

# Midland YMCA Fall 2017 Schedule Sept. 18th - Dec. 17th, 2017



## MONDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am								
Adult Rec 6:00-7:00	Lane Swim 6:00-10:10 Marlin's Swim Team 7:00-8:00							
Lane Swim 6:00-10:10						GRAVITY A TOTAL GYM STUDIO 6:45-7:15		
Adult Rec 8:00-9:30	Lane Swim 6:00-10:10				Cycle 8:30-9:15			
Swim Lessons 9:30-10:00			GROUP POWER 9:30-10:30			GRAVITY A TOTAL GYM STUDIO 9:30-10:00 	Child Minding 9:15-12:15 (\$)	
Aquafit 10:15-11:00				Core Fusion 10:30-11:30				
Family Swim 11:05-12:00	Lane Swim 11:05-1:30		Pickleball 11:00-1:00					
Adult Rec 12:00-1:30						GRAVITY A TOTAL GYM STUDIO 12:10-12:40		
Group Booking 1:30-2:30		On The Move Cardio /Strength 1:30-2:15						
Aquafit 2:30-3:15								
Adult Rec 3:20-4:00	Lane Swim 3:20-4:00							
Swim Lessons 4:00-6:30		Game On 10-12 yrs 4:30-5:30	Youth Soccer 13+ yrs 3:45-4:45			GRAVITY A TOTAL GYM STUDIO 5:00-5:30		
Parent & Tot 5:00-5:30			GROUP POWER 5:45-6:45	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 8:00	Cycle 5:45-6:30		Game On 10-12 yrs 5:30-7:30	Youth Zone 13+ yrs 5:00-7:00
Family Swim 6:30-7:30	Youth Lessons 6:30-7:00	Keegos 6:30-7:30	Zumba/ Dance Fit 7:00-8:00	Family Gym 0-2 yrs PPR 5:45-6:30	Yoga 7:00-8:00			
Aqua Boot Camp 7:30-8:00	Lane Swim 7:30-9:00							
Adult Masters 8:00-9:00			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
- PPR = Parent Participation Required Baby Friendly Class (must be in car seat/carrier)

# TUESDAY

Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am							
Lane Swim 6:00-10:15	St. T's Swim Team 6:00-7:00	CORE 7:05-7:35			Cycle 6:15-7:00		
Adult Rec 8:00-9:30	GBDSS Swim Team 7:00-8:00						
Parent & Tot 9:30-10:00	Lane Swim 6:00-10:15	H.I.I.T 9:30-10:00		Stretch & Roll 9:00-10:00			
Aquafit 10:15-11:00		CORE 10:05-10:35	Family Gym (0-4yrs) PPR 10:00-11:30			Child Minding 9:15-12:15 (\$)	
Family Swim 11:05-12:00	Lane Swim 11:05-1:00		Bonefit Workshop (\$) 11:45-12:30 Sept. 19- Oct. 31				
Adult Rec 12:00-1:00				Cycle 12:15-1:00 			
Group Booking 1:00-2:00		Urban Poling 1:00-1:45					
Adult Rec 2:00-4:00	Lane Swim 2:00-4:00	On the Move ChaRumba 2:00-2:45					
Swim Lessons 4:00-6:30			Game On 10-12yrs 3:45-4:45				
Parent & Tot 5:45-6:15	Swim Lessons & Lifesaving Sport (13-15 yrs) 6:30-7:15	TABATA 5:00 - 5:45	Y Kids 3-5 yrs & 6-9 yrs 5:00-8:00				
Open Swim 6:30-7:30		Conditioning for Running Workshop Oct. 3-Nov. 28 6:00-7:00			Cycle 5:30-6:15	GRAVITY A TOTAL GYM STUDIO 5:00-5:30	Intermediate Leaders Grade 9 & 10 5:00-7:00
Adult Rec 7:30-9:00	Lane Swim 7:15-9:00			Core Fusion 6:30-7:30			
		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 Baby Friendly Class (must be in car seat/carrier)

# WEDNESDAY

Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am							
Adult Rec 6:00-7:00	Lane Swim 6:00-10:10	Keegos 6:00-7:00	6:15-7:15		Cycle 8:15-9:15		
Adult Rec 8:00-9:30	Marlin's Swim Team 7:00-8:00						
Parent & Tot 9:30-10:00	Lane Swim 6:00-10:10	9:30-10:30			9:30-10:00	Child Minding 9:15-12:15 (\$)	
Aquafit 10:15-11:00				Core Fusion 10:30-11:30			
Family Swim 11:05-12:00	Lane Swim 11:05-1:30						
Adult Rec 12:00-1:30							
Group Booking 1:30-2:30		On The Move Chair Yoga 1:30-2:15					
Aquafit 2:30-3:15							
Adult Rec 3:20-4:00	Lane Swim 3:20-4:00						
Swim Lessons 4:00-7:30		Game On 10-12 yrs 4:30-5:30	Youth Basketball 13+ yrs 3:45-4:45		Cycle 5:00-5:30		
Parent & Tot 6:30-7:00		5:45-6:45 Pound	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 8:00		5:45-6:15	Game On 10-12 yrs 5:30-7:30	Youth Zone 13+ yrs 5:00-7:00
		Workshop (\$) Sept. 20 - Oct. 25 7:00-8:00	Family Gym 0-2 yrs PPR 5:45-6:30				
Open Swim 7:30-8:30	Aqua Core 7:30-8:00	H.I.I.T. 7:00-8:00 Starts Oct. 31		Yoga 7:00-8:00			
Lane Swim 8:00-9:00		Basketball (16+) 8:30-9:30					
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

