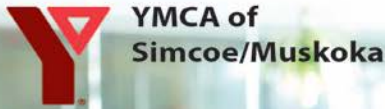


# MIDLAND Health, Fitness & Aquatics



# Winter/Spring 2017

January 9 –  
June 10, 2017

MONDAY	Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
5:45 AM								
6:00 AM								
6:30 AM						Gravity 6:45-7:15		
7:00 AM	Adult Rec 6:00-9:30							
7:30 AM								
8:00 AM		Lane Swim 6:00-10:10						
8:30 AM					Cycle 8:30-9:15			
9:00 AM						Gravity 9:30-10:00		
9:30 AM	Swim Lessons 9:30-10:00							
10:00 AM	Aquafit 10:15-11:00						Child Minding 9:15-12:15 (\$)	
10:30 AM				Pilates Mobility 10:30-11:30				
11:00 AM	Family Swim 11:05-12:00							
11:30 AM			Pickleball 11:00-1:00					
12:00 PM	Adult Rec 12:00-1:30	Lane Swim 11:05-1:30				Gravity 12:10-12:40		
12:30 PM								
1:00 PM								
1:30 PM	Group Booking 1:30-2:30		On The Move Cardio 1:30-2:15					
2:00 PM								
2:30 PM	Aquafit 2:30-3:15							
3:00 PM								
3:30 PM	Adult Rec 3:20-4:00	Lane Swim 3:20-4:00						
4:00 PM								
4:30 PM			Youth Volleyball (13+ yrs) 4:00-4:45					
5:00 PM	Parent & Tot 5:00-5:30	Swim Lesson 4:00-6:30				Gravity 5:00-5:30		
5:30 PM					Cycle 5:30-6:15			Youth Zone (13+ yrs) 5:00-7:00
6:00 PM								
6:30 PM	Family Swim 6:30-7:30	Youth Lessons 6:30-7:00	Rental 6:30-7:30					
7:00 PM		Aquafit 7:00-7:30		Pound Workshop \$				
7:30 PM	Lane Swim							
8:00 PM	Adult Masters 8:00-9:00	Lane Swim 7:30-9:00						
8:30 PM				Volleyball (16+) 8:30-9:30				
9:00 PM								
9:30 PM								
10:00 PM	Program Areas Close							
	Group Fitness Class	Registered Programs	Child & Youth Drop-In					Drop-In

TUESDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	
5:45 AM										
6:00 AM	Adult Rec 6:00-9:30	Lane Swim 6:00-10:10				Cycle 6:15-7:00				
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM	Parent & Tot 9:30-10:00		H.I.I.T 7:05-7:35				Gravity 9:30-10:00			
10:00 AM	Aquafit 10:15-11:00		9:30-10:15	Family Gym (0-3yrs) PPR 10:00-12:00	Yoga 10:30-11:30 starting March 7th			Child Minding 9:15-12:15 (\$)		
10:30 AM			10:30-11:00							
11:00 AM	Family Swim 11:05-12:00	Lane Swim 11:05-1:00								
11:30 AM	Adult Rec 12:00-1:00									
12:00 PM						Cycle 12:15-1:00				
12:30 PM										
1:00 PM	Group Booking 1:00-2:00		On The Move Strength 1:30-2:15							
1:30 PM										
2:00 PM										
2:30 PM	Adult Rec 2:00-4:00	Lane Swim 2:00-4:00								
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM	Swim Lessons 4:00-6:30		Cardio Blast 5:15 - 6:00	Y Kids (3-5 yrs & 6-12 yrs) 5:00-8:00				Intermediate Leaders Grade 9 & 10 4:30-6:30	Advanced Leaders Grade 11 & 12 4:30-6:30	
5:30 PM	Parent & Tot 5:45-6:15					Cycle 5:30-6:15				
6:00 PM										
6:30 PM	Open Swim 6:30-7:30	Swim Lessons & Lifesaving Sport 6:30-7:15	Transformation Camp 12 week workshop (\$) 6:45-8:00		Pilates 6:00-7:00					
7:00 PM										
7:30 PM	Adult Rec 7:30-9:00	Lane Swim 7:15-9:00								
8:00 PM										
8:30 PM			Basketball (16+) 8:30-9:30							
9:00 PM										
9:30 PM										
10:00 PM	Program Areas Close									

WEDNESDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	
5:45 AM										
6:00 AM	Adult Rec 6:00-9:30	Lane Swim 6:00-10:10	Rental 6:00-7:00	XPOWER 6:15-7:15 in 6 week sessions						
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM						Cycle 8:30-9:30				
9:00 AM										
9:30 AM	Parent & Tot 9:30-10:00		XPOWER 9:30-10:30				Gravity 9:30-10:00			
10:00 AM	Aquafit 10:15-11:00				Pilates 10:30-11:30			Child Minding 9:15-12:15 (\$)		
10:30 AM			Barre Dance 10:45-11:45 Registered (\$)							
11:00 AM	Family Swim 11:05-12:00	Lane Swim 11:05-1:30								
11:30 AM	Adult Rec 12:00-1:30		H.I.I.T 12:10-12:40							
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM	Group Booking 1:30-2:30		On The Move Cha-Rumba 1:30-2:15							
2:00 PM										
2:30 PM	Aquafit 2:30-3:15									
3:00 PM										
3:30 PM	Adult Rec 3:20-4:00	Lane Swim 3:20-4:00								
4:00 PM				Youth Badminton (13+ yrs) Y Kids						
4:30 PM				(3-5 yrs & 6-12 yrs)						
5:00 PM	Swim Lesson 4:00-7:30		XPOWER 5:45-6:45	5:00 - 8:00	Barre Dance 5:30-6:30 Registered (\$)				Youth Zone (13+ yrs) 5:00-7:00	
5:30 PM										
6:00 PM	Parent & Tot 6:30-7:00									
6:30 PM			Zumba/Global Grooves 7:00-8:00	Family Gym (0-3 yrs) PPR 5:45-6:30	Yoga 7:00-8:00					
7:00 PM										
7:30 PM	Open Swim 7:30-8:30	Lane Swim 7:30-9:00								
8:00 PM										
8:30 PM			Basketball (16+) 8:30-9:30							
9:00 PM										
9:30 PM										
10:00 PM	Program Areas Close									
	Group Fitness Class	Registered Programs	Child & Youth Drop-In	Drop-In						

THURSDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	
5:45 AM										
6:00 AM						Cycle				
6:30 AM	Adult Rec 6:00-9:30	Lane Swim 6:00-9:30				6:15-7:00				
7:00 AM										
7:30 AM					7:05-7:35					
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM	Parent & Tot 9:30-10:00	Swim Lessons 9:30-10:00	Step					Child Minding 9:15-12:15 (\$)		
10:00 AM	Aquafit		9:30-10:30	Family Gym (0-3yrs) PPR 10:00-12:00	Yoga 10:30-11:30					
10:30 AM	10:15-11:00		Zumba/Global Grooves 10:45-11:45 Starts April 6th							
11:00 AM	Family Swim 11:05-12:00	Lane Swim 11:05-1:00								
11:30 AM										
12:00 PM	Adult Rec 12:00-1:00						Cycle 12:15-1:00			
12:30 PM										
1:00 PM	Group Booking 1:00-2:00									
1:30 PM			On The Mend Injury Rehabilitation Workshop (\$)							
2:00 PM										
2:30 PM	Adult Rec 2:00-4:30	Lane Swim 2:00-4:30								
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM		Bronze Med/ Cross	Aquatic Leadership 4:00- 8:00 Feb. 9 - Jun. 15 (NLP & Inst.) (\$)							
5:00 PM	Synchro (8- 12yrs)	Rental 5:15- 6:15		H.I.T.T. 5:30-6:00	Active Workshop 5:15-6:00 3-5yrs (\$)				Creative Workshop 5:15-6:00 (6-10yrs) (\$)	
5:30 PM	Junior Lifeguard Club (8-12yrs)	6:30 Mar. 23-Jun. 8 (\$)			Active Workshop 6:00-6:45 (6-10yrs) (\$)	Conditioning for Running 12 wk Workshop			Creative Workshop 6:00-6:45 (3-5yrs) (\$)	
6:00 PM	5:45-6:30									
6:30 PM	Youth Lesson 6:30-7:00	Lane Swim 6:15-9:00		6:10-6:40						
7:00 PM	Open Swim 7:00-8:00									
7:30 PM										
8:00 PM	Adult Masters 8:00-9:00	Lane Swim 6:15-9:00		PickleBall (16+) 8:00-9:00						
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM	Program Areas Close									

FRIDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	
5:45 AM										
6:00 AM	Adult Rec 6:00-9:00	Lanes Swim 6:00-10:10								
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM						Cycle 8:30-9:30				
9:00 AM	Adult Swim Lessons 9:00-10:00									
9:30 AM			Bootcamp 9:30-10:30					Child Minding 9:15-12:15 (\$)		
10:00 AM	Aquafit		Zumba/Global Grooves 10:45-11:45							
10:30 AM	10:15-11:00									
11:00 AM	Family Swim 11:05-12:00	Lane Swim 11:05-1:30								
11:30 AM										
12:00 PM	Adult Rec 12:00-1:30									
12:30 PM										
1:00 PM										
1:30 PM	Group Booking 1:30-2:30									
2:00 PM	Aquafit									
2:30 PM	2:30-3:15									
3:00 PM										
3:30 PM	Adult Rec 3:20-4:30	Lane Swim 3:20-6:30								
4:00 PM										
4:30 PM	Open Swim 4:30-5:30									
5:00 PM									Junior Leaders Grade 7 & 8 4:45-6:15	
5:30 PM	Family Swim 5:30-6:30				Leaders in Training Grade 5 & 6 5:15-6:15					
6:00 PM										
6:30 PM	Youth Swim (10-17yrs) 6:30-9:00		Youth Night (10-17yrs) 6:30-9:30						Youth Night (10-17yrs) 6:30-9:00	
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM										
9:30 PM										
10:00 PM	Program Areas Close									
	Group Fitness Class		Registered Programs		Child & Youth Drop-In		Drop-In			

SATURDAY	Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	
7:00 AM									
7:30 AM									
8:00 AM	Adult Rec 7:30-8:55								
8:30 AM	Lane Swim 7:30-8:55				Cycle 8:00 - 9:00				
9:00 AM	Swim Lessons 9:00-12:00		Family Gym (0-3yrs) PPR 9:30-10:15						
9:30 AM				Yoga 9:00-10:15					
10:00 AM			9:30-10:30 XPOWER	Y Kids (3-5 yrs & 6-12 yrs) 9:15-12:00					
10:30 AM		Parent & Tot 10:30-11:00	9:30-10:30 FIRE TRUCK Pull Conditioning Class March				Gravity 10:45-11:15		
11:00 AM									
11:30 AM									
12:00 PM	Adult Rec 12:00-1:00								
12:30 PM									
1:00 PM	Open Swim 1:00-2:30		Y Respite 1:00-2:00						
1:30 PM		Lane Swim 12:00-4:30							
2:00 PM								Y Respite 2:00-3:00	
2:30 PM	Family Swim 2:30-3:30								
3:00 PM	Y Respite 3:00-4:00								
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM	Program Areas Close								

SUNDAY	Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
7:00 AM								
7:30 AM								
8:00 AM	Adult Rec 7:30-9:00							
8:30 AM	Lane Swim 7:30-9:30							
9:00 AM			Barracudas 9:00-9:45					
9:30 AM	Parent & Tot 9:45-10:15		Step 9:30-10:00					
10:00 AM	Swim Lessons 9:30-12:00							
10:30 AM			10:10-10:40 CORE			Gravity 10:45-11:15		
11:00 AM								
11:30 AM								
12:00 PM	Adult Rec 12:00-1:00							
12:30 PM								
1:00 PM	Open Swim 1:00-2:30		Pickleball 12:00-2:00			Endurance Cycle 12:00 - 1:30		
1:30 PM		Lane Swim 12:00-4:30						
2:00 PM								
2:30 PM	Family Swim 2:30-3:30							
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Program Areas Close							

Group Fitness Class
Registered Programs
Child & Youth Drop-In
Drop-In



**Saturday April 1<sup>st</sup>**  
**2K Run the Runway**  
**Firetruck/Car Pull**  
**Registration Opens Jan 2017**



**Sunday April 30<sup>th</sup>**  
**Huronia Half Marathon – Run for the Chicken!**  
**(5K, 10K, ½ Marathon)**  
**Registration Opens Jan 2017**