



# Midland YMCA: Health, Fitness & Aquatics Centre

## Fall 2021

Tuesday October 12 - 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
<b>On-line registration required for all Aquafit classes, Lane Swims and registered Youth Programs.</b>							
<b>PRE-BOOKED Aquafit/Social Aquafit*</b>	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	
<b>Cycle</b>	Gym			6:30am-7:15am 9:00am-9:45am			
<b>Fusion</b>	Gym				10:30am-11:15am		
<b>Group Power</b>	Gym	6:30am-7:30am 9:00am-10:00am			5:15pm-6:15pm	9:00am-10:00am	
<b>HIIT</b>	Gym						9:15am-10:00am
<b>Legs Tum &amp; Bum</b>	Gym			5:30-6:15pm			
<b>Instructor's Choice</b>	Gym		5:30pm-6:15pm				
<b>On The Move</b>	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>	
<b>Pilates</b>	Gym		6:30pm-7:15pm				
<b>Step</b>	Gym		9:00am-10:00am		9:15am-10:15am		
<b>Yoga</b>	Gym	10:15am-11:15am		10:15am-11:15am	6:30pm-7:15pm	10:15am-11:15am	
<b>Zumba</b>	Gym	5:30pm-6:15pm	10:15am-11:00am	6:30pm-7:15pm			
Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Preschool Y Kids 3-5yrs</b>	Gym A	4:00pm-6:00pm		6:00pm-8:00pm			9:00am-11:00am
<b>Child Y Kids 6-12yrs</b>	Gym A	4:00pm-6:00pm		6:00pm-8:00pm			9:00am-11:00am
<b>Stay and Play (\$)</b>	Multipurpose Rm.	8:45am-11:15am (\$)		8:45am-11:15am (\$)			
<b>Advanced/Intermediate Leadership (gr. 9-12)</b>	Multipurpose Rm.	4:15pm-5:30pm					
<b>JR Leaders (gr. 5-8)</b>	Gym B					4:30pm-5:30pm	
<b>Youth Wellness</b>	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
<b>Family Gym</b>	*Gym A	9:00am-10:00am	10:15am-11:15am				10:30am-11:15am
<b>Open Gym</b>	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
<b>Lane Swim (Pre-Booking Required)</b>	Lap Pool (Pool must be fully vacated in between booking times)	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 9:15am-10:00am 11:30am-12:15pm 7:00pm-7:45pm	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 9:15am-10:00am 12:15pm-1:00pm 7:00pm-7:45pm 8:00-8:45pm	6:15am-7:00am 7:15am-8:00am 8:15am-9:00am 9:15am-10:00am 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-9:00am 11:45am-12:45pm
<b>Masters Swim (drop in)</b>	Lap Pool (Pool must be fully vacated in between booking times)	8:00pm-8:45pm			8:00pm-8:45pm		
<b>Open Swim</b>	Lap Pool (Pool must be fully vacated in between booking times)				11:30am-12:45pm	4:30pm-5:30pm 5:45pm-6:45pm	11:45am-12:45pm

## SWIM LESSONS START OCTOBER 12, 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