

# Midland YMCA Summer July 3rd - Aug 27 2017



## MONDAY

Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am							
Adult Rec 6:30-8:55	Lane Swim 6:30-8:55				GRAVITY A TOTAL GYM STUDIO 6:45-7:15		
				Cycle 8:30-9:15			
Aquafit 9:00-9:45		GROUP XPOWER 9:30-10:30	Y Kids (3-12 yrs) 9:15-12:00 (Youth Zone 10:45- 12:00)		GRAVITY A TOTAL GYM STUDIO 9:30-10:00	Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:55-10:25	Swim Lessons 9:55-11:45		Core Fusion 10:30- 11:30				Y Kids (3-12 yrs) 10:45- 12:00
Adult Rec 12:00-12:55	Lane Swim 11:30-12:55	Pickleball 11:00-1:00			GRAVITY A TOTAL GYM STUDIO 12:10-12:40		
Camp Swim 1:00-2:00		On The Move Cardio /Strength 1:15-2:00					
Aquafit 2:10-2:55		Camp 2:00-3:00					
Open Swim 3:00-4:00	Lane Swim 3:00-4:25						
Parent & Tot 4:30-5:00	Swim Lessons 4:30-6:00				GRAVITY A TOTAL GYM STUDIO 5:00-5:30		
Open Swim 6:00-7:00		GROUP XPOWER 5:45-6:45	Y Kids (3-12 yrs) 5:30 - 8:00	Cycle 5:45-6:30			
Aquafit 7:00-7:30		Zumba 7:00-7:45	Yoga 7:00-8:00				
Lane Swim 6:00-9:00							
		Volleyball (16+) 8:30-9:30					
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

■ 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
Facility Opens at 5:30am							
Lane Swim 6:30-8:55	Group Booking 6:45-7:45	CORE 7:05-7:35			Cycle 6:15-7:00		
Adult Rec 8:00-8:55							
Aquafit 9:00-9:45		H.I.I.T 9:30-10:00	Y Kids (3-12 yrs) 9:15-12:00		GRAVITY A TOTAL GYM STUDIO 9:30-10:00	Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:55-10:25	Swim Lessons 9:55-11:45	CORE 10:05-10:35	Family Gym (0-2yrs) PPR 9:30-11:30	Core Fusion 10:30-11:30			
Adult Rec 12:00-12:55					Cycle 12:15-1:00		
Camp Swim 1:00-2:00							Youth Zone 10-17yrs 1:00-3:00
Open Swim 2:00-3:25			Camp 2:00-3:00				
Adult Rec 3:30-4:45	Lane Swim 3:30-4:45						
Parent & Tot 5:00-5:30	Swim Lessons 5:00-6:30	TABATA 5:00 - 5:45			Cycle 5:30-6:15		
Family Swim 6:30-7:30				Core Fusion 6:30-7:30			
Lane Swim 6:30-9:00							
		Basketball (16+) 8:30-9:30					
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

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

PPR = Parent Participation Required

# WEDNESDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am								
Adult Rec 6:30-8:55	Lane Swim 6:30-8:55	 6:15-7:15 July Only			Cycle 8:00-9:00			
AquaFit 9:00-9:45		 9:30-10:30	Y Kids (3-12 yrs) 9:15-12:00			 9:30-10:00	Child Minding 8:45-11:45 (\$)	
Parent & Tot 9:55-10:25	Swim Lessons 9:55-11:45			Core Fusion 10:30-11:30				
Adult Rec 12:00-12:55	Lane Swim 11:30-12:55	H.I.I.T 12:10-12:40						
Camp Swim 1:00-2:00		On The Move 1:15-2:00						
AquaFit 2:10-2:55			Camp 2:00-3:00					
Open Swim 3:00-4:00								
Adult Rec 4:00-4:45	Lane Swim 3:00-4:45							
Swim Lessons 5:00-6:30		 5:45-6:45	Y Kids (3-12 yrs) 5:30 - 8:00					
Parent & Tot 5:45-6:15	Family Swim 6:30-7:30			Yoga 7:00-8:00				
Lane Swim 6:30-9:00		Zumba/Global Grooves 7:00-7:45						
		Basketball (16+) 8:30-9:30						

