



Midland YMCA: Health, Fitness & Aquatics Centre

Fall 2021

Monday November 1 - Saturday December 18, 2021

560 Little Lake Park Rd, P.O. Box 488
 Midland ON, L4R 4L3
 Phone: (705) 526-7828
 email: midland.hfa@sm.ymca.ca

Fitness (13yrs +)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On-line registration required for all Aquafit classes, Lane Swims and registered Youth Programs.							
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 12:30pm-1:15pm	
Cycle	Gym			6:30am-7:15am 9:00am-9:45am			
Fusion	Gym				10:30am-11:15am		
Group Power	Gym	6:30am-7:30am 9:00am-10:00am			5:15pm-6:15pm	9:00am-10:00am	
HIIT	Gym						9:15am-10:00am
Legs Tum & Bum	Gym			5:30-6:15pm			
Instructor's Choice	Gym		5:30pm-6:15pm				
On The Move	Gym	11:30am-12:15pm Strength & Cardio	11:30am-12:15pm Chair Yoga	11:30am-12:15pm Functional Fitness	11:30am-12:15pm Chair Dance	11:30am-12:15pm Balance	
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			
Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool Y Kids 3-5yrs	Gym A	4:00pm-6:00pm		6:00pm-8:00pm			9:00am-11:00am
Child Y Kids 6-12yrs	Gym A	4:00pm-6:00pm		6:00pm-8:00pm			9:00am-11:00am
Stay and Play (\$)	Multipurpose Rm.	8:45am-11:15am (\$)		8:45am-11:15am (\$)			
Advanced/Intermediate Leadership (gr. 9-12)	Multipurpose Rm.	2:45pm-4:00pm					
JR Leaders (gr. 5-8)	Gym B					4:30pm-5:30pm	
Youth Wellness	Gym B			5:30-6:30pm	7:00-8:00	5:30pm-6:30pm	10:15-11:15am

Y Kids and Stay and Play are drop in, Youth Leadership, and Youth Conditioning require registration.

Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Gym	*Gym A	9:00am-10:00am	10:15am-11:15am				10:30am-11:15am
Open Gym	Gym A and/or 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
Lane Swim (Pre-Booking Required, private lanes)	Lap Pool (Pool must be fully vacated in between booking times)	6:15am-7:00am 7:15am-8:00am 11:45am-12:15pm 7:00pm-7:45pm	6:15am-7:00am 7:15am-8:00am 8:00-8:45pm	6:15am-7:00am 7:15am-8:00am	6:15am-7:00am 7:15am-8:00am 11:45am-12:45pm 7:00pm-7:45pm	7:15am-8:00am 11:45am-12:15pm 3:30pm-4:15pm	11:45am-12:45pm
NEW! Lane Swim (Drop-In, Shared Lanes)	Lap Pool	8:15am-10:00am	8:15am-10:00am 12:15pm-1:00pm 7:00pm-7:45pm	8:15am-10:00am 8:00pm-8:45pm	8:15am-10:00am	8:15am-10:00am 3:30pm-4:15pm	7:15am-8:45am
Masters Swim (drop in)	Lap Pool (Pool must be fully vacated in between booking times)	8:00pm-8:45pm			8:00pm-8:45pm		
Open Swim	Lap Pool (Pool must be fully vacated in between booking times)				11:45am-12:45pm	4:30pm-5:30pm 5:45pm-6:45pm	11:45am-12:45pm

WINTER SWIM LESSON REGISTRATION OPENS DECEMBER 4 2021

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

Hours of Operation

Monday & Wednesday 6:00am - 1:30pm & 3:30pm - 9:00pm
Tuesday & Thursday 6:00am - 1:00pm & 3:30pm - 9:00pm
Friday: 6:00am - 1:30pm & 3:30pm - 8:00pm
Saturday: 7:00am - 1:00pm
Sunday: CLOSED
Statutory Days:CLOSED

YMCA of Simcoe/Muskoka: Mission Statement

The YMCA is dedicated to the growth of all persons in spirit, mind & body, and to their sense of belonging to each other and the global community.

YMCA of Simcoe/Muskoka: Vision Statement

The YMCA inspires people to reach their full potential.

YMCA of Simcoe/Muskoka: Core Values

Caring, Honesty, Inclusiveness, Respect, Responsibility