Building Healthy Communities

OPERATING HOURS:
Mon-Fri: 5:30am - 10:00pm
Sat: 7:00am - 5:00pm
Sun: 7:00am - 4:00pm

For more information, please speak with Member Services.

560 Little Lake Park Rd.
Midland, ON L4R 4L3

T: (705) 526-7828
www.ymcaofsimcoemuskoka.ca

fb.com/YMCAofSimcoeMuskoka

@YMCASM

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SPRING 2019

Midland YMCA

Health, Fitness & Aquatics Program Schedule

March 18, 2019 to June 16, 2019

The YMCA of Simcoe Muskoka is a registered Canadian charity that aims to build healthy communities.
Invest not only in your health, but
the health of our community - YOU BELONG HERE!

MONDAY

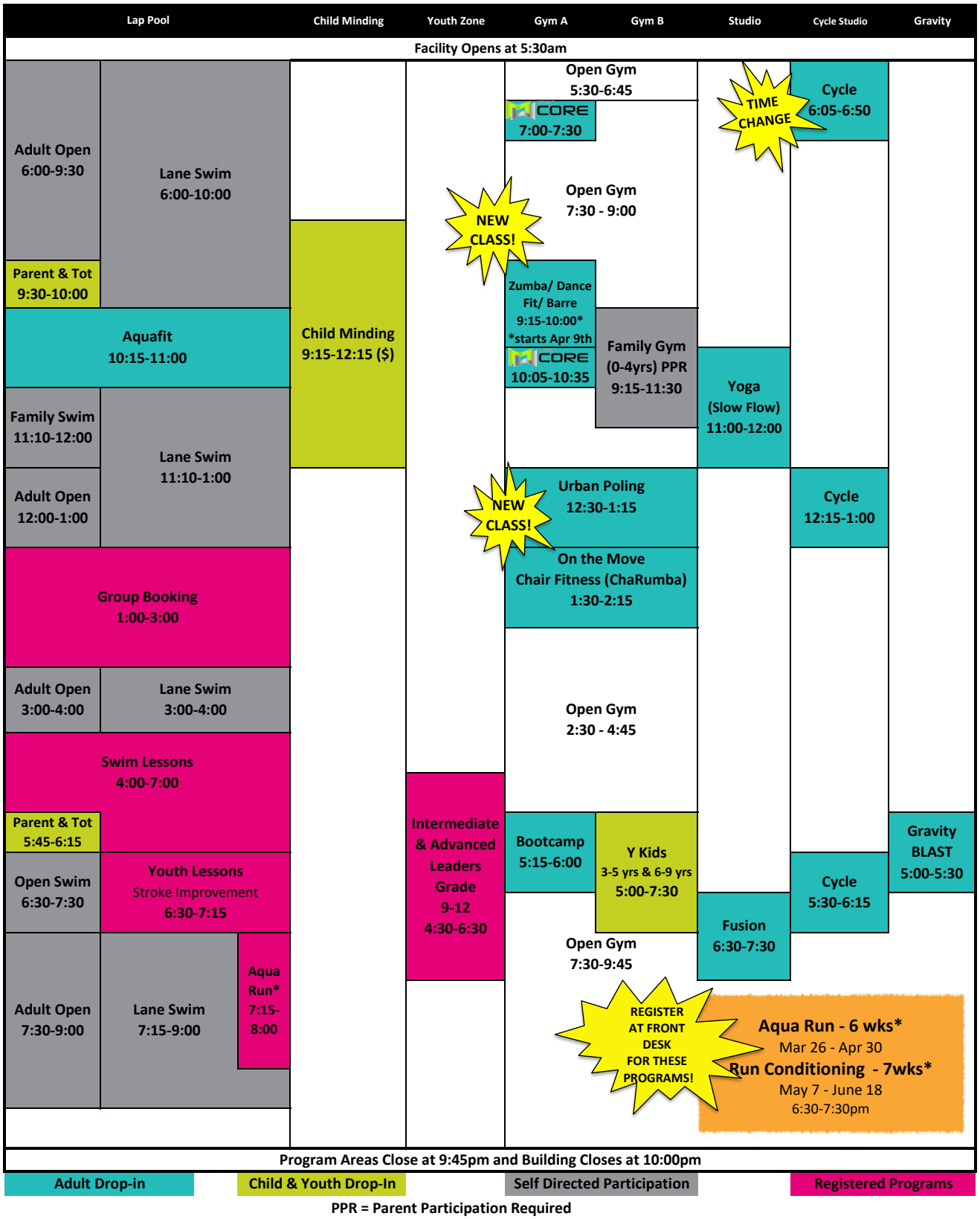
Lap Pool	Child Minding	Youth Zone	Gym A	Gym B	Studio	Cycle Studio	Gravity
Facility Opens at 5:30am							
Adult Open 6:00-7:00 / Lane Swim 6:00-10:00							
Lane Swim 6:00-10:00 / Marlin's & School Swim Teams 7:00-8:00			Instructor's Choice: *Circuit* 6:45-7:15	Open Gym 5:30-9:15			
Adult Open 8:00-9:30 / Lane Swim 6:00-10:00						Cycle 8:30 - 9:15	
Swim Lessons 9:30-10:00 / Lane Swim 6:00-10:00	Child Minding 9:15-12:15 ($)		GROUP POWER 9:30-10:30	YMCA Childcare Centre 9:30-10:30			Gravity BLAST 9:30-10:00
Aquafit 10:15-11:00					Gentle Stretch 10:30-11:30		
Family Swim 11:10-12:00 / Adult Open 12:00-1:00 / Lane Swim 11:10-1:00			Pickleball 11:00-1:00				Gravity BLAST 12:10-12:40
Group Booking 1:00-2:30	LOOK! FOR YOUR CONVENIENCE WE OFFER EVENING CHILD MINDING!		On The Move Cardio /Strength 1:30-2:15				
Aquafit 2:30-3:15			Open Gym 2:15 - 4:00				
Adult Open 3:20-4:00 / Lane Swim 3:20-4:00							
Swim Lessons 4:00-6:30			All Sport 10-12 yrs 3:45-4:45	Open Gym 4:00-4:45	Dance Workshop 5:00-5:45 3-5 Yrs ($) Mar25-June 17		Gravity BLAST 5:00-5:30
Family Swim 6:30-7:15 / Youth Lessons *Novice* 6:30-7:15 / Keegos 6:30-7:30	Child Minding 5:00-7:00 ($)	Youth Zone 10-17 yrs 4:45-6:45	GROUP POWER 5:45-6:45 / Zumba/ Dance Fit 7:00-8:00	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 8:00		Cycle 5:45-6:30	
Aquafit 7:15-8:00 / Adult Masters 8:00-9:00 / Lane Swim 7:30-9:00				Youth Allsport 10-15 yrs 8:00-9:00	Dance Workshop 5:45-6:30 6-9 Yrs ($) Mar 25-June 17		
			Open Gym 8:00 - 9:45				
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

