

# Midland YMCA Winter/Spring January 8 - March 11, 2018











## MONDAY

Lap Pool	Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am							
Lane Swim 6:00-10:00	Marlin's Swim Team 6:30-8:00				GRAVITY A TOTAL GYM STUDIO 6:45-7:15		
Adult Rec 8:00-9:30	Lane Swim 6:00-10:00			Cycle 8:30-9:15			
Swim Lessons 9:30-10:00		GROUP XPOWER 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			GRAVITY A TOTAL GYM STUDIO 5:00-5:30		
Parent & Tot 5:00-5:30	YOUTH LESSONS 6:30-7:00	GROUP XPOWER 5:45-6:45	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 7:30 Family Gym 0-2 yrs PPR 5:45-6:30	Cycle 5:45-6:30			Youth Zone 13+ yrs 5:15-7:15
Family Swim 6:30-7:30	Keegos 6:30-7:30		Zumba/ Dance Fit 7:00-8:00	Yoga 7:00-8:00			Game On 10-12 yrs 5:30-7:30
Aqua Boot Camp 7:30-8:00	Lane Swim 7:30-9:00		Youth Volleyball 10-15 yrs 7:30-8:30				
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)



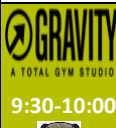





# TUESDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
Facility Opens at 5:30am								
Adult Rec 6:00-9:30	Lane Swim 6:00-10:00		 CORE 7:05-7:35			Cycle 6:15-7:00		
Parent & Tot 9:30-10:00			 H.I.I.T. 9:15-10:00					
Aquafit 10:15-11:00		 CORE 10:05-10:35	Family Gym (0-4yrs) PPR 10:00-11:30		Yoga (Slow Flow) 10:45-12:00		Child Minding 9:15-12:15 (\$)	
Family Swim 11:05-12:00	Lane Swim 11:05-1:00							
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		Y Kids 3-5 yrs & 6-9 yrs 5:00-8:00				
Open Swim 6:30-7:30	Swim Lessons & Lifesaving Sport (13-15 yrs) 6:30-7:15		 BOOTCAMP 5:15 - 6:00		Cycle 5:30-6:15	 GRAVITY A TOTAL GYM STUDIO 5:00-5:30	Intermediate Leaders Grade 9 & 10 5:00-7:00	Advanced Leaders Grade 11 & 12 5:00-7:00
Adult Rec 7:30-9:00	Lane Swim 7:15-9:00		 FIRE TRUCK Pull Prep 6:15-7:00	Conditioning for Running Feb 6 - Mar 27, 6-7pm	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							
Lane Swim 6:00-10:00	Keegos 6:00-7:00	 6:15-7:15					
	Marlin's Swim Team 7:00-8:00			Cycle 8:15-9:15			
Adult Rec 8:00-9:30	Lane Swim 6:00-10:00	 9:30-10:30			 9:30-10:00	Child Minding 9:15-12:15 (\$)	
Parent & Tot 9:30-10:00							
Aquafit 10:15-11:00			Core Fusion 10:30-11:30				
Family Swim 11:05-12:00	Lane Swim 11:05-1:30	 12:15-1:00					
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	Youth Badminton 13+ yrs					
		Game On 10-12 yrs 4:30-5:30	3:45-4:45				
Swim Lessons 4:00-7:30		 5:45-6:45	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 8:00		 5:15-5:45		Youth Zone 13+ yrs 5:00-7:00
Parent & Tot 6:30-7:00			Family Gym 0-2 yrs PPR 5:45-6:30	Cycle 5:45-6:30		Game On 10-12 yrs 5:30-7:30	
Open Swim 7:30-8:30	Aqua Core 7:30-8:00						
		 7:00-8:00		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
  Registered Programs
  Child & Youth Drop-In
  Drop-In

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Baby Friendly Class (must be in car seat/carrier)

