

Gravenhurst YMCA

Health, Fitness, & Aquatics

July 2 - August 25

2024 Summer 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	Bars and Plates 9:00-10:00am			Family Swim 8:45-10:00am	
9:30am						
10:00am	Open Gym 10:00-8:45pm	Yoga 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						
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						Camp Swim 2:15-3:30
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						Family Swim 4:30-6:30pm
5:30pm			Yoga 5:30-6:30pm			
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

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2024 Summer 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						
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						Camp Swim 2:15-3:30
2:30pm						
3:00pm						
3:30pm			Youth Wellness 3:30-4:30pm			
4:00pm						
4:30pm				Private Swim Lessons 4:00-6:00pm	Family Swim 4:30-6:30pm	
5:00pm						
5:30pm		Stretch 5:30-6:30pm				
6:00pm						
6:30pm	Drop-In Volleyball 7:15-8:45pm					
7:00pm					Lane Swim 6:45-8:30pm	
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						
9:00am	On The Move 9:00-9:45am				Family Swim 8:45-10:00am	
9:30am						
10:00am	Open Gym 10:00-7:15pm	Strengthen and Tone 10:00-10:45am		AquaFit Stretch 10:15-10:30am		
10:30am				AquaFit 10:30-11:15am	AquaFit Stretch 11:15-11:30am	
11:00am			Gravity 11:00-11:45am			
11:30am						
12:00pm			CycleFit 12:00-12:45pm			
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						Camp Swim 2:15-3:30
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 6:00-7:00pm					
6:30am						
7:00am					Lane Swim 6:30-8:30am	
7:30am						
8:00am			Yoga 8:00-8:45am			
8:30am						
9:00am			Bars and Plates 9:00-9:45am			Family Swim 8:45-10:00am
9:30am						
10:00am					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 11:30-12:45pm		
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						Camp Swim 2:15-3:30
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm		Cardio and Strength 5:30-6:15pm			Family Swim 4:30-6:30pm	
6:00pm						
6:30pm				Aquafit 6:45-7:20pm		
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						
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	Open Gym 2:00-7:45pm					
1:30pm						
2:00pm						
2:30pm					Camp Swim 2:15-3:30	
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	Open Gym 8:00-3:45pm					
8:30am						
9:00am			Pilates 9:00-9:45am			Family Swim 9:00-10:30am
9:30am						
10:00am						
10:30am						
11:00am						
11:30am					Lane Swim 11:00-12:30pm	Pool Booking/ Private Swim Lessons 11:00-12:30pm
12:00pm						
12:30pm						
1:00pm			Youth Wellness 1:00-2:00pm			Family Swim 12:45-2:45pm
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm						

SUNDAY

	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
8:00am	Open Gym 8:00-2:45pm					
8:30am						
9:00am			Yoga 9:00-10:00am			
9:30am					Lane Swim 9:00-10:15am	
10:00am						
10:30am						
11:00am						Family Swim 10:30-12:30pm
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm					Lane Swim 12:45-2:30pm	
2:00pm						
2:30pm						
3:00pm						

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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