- Group Fitness Class
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# THURSDAY

Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
<b>Facility Opens at 5:30am</b>							
Lane Swim 6:00-9:30	St. T's Swim Team 6:00-7:00	CORE 7:05-7:35			Cycle 6:15-7:00		
Adult Rec 8:00-9:30	GBDSS Swim Team 7:00-8:00	Step 9:30-10:30			GRAVITY A TOTAL GYM STUDIO 9:45-10:15	Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:30-10:00	Swim Lessons 9:30-10:00	Zumba/ Dance Fit 10:45-11:45 	Family Gym (0-4yrs) PPR 10:00-11:30	Yoga 10:30-11:30			
Aquafit 10:15-11:00							
Family Swim 11:05-12:00	Lane Swim 11:05-1:00	Instructor Choice 12:15-1:00					
Adult Rec 12:00-1:00							
Group Booking 1:00-2:00		Urban Poling 1:00-1:45					
Adult Rec 2:00-4:30	Lane Swim 2:00-4:30	On the Move ChaRumba 2:00-2:45					
Synchro (8-12 yrs) 5:00-5:45	Keegos 5:15-6:15	Bronze Med/ Cross 4:30-6:30 Sept 21-Dec 14 (\$)	Aquatic Leadership Phase 1 4:00-8:00 Sept 14-Jan 18 (Bronze Med, Cross & SFA) (\$)	Preschool FUNdamentals 5:15-6:00pm 3-5yrs (\$) Oct. 12-Nov. 30		Active Artists 5:15-6:00pm 6-9yrs (\$) Oct. 12-Nov. 30	Aquatic Leadership 4:00-5:30
Jr. Lifeguard Club (8-12 yrs.) 5:45-6:30	Lane Swim 6:15-9:00			Sport Fundamentals (Hockey) 6-9yrs 6:00-6:45pm (\$) Oct. 12-Nov. 30		Active Artists 3-5yrs 6:00-6:45pm (\$) Oct. 12-Nov. 30	
Youth Lesson 6:30-7:00		CORE 6:10-6:40		Sport Fundamentals (Hockey) 10-12yrs 6:45-7:30pm (\$) Oct. 12-Nov. 30	Core Fusion 7:00-8:00		
Open Swim 7:00-8:00	Lane Swim 6:15-9:00						
Adult Masters 8:00-9:00		Pickleball 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
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**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
<b>Facility Opens at 5:30am</b>								
Adult Rec 6:00-7:00	Lane Swim 6:00-10:10							
	Marlin's Swim Team 7:00-8:00							
Adult Rec 8:00-9:00	Lane Swim 6:00-10:10				Cycle 8:00-9:00		Child Minding 9:15-12:15 (\$)	
Adult Lessons 9:00-10:00								
Aquafit 10:15-11:00		Boot Camp 9:15-10:00						
Family Swim 11:05-12:00	Lane Swim 11:05-1:30	Zumba/ Dance Fit 10:45-11:45						
Adult Rec 12:00-1:30								
Group Booking 1:30-2:30		On The Move Cardio /Strength 1:30-2:15						
Aquafit 2:30-3:15								
Adult Rec 3:20-4:30	Lane Swim 3:20-6:30							
Open Swim 4:30-5:30	Keegos 5:00-6:00	Junior Pound (10-17yrs) 6:45 - 7:15						Junior Leaders Grade 7/8 4:45-6:15
Family Swim 5:30-6:30							Leaders In Training Grade 5/6 5:15-6:15	
Youth Swim (10-17 yrs) 6:30-9:00		Youth Night (10-17yrs) 6:30-9:30						Youth Night (10-17yrs) 6:30-9:00
<b>Program Areas Close at 9:45pm and Building Closes at 10:00pm</b>								



Join us the last Friday of every month for a member potluck luncheon.  
11:30-1:00pm  
Info and sign up sheet at the membership desk.



Youth Conditioning Prep.  
Ages 10-12 yrs.  
Register at the desk!