Adult Drop-in | Child & Youth Drop-In | Self Directed Participation | Registered Programs

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.

TUESDAY



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WEDNESDAY

Lap Pool	Child Minding	Youth Zone	Gym A	Gym B	Studio	Cycle Studio	Gravity
Facility Opens at 5:30am							
Lane Swim 6:00-10:00 Keegos 6:00-7:00 Marlin's & School Swim Teams 7:00-8:00			GROUP POWER 6:15-7:15			Cycle 8:15-9:15	
Adult Open 8:00-9:30 Parent & Tot 9:30-10:00 Lane Swim 6:00-10:00	Child Minding 9:15-12:15 ($)		Open Gym 7:15 - 9:15 GROUP POWER 9:30-10:30				
Aquafit 10:15-11:00				YMCA Childcare Centre 10:30-11:30	Fusion 10:45-11:45		
Family Swim 11:10-12:00 Adult Open 12:00-1:00 Lane Swim 11:10-1:30			Instructor's Choice: *Circuit* 12:15-1:00				
Group Booking 1:00-2:30			On The Move Chair Fitness (Yoga) 1:30-2:15				
Aquafit 2:30-3:15	LOOK! FOR YOUR CONVENIENCE WE OFFER EVENING CHILD MINDING!		Open Gym 2:30 - 3:30				
Adult Open 3:20-4:00 Lane Swim 3:20-4:00			All Sport 10-12 yrs 3:45-4:45	Youth Allsport 13+ yrs 3:45-4:45			Gravity 5:00-5:45
Swim Lessons 4:00-7:10 Parent & Tot 6:30-7:00	Child Minding 5:00-7:00 ($)	Youth Zone 10-17 yrs 4:45-5:45 NEW CLASS!	GROUP POWER 5:45-6:45 CORE 7:00-7:30	Y Kids 3-5 yrs & 6-9 yrs 5:00 - 8:00	Yoga 7:00-8:00	Cycle 5:45-6:45	
Open Swim 7:15-9:00 Lane Swim 7:15-9:00 Aquafit 7:15-8:00			Open Gym 8:00-8:30 Basketball (16+) 8:30-9:30				
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

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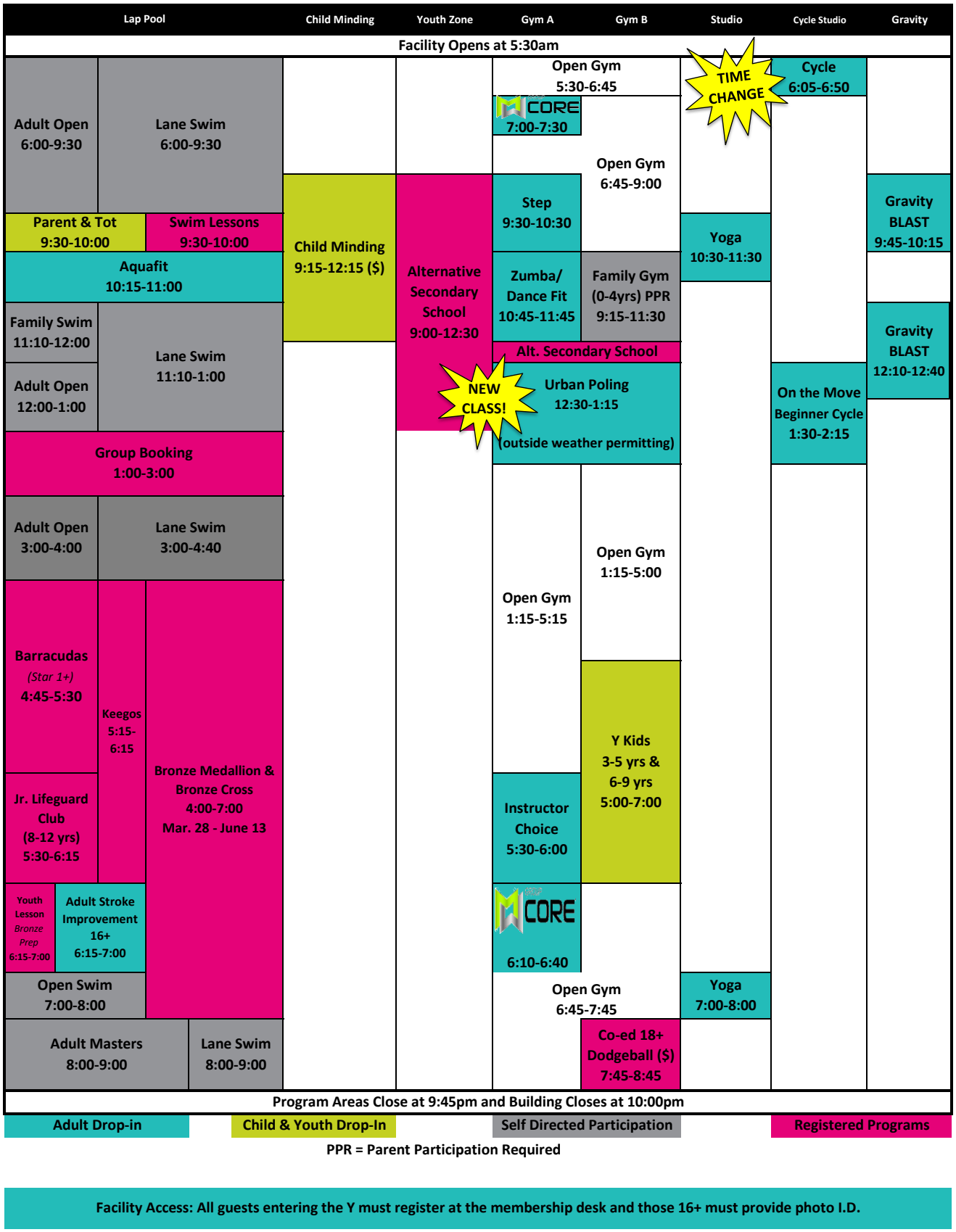
THURSDAY



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FRIDAY

Lap Pool	Child Minding	Youth Zone	Gym A	Gym B	Studio	Cycle Studio	Gravity
Facility Opens at 5:30am							
Adult Open 6:00-7:00 Lane Swim 6:00-10:00 Marlin's Swim Team 7:00-8:00			GROUP POWER 6:15-7:15	Open Gym 5:30-10:30		Cycle 8:15-9:15	
Adult Open 8:00-9:00 Adult Lessons 16+ 9:00-10:00 Lane Swim 6:00-10:00	Child Minding 9:15-12:15 ($)		Bootcamp 9:30-10:30				
Aquafit 10:15-11:00			TIME CHANGE!		Gentle Stretch 10:30-11:30		
Family Swim 11:10-12:00 Lane Swim 11:10-1:00 Adult Open 12:00-1:00			Pickleball 11:00-1:00			Cycle 12:15-1:00	
Group Booking 1:00-2:30			Open Gym 1:00-6:00		Member Potluck Luncheon 11:30-1:00pm Please join us Friday May 31st in our Social Seating area Info and sign up sheet at the membership desk.		
Aquafit 2:30-3:15							
Adult Open 3:20-4:30 Lane Swim 3:20-6:30 Open Swim 4:30-5:30 Family Swim 5:30-6:30 Keegos 5:00-6:00	Leaders In Training Grade 5/6 5:15-6:15	Junior Leaders Grade 7/8 4:45-6:15	Youth Conditioning Prep. Ages 10-12 yrs Register at the desk!		So you have taken our Youth Conditioning Prep program. NOW WHAT? Register for our Youth BIGGER! FASTER! STRONGER! Weight Training Program. *starts April 26th See the front desk to register.		
Youth Swim (10-17 yrs) 6:30-9:00		Youth Night (10-17yrs) 6:30-9:00	Youth Night (10-17yrs) 6:30-9:30	Wheelchair Basketball (all welcome!) Mar. 22-Apr. 26 6:30-9:00			
Program Areas Close at 9:45pm and Building Closes at 10:00pm							

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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 and 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.

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SATURDAY

Lap Pool	Child Minding	Youth Zone	Gym A	Gym B	Studio	Cycle Studio	Gravity
Facility Opens at 7:00am							
Adult Open 7:30-8:50 / Lane Swim 7:30-8:50			Open Gym 7:00-9:00				
Parent & Tot 10:30-11:00 / Swim Lessons 9:00-12:00			POWER 9:15-10:15	Y Kids 3-5 yrs & 6-9 yrs 9:15-12:00		Cycle 7:45-8:45 **last class Sat May 4th	Gravity BLAST 10:45-11:15
Adult Open 12:00-1:00 / Lane Swim 12:00-4:00				Family Gym (0-2 yrs) PPR 11:00-12:00			
Open Swim & Birthday Parties 1:00-2:30 / Lane Swim 12:00-4:00		311 Respite 1:00-2:00	Open Gym 10:30-4:45	Birthday Party 1:00-2:00			
Family Swim 2:30-3:30		Birthday Party *(Staffed)* 2:00-3:30		311 Respite 2:00-3:00			
311 Respite 3:00-4:00							
Program Areas Close at 4:45pm and Building Closes at 5:00pm							

SUNDAY

Lap Pool	Child Minding	Youth Zone	Gym A	Gym B	Studio	Cycle Studio	Gravity
Facility Opens at 7:00am							
Adult Open 7:30-9:00 / Lane Swim 7:30-9:30							
Adult Lessons 16+ 9:00-9:45			Step 9:30-10:00	Open Gym 7:00-10:45			
Parent & Tot 9:45-10:15 / Swim Lessons 9:30-12:00			CORE 10:10-10:40				Gravity BLAST 10:45-11:15
			Pickleball 11:00-1:00				
Adult Open 12:00-1:00							
Open Swim & Birthday Parties 1:00-2:30 / Lane Swim 12:00-3:00			Open Gym 1:00-3:45	Birthday Party 1:00-2:00			
Adult Open 2:30-3:00							
Program Areas Close at 3:45pm and Building Closes at 4:00pm							

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EASTER EGGSTRAVAGANZA Friday April 19th
***Check schedule for special events/classes**

Building Opens at 10:00am

POOL		Gym A	Gym B
Family Swim 10:30 - 1:00	Lane Swim 10:30 - 2:30	Easter Eggstravaganza 11:00-1:00	
Open Swim 1:00-2:00		Open Gym 1:00-2:45	

Program Areas Close at 2:45pm

Building Closes at 3:00pm

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 assessement will be required to remain in the shallow end.

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What's Happening this SPRING?

SAVE the DATE

04.06.19

MOVE TO GIVE

CHECK THIS OUT!

COMING IN JUNE 2019 ....

3-ON-3 Basketball Tourney

- Youth Division
- Mixed Division
- Adult Division
- Wheelchair Division

If interested please leave your contact info at the membership desk.

PA Day Camps!

Dates: May 3 & 31, June 7 & 28

Come for the whole week, or Day-to-day registration also available!

Learn, grow, play & explore!

Stay tuned for themes and more info!

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!