



Winter 2020 Brochure

February 10 Temporary Edition

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	Temporarily Closed for Mechanical Repairs	Open Gym 5:30-9:00								
6:30 AM										
7:00 AM										
7:30 AM		Metafit 7:20-7:50								
8:00 AM		Open Gym 7:50-9:00								
8:30 AM						Cycle 8:30-9:15				
9:00 AM								Child Minding (\$) 9:15-12:15		
9:30 AM		Group Power 9:30-10:30	Booking 9:00-10:45				Gravity 9:30-10:00			
10:00 AM										
10:30 AM					Gentle Stretch 10:30-11:40					
11:00 AM										
11:30 AM										
12:00 PM		Pickleball 11:00-1:00								
12:30 PM										
1:00 PM					Booking 11:45-2:45					
1:30 PM										
2:00 PM		On the Move - Cardio Strength 1:30-2:15								
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM	Sport FUNDamentals (6-12 yrs) 4:15-5:00						Active Artists (3-5 yrs) 4:15-5:00			
5:00 PM				ABC's (3-5 yrs) 5:00-5:45		Gravity 5:00-5:30		Youth Basic First Aid Skills (6-12 yrs) 5:00-5:45	Junior Chefs (6-12 yrs) 5:00-5:45 *Social Seating	
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								Leaders In Training (6-12) 6:00-7:00		
6:30 PM				Fusion 6:00-7:00						
7:00 PM	Zumba/Dance Fit									

7:30 PM		7:00-8:00							
8:00 PM		Open Gym 9:00-9:45	Youth Pickleball (12-15 yrs) 8:00-9:00						
8:30 PM									
9:00 PM									
Adult Drop In		Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs				
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	Temporarily Closed for Mechanical Repairs		Open Gym 5:30-6:45			Cycle 6:05-6:50							
6:00 AM													
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			Zumba/Dance Fit 9:15-10:00	Family Gym 9:00-10:30						Child Minding (\$) 9:15-12:15			
9:30 AM			Group Core 10:05-10:35										
10:00 AM													
10:30 AM			Booking 10:30-2:45				Yoga (Slow Flow) 11:00-12:00						
11:00 AM													
11:30 AM													
12:00 PM									Cycle 12:15-1:00				
12:30 PM													
1:00 PM													
1:30 PM													
2:00 PM										On the Move: Combo Cycle, Gravity, Stretch 1:30-2:15			
2:30 PM													
3:00 PM	Open Gym 3:00-4:00												
3:30 PM													
4:00 PM													
4:30 PM	Basketball (10-12 yrs) 4:00-4:45	Sport FUNdamentals (6-12 yrs) 4:15-5:00	Active Artists (3-5 yrs) 4:15-5:00					Intermediate & Advanced Leaders Gr. 9-12 3:45-5:45					
5:00 PM	Bootcamp 5:15-6:00	Y Kids (3-5 yrs & 6-9 yrs) 5:00-7:30	ABC's (3-5 yrs) 5:00-5:45			Gravity 5:00-5:30	Youth Basic First Aid Skills (6-12 yrs) 5:00-5:45			Junior Chefs (6-12 yrs) 5:00-5:45 *Social Seating			
5:30 PM													
6:00 PM	Metafit 6:00-6:30					Cycle 5:30-6:15			Leaders In Training (6-12 yrs) 5:45-6:30				
6:30 PM		Tri Club		Fusion									

7:00 PM		6:30-7:15		6:30-7:30						
7:30 PM		Open Gym 7:30-8:30								
8:00 PM		Basketball 8:30-9:30								
8:30 PM										
9:00 PM										
Adult Drop In		Child & Youth Drop In		Self Directed		Registered Program		Specialty Temp. Programs		

