



# Midland YMCA: Health, Fitness & Aquatics Centre

Fall Schedule - Monday, September 13 - Saturday, October 9, 2021

• Schedule is subject to change •

Online booking required for Lane Swim and Aquafit. Must be booked in advance online at [YMCAOnlinePortal.ca](http://YMCAOnlinePortal.ca).  
Masks are required upon entry and outside of class or direct workout station.

Fitness (13yrs +)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRE BOOKED Aquafit Social Aquafit*	Pool	10:15am - 11:00am 12:30pm - 1:15pm 7:00pm - 7:45pm*	10:15am - 11:00am	10:15am - 11:00am 12:30pm - 1:15pm 7:00pm - 7:45pm	10:15am - 11:00am	10:15am - 11:00am	
Cardio, Strength & Core	Gym	6:30am - 7:15am 9:00am - 10:00am			5:30pm - 6:15pm	9:00am - 10:00am	
Cycle	Gym			6:30am - 7:15am 9:00am - 9:45am			
Fusion	Gym				10:30am - 11:15am		
HIIT	Gym						9:15am-10:00am
Instructor's Choice	Gym		5:30pm - 6:15pm				
Legs, Tum & Bum	Gym			5:30pm - 6:15pm			
On The Move	Gym	11:30am - 12:15pm <b>Strength &amp; Cardio</b>	11:30am - 12:15pm <b>Chair Yoga</b>	11:30am - 12:15pm <b>Functional Fitness</b>	11:30am - 12:15pm <b>Chair Dance</b>	11:30am - 12:15pm <b>Balance</b> (Sept.) <b>Tai Chi</b> * (starts Oct. 15*)	
Pilates	Gym		6:30pm - 7:15pm				
Step	Gym		9:00am - 10:00am		9:15am - 10:15am		
Yoga	Gym	10:15am - 11:15am		10:15am - 11:15am	6:30pm - 7:15pm	10:15am - 11:15am	
Zumba	Gym	5:30pm - 6:15pm	10:15am - 11:00am	6:30pm - 7:15pm			



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Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool Y Kids 3 - 5 years	Gym A	4:00pm - 6:00pm		6:00pm - 8:00pm			9:00am - 11:00am
Child Y Kids 6 - 12 years	Gym A	4:00pm - 6:00pm		6:00pm - 8:00pm			9:00am - 11:00am
Stay & Play (\$)	Multipurpose Room	8:45am-11:15am (\$)		8:45am-11:15am (\$)			
Self-Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Conditioning Room	Conditioning Room	6:00am - 1:30pm 3:30pm - 9:00pm	6:00am - 1:00pm 3:30pm - 9:00pm	6:00am - 1:30pm 3:30pm - 9:00pm	6:00am - 1:00pm 3:30pm - 9:00pm	6:00am - 1:00pm 3:30pm - 8:00pm	7:00am - 1:00pm
Family Gym	Gym A	9:00am - 10:00am	10:15am - 11:15am				10:30am - 11:15am
Open Gym	Gym A and/or Gym B	7:30am - 8:30am (A&B) 12:30pm - 1:30pm 3:30pm - 5:15pm 6:15pm - 8:45pm	7:00am - 8:30am (A&B) 3:30pm - 6:15pm 7:30pm - 8:45pm (A&B)	7:30am - 10:00am 3:30pm - 5:15pm (A&B) 7:30pm - 8:45pm	7:00am - 8:30am (A&B) 3:30pm - 6:15pm 7:30pm - 8:45pm (A&B)	7:00am - 10:00am 3:30pm - 7:45pm	7:00am-8:45am (A&B) 11:15am-12:45pm (A&B)
Stroke Correction	Lap Pool		4 - 4:45pm (drop in)				
Lane Swim (Prebook Required)	Lap Pool	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 9:15am - 10:00am 11:30am - 12:15pm 4:30pm - 5:15pm 5:30pm - 6:15pm 7:00pm - 7:45pm	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 9:15am - 10:00am 11:30am - 12:45pm 5:00pm - 5:45pm 7:00pm - 7:45pm 8:00pm - 8:45pm	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 9:15am - 10:00am 11:30am - 12:15pm 3:30pm - 4:15pm 4:30pm - 5:15pm 5:30pm - 6:15pm 8:00pm - 8:45pm	6:15am - 7:00am 7:15am - 8:00am 8:15am - 9:00am 9:15am - 10:00am 11:30am - 12:45pm 7:00pm - 7:45pm	7:15am - 8:00am 8:15am - 9:00am 9:15am - 10:00am 11:30am - 12:15pm 3:30pm - 4:15pm	7:15am - 8:00am 8:15am - 8:45am 9:15am - 10am 10:45am - 11:30am 11:45am - 12:45pm
Open/Family Swim*	Lap Pool	4:30pm - 5:15pm 5:30pm - 6:15pm*	5:00pm - 5:45pm	4:30pm - 5:15pm* 5:30pm - 6:15pm	11:30pm - 12:45pm 5:45pm - 6:45pm	4:30pm - 5:30pm 5:45pm - 6:45pm	11:45am - 12:45pm
Masters Swim	Lap Pool	8:00pm - 8:45pm			8:00pm - 8:45pm		



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## SWIM LESSONS START OCTOBER 12, 2021

In lieu of swimming lessons being delayed until October 12th,  
please join us for additional recreational swim times with your family.

## Become a Lifeguard!

**National Lifeguard Pool Course: Sept 10, 11, 12 & 17, 18, 19.**

Visit the online portal or call our membership desk at (705) 526-7828 for more information.

### Notes:

**Basketball - Youth under 10 years require active adult supervision.**

**Pool - Pool must be fully vacated in between booking times.**

### Hours of Operation

Monday and Wednesday: 6:00am - 1:30pm & 3:30pm - 9:00pm

Tuesday and Thursday: 6:00am - 1:00pm & 3:30pm - 9:00pm

Friday: 6:00am - 1:30pm & 3:30pm - 8:00pm

Saturday: 7:00am - 1:00pm

Sundays and Statutory Days: CLOSED