

# 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					Family Swim 8:45-10:00am
9:00am	On The Move 9:00-9:45am	Yoga 9:00-10:00am			
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	Open Gym 1:00-8:45pm				
12:00pm					
12:30pm				Lane Swim 12:00-2:00pm	
1:00pm					
1:30pm					
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				Lane Swim 6:45-8:30pm	
7:00pm					
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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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					
8:30am		Pilates 8:00-8:45am			
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				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				Swim Lessons (3-12 years) 4:15-6:30pm	
4:30pm					
5:00pm					
5:30pm		Stretch 5:30-6:30pm			
6:00pm					
6:30pm					
7:00pm	Drop-In Volleyball 7:15-8:45pm			Lane Swim 7:00-8:30pm	
7:30pm					
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		Lane Swim 12:00-2:00pm	
12:30pm					
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				Lane Swim 6:45-8:30pm	
7:00pm					
7:30pm	Pickleball 7:15-8:45pm				
8:00pm					
8:30pm					
9:00pm					

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

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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					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				Lane Swim 12:00-2:00pm	
12:30pm					
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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FRIDAY					
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool
6:00am	Open Gym 6:00-8:45am				
6:30am				Lane Swim 6:30-8:30am	
7:00am					
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	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				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					



Drop-In Fitness



Registered Child and Youth



Sign In Programs



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



Drop-In Fitness  
\*February 11 Start



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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:

