

Gravenhurst YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring 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	Stay and Play 10:00-11:15am	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						
12:30pm				Lane Swim 12:00-2:00pm		
1:00pm						
1:30pm	Open Gym 1:00-8:45pm					
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						Family Swim 4:30-6:30pm
5:00pm						
5:30pm						
6:00pm						
6:30pm						
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

Gravenhurst YMCA

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March 18 - June 30

2024 Spring Schedule



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			Pilates 8:00-8:45am			
8:30am						
9:00am	Cardio and Strength 9:00-9:45am				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	Open Gym 1:00-7:15pm			Lane Swim 12:00-2:00pm		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm		Stretch 5:30-6:30pm				
6:00pm						
6:30pm						
7:00pm	Drop-In Volleyball 7:15-8:45pm					
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						Family Swim 8:45-9:30am
9:00am	On The Move 9:00-9:45am					
9:30am					Parent and Tot 9:30-10:00am	
10:00am	Pickleball 10:00-1:00pm	Strengthen and Tone 10:15-11:00am	Stay and Play 10:00-11:15am	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 1:00-7:15pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm			Gravity 5:15-6:00pm			Family Swim 4:30-6:30pm
5:30pm						
6:00pm						
6:30pm						
7:00pm				Lane Swim 6:45-8:30pm		
7:30pm	Pickleball 7:15-8:45pm					
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						
9:00am		Bars and Plates 9:00-9:45am			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				Silver Club 11:45-12:45pm		
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm	Open Gym 1:00-4:30pm					
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				Aquafit 6:45-7:30pm		
7:00pm	Drop-In Volleyball 7:15-8:45pm					
7:30pm				Lane Swim 7:30-8:30pm		
8:00pm						
8:30pm						
9:00pm						

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Drop-In Aquatics

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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						
9:00am	On The Move 9:00-9:45am				Family Swim 8:45-10:00am	
9:30am						
10:00am	Pickleball 10:00-2:00pm	Stretch and Restore 10:00-11:00am		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						
12:30pm					Lane Swim 12:00-2:00pm	
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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Drop-In Aquatics

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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	Pilates 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	
8:00am	Family Gym 8:00-12:15pm			Lane Swim 9:00-10:15am		
8:30am						
9:00am						
9:30am						
10:00am						
10:30am						
11:00am		Yoga 11:00-12:00pm			Family Swim 10:30-12:30pm	
11:30am						
12:00pm	Open Gym 12:30-2:45pm			Open/Lane Swim 12:45-2:30pm		
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm						

Drop-In Fitness
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 *February 11 Start

Drop-In Aquatics

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Contact Information & Hours

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

Friday: 6:00am-8:00pm

Saturday: 8:00am-4:00pm

Sunday: 8:00am-3:00pm

gravenhurst@sm.ymca.ca

(705) 687-9899

1-101 Centennial Drive

Gravenhurst, ON

P1P 1B7



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