

Gravenhurst YMCA

Health, Fitness, & Aquatics

September 3 - December 23

2024 Fall 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	Pickleball 10:00-1:15pm	Yoga 10:00-11:00am	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 12:00-1:00pm *Starts Oct 28			
12:30pm					Lane Swim 12:00-2:00pm	
1:00pm						
1:30pm	Community Booking 1:30-2:30pm					
2:00pm						
2:30pm	Open Gym 2:45-8:45pm		Community Booking 2:30-3:30pm			
3:00pm						
3:30pm						
4:00pm						
4:30pm				Youth Hub 3:30-7:00pm		
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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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 10:00-2:00pm			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	Open Gym 2:00-7:15pm					
2:00pm						
2:30pm						
3:00pm						
3:30pm				Youth Hub 3:30-7:00pm		
4:00pm		Youth Wellness 4:00-5:00pm			Swim Lessons (3-12 years) 4:15-6:30pm	
4:30pm						
5:00pm		Stretch 5:30-6:30pm				
5:30pm						
6:00pm	Drop-In Volleyball 7:15-8:45pm					
6:30pm						
7:00pm					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 10:00-1:15pm	Strengthen and Tone 10:00-10:45am	Stay and Play 10:00-11:15am	AquaFit Stretch 10:15-10:30am			
10:30am					AquaFit 10:30-11:15am		
11:00am			Gravity 11:15-11:45am			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							
1:30pm	Community Booking 1:30-2:30pm						
2:00pm							
2:30pm	Open Gym 2:45-7:15pm		Community Booking 2:30-3:30pm				
3:00pm							
3:30pm							
4:00pm							
4:30pm				Youth Hub 3:30-7:00pm			
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			Pilates 8:00-8:45am			
8:30am						
9:00am			Bars and Plates 9:00-10:00am			Family Swim 8:45-10:00am
9:30am						
10:00am		Pickleball 10:00-2:00pm	Yoga with Monique 10:15-11:15am *Runs Oct & Nov		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	Open Gym 2:00-4:45pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm		Basketball (6-12 years) 5:00-6:00pm		Youth Hub 3:30-7:00pm		Family Swim 4:30-6:15pm
5:30pm			Cardio and Strength 5:30-6:15pm			
6:00pm		Volleyball (6-12 years) 6:00-7:00pm				
6:30pm				Aquafit 6:30-7:15pm		
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						
1:30pm						
2:00pm	Open Gym 2:00-8:45pm					
2:30pm						
3:00pm						
3:30pm						
4:00pm						
4:30pm						
5:00pm						
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8:00pm						
8:30pm						
9:00pm						

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SATURDAY						
	Gymnasium	Studio	MPR	Lap Pool	Leisure Pool	
7:00am	Pickleball 7:00-10:00am					
7:30am						
8:00am					Advanced Aquatics 8:00-8:30am	Parent and Tot 8:00-8:30am
8:30am					Swim Lessons (3-12 years old) 8:30-11:00am	
9:00am			Pilates 9:00-9:45am			
9:30am						
10:00am	Open Gym 10:00-3:45pm					
10:30am						
11:00am						
11:30am					Lane Swim 11:30-12:30pm	Pool Booking 11:30-12:30pm
12:00pm						
12:30pm						
1:00pm			Youth Wellness 1:00-2:00pm			Family Swim 12:45-2:30pm
1:30pm						
2:00pm						
2:30pm						
3:00pm						

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

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Contact Information & Hours

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

Saturday: 7:00am-3:00pm

Sunday: 10:00am-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