# THURSDAY

Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone
<b>Facility Opens at 5:30am</b>								
Adult Rec 6:00-9:30	Lane Swim 6:00-9:30		 7:05-7:35			Cycle 6:15-7:00		
Parent & Tot 9:30-10:00	Swim Lessons 9:30-10:00		Step 9:30-10:30		Yoga 10:30-11:30	 9:45-10:15	Child Minding 9:15-12:15 (\$)	
Aquafit 10:15-11:00		Zumba/ Dance Fit 10:45-11:45 	Family Gym (0-4yrs) PPR 10:00-11:30					
Family Swim 11:05-12:00	Lane Swim 11:05-1:00							
Adult Rec 12:00-1:00			Legs, Tum & Bum 12:15-1:00					
Group Booking 1:00-2:00			 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	Aquatic Leadership Phase 2 4:00-8:00 Feb. 8 - Jun. 14 (NLP & Instructors) (\$)		Preschool FUNDamentals 5:15-6:00 3-5yrs (\$) Feb. 1 - Mar. 8			Active Artists 5:15-6:00pm 6-9yrs (\$) Feb. 1 - Mar. 8	Aquatic Leadership 4:00-5:30
Jr. Lifeguard Club (8-12 yrs.) 5:45-6:30	Lane Swim 6:15-9:00		Instructors Choice 5:30-6:00	Sport Fundamentals 6-9yrs 6:00-6:45 (\$) Basketball Feb. 1 - Mar. 8			Active Artists 3-5yrs 6:00-6:45pm (\$) Feb. 1 - Mar. 8	
Youth Lesson 6:30-7:00				 6:10-6:40	Sport Fundamentals 10-12yrs 6:45-7:30 (\$) Basketball Feb. 1 - Mar. 8			
Open Swim 7:00-8:00					Yoga 7:00-8:00			
Adult Masters 8:00-9:00	Lane Swim 6:15-9:00	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
- PPR = Parent Participation Required  Baby Friendly Class (must be in car seat/carrier)

### 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								
Lane Swim 6:00-10:00	Marlin's Swim Team 6:30-8:00	 6:15-7:15		Yoga (Vinyasa Flow) 7:30-8:15 Starts March 2nd				
Adult Rec 8:00-9:00	Lane Swim 6:00-10:00			Cycle 8:15-9:15		Child Minding 9:15-12:15 (\$)		
Adult Lessons 9:00-10:00								
Aquafit 10:15-11:00		9:30-10:30						
Family Swim 11:05-12:00	Lane Swim 11:05-1:30	Zumba/ Dance Fit 10:45-11:45 		Cycle 12:15-1:00				
Adult Rec 12:00-1:30								
Group Booking 1:30-2:30		On The Move Cardio /Strength 1:30-2:15		 <p>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.</p>				
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 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	



**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 7:45-8:45		
Swim Lessons 9:00-12:00		 GROUP POWER 9:15-10:15	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 10:30-11:00		
Adult Rec 12:00-1:00	Lane Swim 12:00-4:30			Yoga/Core Fusion 11:15-12:15			
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

PPR = Parent Participation Required
 
 Baby Friendly Class (must be in car seat/carrier)

## 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
Facility Opens at 7:00am							
Adult Rec 7:30-9:00	Lane Swim 7:30-9:30						
Barracudas 9:00-9:45		Step 9:30-10:00					
Parent & Tot 9:45-10:15	Swim Lessons 9:30-12:00	CORE 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				Please note on Sunday, March 4th the pool will close at 2:45pm.
Open Swim 1:00-2:30							
Family Swim 2:30-3:30							
Aqua Family Fun 3:30-4:15	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
- PPR = Parent Participation Required Baby Friendly Class (must be in car seat/carrier)

Statutory Holidays (Most classes Cancelled)		
Family Day Feb 19, Good Friday March 30, Victoria Day May 21		
Pool	Gym	
	A	B
Building Opens at 10:00am		
Family Swim 11:00-12:30	Lane Swim 10:30-2:30	Open Gym 10:00-2:45
Program Areas Close at 2:45pm		
Building Closes at 3:00pm		

<u>Hours of Operation</u>	
<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>Satutory Holiday:</b>	<b>10:00am-3:00pm</b>

**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

### Fire Truck Pull Prep -



So you joined a Move to Give Firetruck Pull Team, now what? Let us help you and your team get conditioned for the challenge. Join us Tuesday nights!

Note: joining a team is not a requirement to attend this class.



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.

**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, drumsticks and more!

**Legs, Tum & Bum** - A light-hearted, yet powerful class, which will tone and shape the areas we worry about most. Increase stamina and overall aerobic fitness. Enjoy an aerobic warm up, followed by exercises designed to tone and build strength with a stretch session at the end to increase flexibility.

## Workshops

### Conditioning for Running -

8wk program: February 6 - March 27/2018

Tues 6:00-7:00pm

You've always wanted to run but don't know where to start. This is the program for you! 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.

### 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.

## 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 Winter session our staff will focus on the fundamental skills specifically related to Basketball and Spring - Soccer.

**Active Artists (\$):** Participants explore the different forms of art. Each week they are introduced to a new art form which could include geometric art, 3D sketches, Paint Scrape Art, Spray Bottle Art, etc.

## 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!