
11:30am				Silver Club 11:45-12:45pm			
12:00pm							
12:30pm						Lane Swim 12:00-2:00pm	
1:00pm	Open Gym 1:00-6:00pm						
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm		YKids (3-12 years) 4:30-6:00pm				Family Swim 4:30-6:30pm	
5:00pm							
5:30pm		Cardio and Strength 5:30-6:15pm					
6:00pm	Basketball (6-12 years) 6:00-7:00pm						
6:30pm							
7:00pm	Youth Volleyball 7:15-8:45pm			Lane Swim 6:45-8:30pm			
7:30pm							
8:00pm							
8:30pm							
9:00pm							

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FRIDAY

	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
6:00am	Open Gym 6:00-8:45am					
6:30am						
7:00am					Lane Swim 6:30-8:30am	
7:30am						
8:00am						
8:30am						Family Swim 8:45-10:00am
9:00am	On The Move 9:00-9:45am					
9:30am						
10:00am	Line Dance 10:00-10:45am	Stretch and Restore 10:00-11:00am		Family/Open Swim 10:15-11:30am		
10:30am						
11:00am	Pickleball 11:00-2:00pm					
11:30am						
12:00pm						Lane Swim 12:00-2:00pm
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-7:45pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm						
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						

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SATURDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
8:00am	Pickleball 8:00-10:00am			Swim Lessons (3-12 years old) 8:30-11:00am	
8:30am					
9:00am					
9:30am					
10:00am	Open Gym 10:00-3:45pm	Instructor's Choice 10:00-10:45am			
10:30am					
11:00am					
11:30am				Lane Swim 11:30-12:30pm	Pool Booking 11:30-12:30pm
12:00pm					
12:30pm					Family Swim 12:45-2:45pm
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					
4:00pm					

SUNDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
10:00am	Family Gym 10:00-12:15pm				Family Swim 10:30-12:30pm
10:30am					
11:00am					
11:30am					
12:00pm	Open Gym 12:30-2:45pm				
12:30pm					
1:00pm					Open/Lane Swim 1:00-2:30pm
1:30pm					
2:00pm					
2:30pm					
3:00pm					

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UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise:
On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



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

YMCA Silver Club is generously funded by:

