



Winter 2020 Brochure

January 6-March 15

Building Hours

Monday-Friday 5:30 am-10:00 pm

Saturday 7:00 am-5:00 pm

Sunday 7:00 am-4:00 pm

Statutory Holidays 10:00 am-3:00 pm

Midland YMCA

560 Little Lake Park Rd.

Midland, ON

L4R 4L3

705-526-7828



For more information regarding registration for specialty programs, please visit us at our membership desk or online at www.ymcaofsimcoemuskoka.ca

The YMCA of Simcoe Muskoka is a registered Canadian charity that aims to build healthy communities.

We offer a variety of programs and services around the region including Health, Fitness & Aquatics at the Midland YMCA. Invest not only in your health, but the health of our community

YOU BELONG HERE!

Building Hours 5:30 am - 10:00 pm

MONDAY	Lap Pool			Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room	
5:45 AM													
6:00 AM	Adult Open Swim 6:00-7:00	Lane Swim 6:00-10:00			Open Gym 5:30-9:00								
6:30 AM													
7:00 AM	Booking (Marlins) 7:00-8:00												
7:30 AM					Metafit 7:20-7:50								
8:00 AM	Adult Open Swim 8:00-9:30			Open Gym 7:50-9:00									
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			Group Power 9:30-10:30	Booking 9:00-10:45								
10:00 AM	Aquafit 10:15-11:00												
10:30 AM						Gentle Stretch 10:30-11:40				Child Minding (\$) 9:15-12:15			
11:00 AM	Family Swim 11:10-12:00	Lane Swim 11:10-1:00			Pickleball 11:00-1:00								
11:30 AM													
12:00 PM	Adult Open Swim 12:00-1:00							Gravity 12:10-12:40					
12:30 PM						Booking 11:45-2:45							
1:00 PM	Booking 1:00-2:30												
1:30 PM													
2:00 PM				On the Move - Cardio Strength 1:30-2:15									
2:30 PM	Aquafit 2:30-3:15			Open Gym 2:15-4:00									
3:00 PM													
3:30 PM	Adult Open Swim 3:20-4:00	Lane Swim 3:20-4:00											
4:00 PM	Swim Lessons 4:00-6:30			All Sport (10-12 yrs) 4:15-5:00									
4:30 PM													
5:00 PM										Gravity 5:00-5:30	Active Artists (\$) 5:00-5:45		
5:30 PM							Group Power 5:45-6:45	Y Kids (3-5 yrs & 6-9 yrs) 5:00-8:00		Cycle 5:30-6:15			
6:00 PM													
6:30 PM	Family Swim 6:30-7:15	Youth Lessons 6:30-7:15	Booking (Keegos) 6:30-7:30										
7:00 PM				Zumba/Dance Fit 7:00-8:00		Fusion 6:00-7:00				Youth Zone Open (10-15 yrs) 5:45-7:30			
7:30 PM	Aquafit 7:15-8:00		Lane Swim 7:30-9:00										
8:00 PM													
8:30 PM	Adult Masters 8:00-9:00			Open Gym 9:00-9:45	Youth Pickleball (12-15 yrs) 8:00-9:00								
9:00 PM													
	Adult Drop In		Child & Youth Drop In		Self Directed		Registered Program						

No Pickleball on Holiday Mondays

Building Hours 5:30 am - 10:00 pm

TUESDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room	
5:45 AM												
6:00 AM	Adult Open Swim 6:00-9:30	Lane Swim 6:00-9:30	Open Gym 5:30-6:45			Cycle 6:05-6:50						
6:30 AM												
7:00 AM			Group Core 7:00-7:30									
7:30 AM			Open Gym 7:30-9:00									
8:00 AM												
8:30 AM												
9:00 AM												
9:30 AM	Parent & Tot 9:30-10:00	Swim Lessons 9:30-10:00	Zumba/Dance Fit 9:15-10:00	Family Gym 9:00-10:30				Child Minding (\$) 9:15-12:15				
10:00 AM	Aquafit 10:15-11:00		Group Core 10:05-10:35									
10:30 AM												
11:00 AM	Family Swim 11:10-12:00	Lane Swim 11:10-1:00	Booking 10:30-2:45		Yoga (Slow Flow) 11:00-12:00							
11:30 AM												
12:00 PM	Adult Open Swim 12:00-1:00											
12:30 PM												
1:00 PM	Booking 1:00-3:00				Booking 12:00-2:45							
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	Adult Open Swim 3:00-4:00	Lane Swim 3:00-4:00	Open Gym 3:00-4:00									
3:30 PM												
4:00 PM	Swim Lessons 4:00-6:30		Basketball (10-12 yrs) 4:00-4:45						Intermediate & Advanced Leaders Gr. 9-12 3:45-5:45			
4:30 PM												
5:00 PM					Bootcamp 5:15-6:00	Y Kids (3-5 yrs & 6-9 yrs) 5:00-7:30				Gravity 5:00-5:30		
5:30 PM					Metafit 6:00-6:30						Cycle 5:30-6:15	
6:00 PM												
6:30 PM	Open Swim 6:30-7:30	Aquafit 6:30-7:15	Youth Lessons 6:30-7:15	Tri Club 6:30-7:15		Fusion 6:30-7:30						
7:00 PM												
7:30 PM	Adult Open Swim 7:30-9:00	Lane Swim 7:15-9:00	Open Gym 7:30-8:30									
8:00 PM												
8:30 PM			Basketball 8:30-9:30									
9:00 PM												
	Adult Drop In		Child & Youth Drop In		Self Directed			Registered Program				

Building Hours 5:30 am - 10:00 pm

WEDNESDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room
5:45 AM											
6:00 AM	Lane Swim 6:00-10:00	Booking (Keegos) 6:00-7:00	Group Power 6:15-7:15	Open Gym 7:15-9:15							
6:30 AM											
7:00 AM	Booking (Marlins) 7:00-8:00										
7:30 AM											
8:00 AM	Adult Open Swim 8:00-9:30	Lane Swim 8:00-10:00									
8:30 AM											
9:00 AM						Cycle 8:15-9:15		Child Minding (\$) 9:15-12:15			
9:30 AM	Parent & Tot 9:30-10:00		Group Power 9:30-10:30				Gravity 9:30-10:00				
10:00 AM	Aquafit 10:15-11:00			Family Gym 10:00-10:30							
10:30 AM			YMCA Child Care 10:30-11:30	Booking 10:30-11:15	Fusion 10:45-11:45						
11:00 AM	Family Swim 11:10-12:00	Lane Swim 11:10-1:00									
11:30 AM											
12:00 PM	Adult Open Swim 12:00-1:00			Metafit 12:15-12:45	Booking 11:45-2:45						
12:30 PM											
1:00 PM	Booking 1:00-2:30										
1:30 PM			On the Move - Chair Yoga 1:30-2:15				Cardiac Rehab 1:00-2:30				
2:00 PM											
2:30 PM	Aquafit 2:30-3:15		Wellness Program Booking 2:30-3:15								
3:00 PM											
3:30 PM	Adult Open Swim 3:20-4:00	Lane Swim 3:20-4:00	All Sport (10-12 yrs) 3:45-4:45								
4:00 PM	Swim Lessons 4:00-7:30										
4:30 PM											
5:00 PM								Gravity 5:00-5:30	Y Girls (Gr 3-6) 5:00-6:30		
5:30 PM				Instructor's Choice 5:30-6:00	Y Kids (3-5 yrs & 6-9 yrs) 5:00-8:00						
6:00 PM		Group Power 6:10-7:10				Cycle 5:45-6:45					
6:30 PM											
7:00 PM					Yoga 7:00-8:00						
7:30 PM	Open Swim 7:30-8:30	Aquafit 7:15-8:00									
8:00 PM		Lane Swim 8:00-9:00	Open Gym 8:00-8:30								
8:30 PM	Lane Swim 8:30-9:00			Basketball (13+) 8:30-9:30							
9:00 PM											
	Adult Drop In	Child & Youth Drop In		Self Directed		Registered Program					

Building Hours 5:30 am - 10:00 pm

THURSDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room	
5:45 AM												
6:00 AM	Adult Open Swim 6:00-9:30	Lane Swim 6:00-9:30	Open Gym 5:30-9:00			Cycle 6:05-6:50						
6:30 AM												
7:00 AM			Group Core 7:00-7:30									
7:30 AM												
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 9:30-10:30	Family Gym 9:00-10:30				Child Minding (\$) 9:15-12:15	School Booking 9:00-1:00			
10:00 AM	Aquafit 10:15-11:00					Gravity 9:45-10:15						
10:30 AM			Zumba/Dance Fit 10:45-11:45	Booking 10:30-1:30	Yoga 10:30-11:30							
11:00 AM	Family Swim 11:10-12:00	Lane Swim 11:10-1:00										
11:30 AM	Adult Open Swim 12:00-1:00						Gravity 12:10-12:40					
12:00 PM												
12:30 PM					Booking 11:45-2:45							
1:00 PM	Booking 1:00-3:00		On the Move - ChaRumba 1:30-2:15				Cardiac Rehab 1:00-2:30					
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	Adult Open Swim 3:00-4:30	Lane Swim 3:00-4:30	Open Gym 2:30-4:45									
3:30 PM												
4:00 PM												
4:30 PM	Barracudas (Star1+) 4:45-5:30		Aquatic Leadership Phase 2 (\$) 4:00-8:00 Feb. 6-June 11 (NLS, Instructors & High School Credit)					Creative Play 4:00-5:00	Aquatic Leadership (15+) 4:00-5:30			
5:00 PM		Booking (Keegos) 5:15-6:15										
5:30 PM	Jr. Lifeguard Club (8-12) 5:30-6:15			Metafit 5:30-6:00	Y Kids (3-5 yrs & 6-9 yrs) 5:00-7:00							
6:00 PM	Youth Lesson 6:15-7:00	Adult Stroke Development (16+) 6:15-7:00	Group Core 6:10-6:40									
6:30 PM												
7:00 PM	Open Swim 7:00-8:00		Family Gym (Sport) 7:00-8:00		Yoga 7:00-8:00							
7:30 PM												
8:00 PM												
8:30 PM	Adult Masters 8:00-9:00	Lane Swim 8:00-9:00	Open Gym 8:00-9:00									
9:00 PM												
	Adult Drop In		Child & Youth Drop In		Self Directed		Registered Program					

Building Hours 5:30 am - 10:00 pm

FRIDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room								
5:45 AM																			
6:00 AM	Adult Open Swim 6:00-7:00	Lane Swim 6:00-7:00	Group Power 6:15-7:15	Open Gym 5:30-9:00															
6:30 AM																			
7:00 AM	Lane Swim 7:00-8:00	Booking (Marlins) 7:00-8:00																	
7:30 AM																			
8:00 AM	Adult Open Swim 8:00-9:00	Lane Swim 8:00-10:00				Cycle 8:15-9:15													
8:30 AM	Adult Lessons (16+) 9:00-10:00																		
9:00 AM			Bootcamp 9:30-10:30	Booking 9:00-10:45				Child Minding (\$) 9:15-12:15											
9:30 AM	Aquafit 10:15-11:00																		
10:00 AM					Gentle Stretch 10:30-11:40														
10:30 AM	Family Swim 11:10-12:00	Lane Swim 11:10-1:00	Pickleball 11:00-1:00																
11:00 AM	Adult Open Swim 12:00-1:00																		
11:30 AM																			
12:00 PM						Cycle 12:15-1:00													
12:30 PM																			
1:00 PM	Booking 1:00-2:30		Booking 1:00-2:45		Booking 11:45-2:45						On the Move: Balance/ Strength 1:30-2:15								
1:30 PM																			
2:00 PM	Aquafit 2:30-3:15																		
2:30 PM																			
3:00 PM	Adult Open Swim 3:20-4:30	Lane Swim 3:20-6:30	Open Gym 2:45-4:45																
3:30 PM	Open Swim 4:30-5:30																		
4:00 PM	Family Swim 5:30-6:30											Booking (Keegos) 5:00-6:00	Youth Leadership Gr. 5-8 5:15-6:15						LIT & Junior Leaders Gr.5-8 4:45-6:15
4:30 PM																			
5:00 PM																			
5:30 PM																			
6:00 PM	Youth Swim (10-16 yrs) 6:30-9:00		Youth Night Gym (10-16 yrs) 6:30-9:30						Youth Zone (10-16 yrs) 6:30-9:00		Youth Wellness: Part II 7:00-8:00								
6:30 PM																			
7:00 PM																			
7:30 PM																			
8:00 PM																			
8:30 PM		Youth Tri-Club (12-16 yrs) 8:00-9:00									Youth Wellness: Part III 8:00-9:00								
9:00 PM																			
	Adult Drop In	Child & Youth Drop In		Self Directed							Registered Program								

Building Hours 7:00 am - 5:00 pm

SATURDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room		
5:45 AM													
6:00 AM													
6:30 AM													
7:00 AM													
7:30 AM	Adult Open Swim 7:30-8:50	Lane Swim 7:30-8:50	Open Gym 7:00-9:00			Cycle 7:45-8:45							
8:00 AM													
8:30 AM													
9:00 AM	Swim Lessons 9:00-12:00			Y Kids (3-5 yrs & 6-9 yrs) 9:00-12:00									
9:30 AM													
10:00 AM													
10:30 AM			Parent & Tot 10:30-11:00			Group Power 9:15-10:15			Gravity 10:45-11:15				
11:00 AM			Family Gym 11:00-12:00										
11:30 AM													
12:00 PM	Family Swim 12:00-1:00		Family Gym (Sport) 12:00-1:00										
12:30 PM													
1:00 PM	Open Swim 1:00-2:30 (Birthday Party 1:00-2:00)		Open Gym 1:15-4:45	Open Gym 1:15-3:30									
1:30 PM													
2:00 PM		Lane Swim 12:00-4:30								Birthday Party (staffed only) 2:00-3:30			
2:30 PM	Adult Open Swim 2:30-3:30												
3:00 PM													
3:30 PM	Lane Swim 3:30-4:30			Birthday Party 3:30-4:30									
4:00 PM													
4:30 PM													
5:00 PM													
	Adult Drop In		Child & Youth Drop In		Self Directed		Registered Program						

Building Hours 7:00 am - 4:00 pm

SUNDAY	Lap Pool		Gym A	Gym B	Studio	Cycle Studio	Gravity	Child Minding	Youth Zone	Wellness Floor	Stretch Room	
5:45 AM												
6:00 AM												
6:30 AM												
7:00 AM												
7:30 AM	Adult Open Swim 7:30-9:00	Lane Swim 7:30-9:30		Open Gym 7:00-9:30								
8:00 AM												
8:30 AM												
9:00 AM	Adult Lesson (16+) 9:00-9:45	Swim Lessons 9:30-12:00										
9:30 AM				Step 9:30-10:00	Open Gym 7:00-11:00							
10:00 AM	Parent & Tot 9:45-10:15			Group Core 10:10-10:40								
10:30 AM							Gravity 10:45-11:15					
11:00 AM												
11:30 AM				Pickleball 11:00-1:00								
12:00 PM	Family Swim 12:00-1:00	Lane Swim 12:00-3:30										
12:30 PM												
1:00 PM	Open Swim 1:00-2:30 (Birthday Party 1:00-2:00)											
1:30 PM												
2:00 PM				Open Gym 1:00-3:30								
2:30 PM												
2:30 PM												
3:00 PM	Adult Open Swim 2:30-3:30											
3:30 PM												
4:00 PM												

Adult Drop In Child & Youth Drop In Self Directed Registered Program

****No Fitness Classes, or Pickleball on Sunday of Holiday Weekends****