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	Temporarily Closed for Mechanical Repairs	Group Power 6:15-7:15	Open Gym 7:15-9:15									
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM						Cycle 8:15-9:15						
9:30 AM			Group Power 9:30-10:30				Gravity 9:30-10:00	Child Minding (\$) 9:15-12:15				
10:00 AM			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												
11:30 AM												
12:00 PM				Metafit 12:15-12:45								
12:30 PM					Booking 11:45-2:45							
1:00 PM												
1:30 PM			On the Move - Chair Yoga 1:30-2:15					Cardiac Rehab 1:00-2:30				
2:00 PM												
2:30 PM			Wellness Program Booking 2:30-3:15									
3:00 PM												
3:30 PM			All Sport (10-12 yrs) 3:45-4:45	Sport FUNDamentals (6-12 yrs) 4:15-5:00	Active Artists (3-5 yrs) 4:15-5:00							
4:00 PM												
4:30 PM												
5:00 PM						Gravity 5:00-5:30				Junior Chefs (6-12 yrs) 5:00-5:45 *Social Seating		
5:30 PM		Instructor's Choice 5:30-6:00	Y Kids (3-5 yrs & 6-9 yrs) 5:00-8:00	ABC's (3-5 yrs) 5:00-5:45			Y Girls (Gr 3-6) 5:00-6:30	Leaders In Training (6-12 yrs) 5:00-5:45				
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												
8:00 PM			Open Gym 8:00-8:30									
8:30 PM			Basketball (13+) 8:30-9:30									
9:00 PM												
	Adult Drop In	Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs							

Adult Drop In	Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs
---------------	-----------------------	---------------	--------------------	--------------------------

Adult Drop In	Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs
---------------	-----------------------	---------------	--------------------	--------------------------

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	Temporarily Closed for Mechanical Repairs										
6:00 AM											
6:30 AM											
7:00 AM			Open Gym 7:00-9:00								
7:30 AM						Cycle 7:45-8:45					
8:00 AM											
8:30 AM											
9:00 AM			Group Power 9:15-10:15	Y Kids (3-5 yrs & 6-9 yrs) 9:00-12:00							
9:30 AM											
10:00 AM											
10:30 AM			Sport FUNDamentals (6-12 yrs) 10:15-11:00		Active Artists (3-5 yrs) 10:00-10:45		Gravity 10:45-11:15				
11:00 AM			Sport FUNDamentals (6-12 yrs) 11:00-11:45		Active Artists (6-12 yrs) 10:45-11:30			ABC's (3-5 yrs) 11:00-11:45		Junior Chefs (6-12 yrs) 10:45-11:30 *Social Seating	
11:30 AM											
12:00 PM			Family Gym (Sport) 12:00-1:00	ABC's (3-5 yrs) 12:00-12:45							
12:30 PM											
1:00 PM			Open Gym 1:15-4:45	Open Gym 1:15-3:30							
1:30 PM											
2:00 PM									Birthday Party (staffed only) 2:00-3:30		
2:30 PM											
3:00 PM				Birthday Party 3:30-4:30							
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM											
	Adult Drop In	Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs						

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	Temporarily Closed for Mechanical Repairs											
6:00 AM												
6:30 AM												
7:00 AM			Open Gym 7:00-9:45									
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM												
9:30 AM			Step 9:30-10:00									
10:00 AM			Group Core 10:10-10:40	Sport FUNdamentals (6-12 yrs) 10:00-10:45	Active Artists (3-5 yrs) 10:00-10:45							
10:30 AM												
11:00 AM			Pickleball 11:00-1:00		ABC's (3-5 yrs) 10:45-11:30		Gravity 10:45-11:15		Youth Basic First Aid Skills (6-12 yrs) 11:00-12:00			
11:30 AM												
12:00 PM												
12:30 PM												
1:00 PM			Open Gym 1:00-3:30	Birthday Party 1:00-2:00								
1:30 PM												
2:00 PM					Open Gym 2:00-3:30							
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM												
	Adult Drop In	Child & Youth Drop In	Self Directed	Registered Program	Specialty Temp. Programs							
No Fitness Classes, or Pickleball on Sunday of Holiday Weekends												