Program Areas Close at 9:45pm and Building Closes at 10:00pm

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
Facility Opens at 5:30am							
Lane Swim 6:30-8:55	Group Booking 6:45-7:45	CORE 7:05-7:35		Cycle 6:15-7:00			
Adult Rec 8:00-8:55							
Aquafit 9:00-9:45	Step 9:30-10:30	Y Kids (3-12 yrs) 9:15-12:00	Yoga 9:30-10:30			Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:55-10:25		Family Gym (0-2yrs) PPR 9:30-11:30					
Swim Lessons 9:55-11:45	Zumba/Global Grooves 10:45-11:45						
Adult Rec 12:00-12:55	Lane Swim 11:30-12:55			TABATA 12:15-12:45			
Camp Swim 1:00-2:00							Youth Zone 10-17yrs 1:00-3:00
Open Swim 2:00-3:25		Camp 2:00-3:00					
Adult Rec 3:30-4:45	Lane Swim 3:30-4:45						
Parent & Tot 5:00-5:30							
Swim Lessons 5:00-6:30	H.I.T.T. 5:30-6:00						
	CORE 6:10-6:40						
Open Swim 6:30-7:30							
			Core Fusion 7:00-8:00				
Lane Swim 6:30-9:00							
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

- Group Fitness Class
  - Registered Programs
  - Child & Youth Drop-In
  - Drop-In
- PPR = Parent Participation Required

**Facility Access:**  
All guests entering the Y must register at the membership desk and those 16+ must provide photo I.D.

# FRIDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am								
Adult Rec 6:30-8:55	Lane Swim 6:30-8:55				Cycle 8:00-9:00			
AquaFit 9:00-9:45		Bootcamp 9:30-10:30		Yoga 9:30-10:30			Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:55-10:25	Swim Lessons 9:55-11:45	Zumba/Global Grooves 10:45-11:45						
Adult Rec 12:00-12:55		Lane Swim 11:30-12:55						
Camp Swim 1:00-2:00			Camp 2:00-3:00					
Open Swim 2:00-3:25								
Adult Rec 3:30-4:45	Lane Swim 3:30-6:30							
Family Swim 5:00-6:30								
Youth Swim 6:30-9:00		Youth Group Power (13-17 yrs.) 7:30-8:00	Youth Night (10-17yrs) 6:30-9:30	 <p>Youth Conditioning Prep. Ages 10-12 yrs. Register at the desk!</p>				Youth Night (10-17yrs) 6:30-9:00
Program Areas Close at 9:45pm and Building Closes at 10:00pm								

■ Group Fitness Class  
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**Youth Night:** Youth ages 10-17 have access to the YMCA, including pool, gymnasium, youth zone and the wellness centre (13+). This program is sponsored by the Midland Y's Men. Participants must enter via the Little Lake Park entrance, no admittance after 8pm, and 16+ yrs must provide photo I.D.

**Youth Zone:** Youth ages 10-17 can come drop in, hang out with their friends. The youth zone is equipped with board games, ping pong, foosball and more! Youth Zone was made possible through donations from the Midland Rotary Club and Huronia Community Foundations.

# SATURDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 7:00am								
Adult Rec 7:30-9:30	Lane Swim 7:30-4:30							
Family Swim 9:30-11:00		GROUP <b>POWER</b> 9:30-10:30		Yoga 9:00-10:15 (no class on July 1st & Aug 5th)				
Open Swim 11:00-12:00						GRAVITY A TOTAL GYM STUDIO 10:45-11:15		
Lane Swim 7:30-4:30								
Open Swim 1:00-2:30								
Family Swim 2:30-3:30								
Adult Rec 3:30-4:30	Lane Swim 7:30-4:30		Basketball (16+) 4:00-5:00					
Program Areas Close at 6:45pm and Building Closes at 7:00pm								

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## Swim Supervision Policy (Open Swim, Family Swim):

Children under 6 years of age must be directly supervised in the water by a parent/guardian at a ratio of 1:2. All children must be within arm's reach in the shallow end.