- Group Fitness Class
  - Registered Programs
  - Child & Youth Drop-In
  - Drop-In
- PPR = Parent Participation Required Baby Friendly Class (must be in car seat/carrier)

**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

**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 7:30-8:55	Lane Swim 7:30-8:55				Cycle 8:00-9:00 Starts Oct 14th			
Parent & Tot 10:30-11:00	Swim Lessons 9:00-12:00	GROUP POWER 9:30-10:30	Y Kids 3-5 yrs & 6-9 yrs 9:15-12:00	Yoga 9:00-10:15				
			Family Gym 0-2 yrs PPR 9:30-10:15			GRAVITY A TOTAL GYM STUDIO 10:45-11:15		
Adult Rec 12:00-1:00	Lane Swim 12:00-4:30							
Open Swim 1:00-2:30	Lane Swim 12:00-4:30		Y Respite 1:00-2:00					
		Family Swim 2:30-3:30						Y Respite 2:00-3:00
Y Respite 3:00-4:00	Lane Swim 12:00-4:30							
			Basketball (16+) 4:30-5:30					
Program Areas Close at 6:45pm and Building Closes at 7:00pm								

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

## 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

## 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
Facility Opens at 7:00am								
Adult Rec 7:30-9:00	Lane Swim 7:30-9:30							
Barracudas 9:00-9:45	Swim Lessons 9:30-12:00		Step 9:30-10:00					
Parent & Tot 9:45-10:15			CDRE 10:10-10:40			GRAVITY A TOTAL GYM STUDIO 10:45-11:15		
Adult Rec 12:00-1:00	Lane Swim 12:00-4:30		Pickleball 12:00-2:00					
Open Swim 1:00-2:30	Lane Swim 12:00-4:30							
Family Swim 2:30-3:30			Basketball (16+) 3:00-4:00					
Program Areas Close at 4:45pm and Building Closes 5:00pm								

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

Statutory Holidays (Most classes cancelled)		
Labour Day Sept 4th , Thanksgiving Oct 9th		
Pool		Gym
		A B
Building Opens at 10:00am		
Family Swim 11:00-1:00	Lane Swim 10:30-4:30	Open Gym 10:00-4:45
Open Swim 1:00-3:00pm		
Program Areas Close at 4:45pm		
Building Closes at 5:00pm		

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

## Youth Leadership:

Youth meet on a weekly basis and can look forward to: active games, camp retreats, community events, problem solving, communication and self-esteem workshops, sports, volunteer opportunities, fundraising activities, employment skills, certification opportunities, National & International travel & exchange opportunities.

## NEW! Adult Programs

**Urban Poling** - Join us for some fresh air and exercise! As this program will be held outside, we ask that you please dress accordingly. All equipment will be provided.

**Aqua Boot Camp** - A boot camp style class plus water equaling a total body tune up! This class will challenge you in an interactive military style workout incorporating circuit style cardio and strength training intervals.

**Aqua Core** - Resistance training using core stabilization has never been more refreshing. The water is the perfect place for improving dynamic balance, strength, agility and coordination. Learn to use training intensity, alignment, and muscle integration in this efficient total body workout.

**Chair Yoga** - A class designed for those who would like to take part in yoga but are not able to get down on the floor for some of the movements due to physical restrictions. The focus is on posture, deep breathing, stretching and tensing of muscles, lubrication of joints and range of motion.

**Instructors Choice** - Instructors will take their favourite killer exercises and combine them all into one class! Classes may include the use of equalizer bars, gliders, skipping ropes, hula hoops and more!

**Stretch & Roll** - A great class designed to loosen tight muscles. Focusing on hips, quads and hamstrings, using the foam roller and other tools on the mat. Relaxation included at the end.

## NEW!

### Child/Youth Programs

**Game On:** Participants build their confidence and teamwork through team sports. They will also have the opportunity to socialize with peers their own age and participate in friendly competition through organized games such as Uno, ping pong, etc.

**Preschool FUNDamentals (\$):** Giving your child opportunities for physical movement will set them up for life long active living! Staff will introduce your child to the ABCs of movement; Agility, Balance, Coordination and Speed through instruction and lots of play. They will develop spatial awareness and body management while learning a variety of movement skills.

**Sport FUNDamentals (\$):** The more fundamental skills your child learns, the more games and sports they can play! This session our staff will focus on the fundamental skills specifically related to Hockey.

**Active Artists (\$):** Participants explore the different forms of art. Each week they are introduced to a new art form which could include geometric art,

### Workshops

**Conditioning for Running:** Designed to teach you about running, nutrition, goal setting, injury prevention, pacing and much more. Join a group of people and get on track. This program focuses on various distances from Learn to Run to Learn to Run Marathon.

**BoneFit (\$):** Bonefit workshop provides safe and effective exercises for people with osteoporosis to help reduce the risk of fractures due to bone loss. Individuals will be provided with information on how to make safe adaptations within a gym setting as well as being provided with modifications on how to perform activities of daily living in a safe and effective manner.

**Pound (\$):** A rockin cardio jam session using lightly weighted drumstix to ramp up the heart rate, condition and tone the body. Inspired by drumming, motivated by music, energized by fun, pound uses yoga and pilates inspired

# 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! Baby Friendly Classes!



If you saw this symbol beside a class, this means we are designating that class as 'baby friendly'. Parents are welcome to bring their babies to class, providing babies are either strapped into a car seat or baby carrier. Music will be lowered for these classes.