Children 6 to 9 years of age must be supervised by a parent/guardian in the water at a ratio of 1:4.

Children 10 and up are welcome to swim in the pool as appropriate to their swim ability.

Children will be asked to perform the facility swim assessment. Those who do not complete the facility swim assessment will be required to remain in the shallow end.

## Birthday Parties:

Come celebrate your party with us! Birthday parties can include an area for food and gift opening, swimming and gym time. The best part, leave the clean up to us!

# SUNDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
<b>Facility Opens at 7:00am</b>								
Adult Rec 7:30-9:30	Lane Swim 7:30-4:30							
Family Swim 9:30-11:00		Lane Swim 7:30-4:30	Step July 16, 30 Aug 13, 20 9:30-10:30			GRAVITY A TOTAL GYM STUDIO 10:45-11:15		
Open Swim 11:00-12:00								
Lane Swim 7:30-4:30			Pickleball 12:00-2:00					
Open Swim 1:00-2:30								
Family Swim 2:30-3:30								
Adult Rec 3:30-4:30	Lane Swim 7:30-4:30	Basketball (16+) 3:00-4:00						
<b>Program Areas Close at 4:45pm and Building Closes 5:00pm</b>								

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<b>Statutory Holidays</b> (Most classes cancelled)		
Canada Day July 1st, Civic Day Aug 7th		
Pool	Gym	
	A	B
<b>Building Opens at 10:00am</b>		
Family Swim 11:00-1:00	Lane Swim 10:30-4:30	Open Gym 10:00-4:45
Open Swim 1:00-3:00pm		Pickleball 11:00-1:00pm Aug 7th ONLY
<b>Program Areas Close at 4:45pm</b>		
<b>Building Closes at 5:00pm</b>		

<b>Hours of Operation</b>	
<b>Monday to Friday</b>	<b>5:30am - 10:00pm</b>
<b>Saturday:</b>	<b>7:00am - 7:00pm</b>
<b>Sunday:</b>	<b>7:00am - 5:00pm</b>
<b>Statutory Holiday</b>	<b>10:00am - 5:00pm</b>
(Most Classes Cancelled, Call for specific details)	

**Pool Closure:**  
 The Midland YMCA pool will be closed for our bi-annual cleaning/maintenance from Thursday August 31st, reopening Monday September 18th.

## TABATA - NEW!

**What is Tabata?** Tabata is a type of high intensity training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. True Tabata is 20 seconds of intense training followed by 10 seconds of rest, repeated 8 times (4 mins.) for each exercise.

### What is the difference between Tabata & H.I.I.T.?

Both Tabata & H.I.I.T. are centered around intervals and high intensity exercise paired with periods of complete rest. The exact time spent during work vs. rest is a key difference, as well as the total workout time, and the intensity of

### Coming Fall 2017...

Urban Pole Walking

TKO

Parent and Tot Fitness Programming

Global Waves

Chair Yoga

Youth Leadership - Aquatics Focus

And more.....

### Returning Fall 2017

- Pound
- Barre
- Bone Health
- Joint Health

# WANTED

### Unique Individuals who:

- Love working with people & enjoy helping others realize their potential.
- Want to make an impact on peoples lives.
- Enjoy making people smile.
- Are interested in improving their own health as well as the health of others.
- Get satisfaction from helping others.
- Are eager to learn new skills & try new things.

If you meet any or all of this criteria, you could be our next superstar volunteer!

Let us know you are interested!

### New!

Friday night Youth  
Group Power!  
7:30 - 8:00pm  
(ages 13+)



## YMCA STUDENT MEMBERSHIPS

·NO JOIN FEES  
·NO CONTRACTS  
·NO CANCELLATION FEES

JOIN NOW!

Did you know non-members can register for summer swim lessons?

We offer 2 week, 4 week & 8 week sessions in the summer.

Register now at the membership desk!