



Midland YMCA: Health, Fitness, & Aquatics Centre

FALL SCHEDULE 2022

Monday September 12 - Saturday December 24, 2022

- Schedule is subject to change -

Check out the most up to date schedule at YMCAOnlinePortal.ca

Adult Fitness (13+)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit	Pool	10:15am - 11:00am 12:30pm - 1:15pm 6:55pm - 7:40pm	10:15am - 11:00am	10:15am - 11:00am 12:30pm - 1:15pm 6:55pm - 7:40pm	10:15am - 11:00am	10:15am - 11:00am 12:30pm - 1:15pm		
Cycle	Gym	8:15am - 8:45am		6:05am - 6:50am 9:15am - 10:00am 5:15pm - 6:00pm		12:30pm - 1:15pm		
Fusion			6:30pm - 7:15pm	7:00am - 7:30am 10:15am - 11:15am* Yoga/Fusion combo*				
Group Power	Gym	6:15am - 7:15am 9:15am - 10:15am	5:15pm - 6:15pm			9:15am - 10:15am		
On The Move	Gym	11:30am - 12:15pm Strength & Cardio	11:30am - 12:15pm Chair Dance	11:30am - 12:15pm Functional Fitness	11:30am - 12:15pm Chair Yoga	11:30am - 12:15pm Balance		
Pump	Gym			8:00am - 9:00am	5:30pm - 6:30pm			
Step	Gym		9:00am - 10:00am		9:15am - 10:15am			
TRX Circuit	Gym	6:00pm - 6:45pm						
Yoga	Gym	10:30am - 11:15am		10:15am - 11:15am* Yoga/Fusion combo*	6:45pm - 7:30pm	10:30am - 11:15am		
Zumba	Gym	5:00pm - 5:45pm	10:15am - 11:00am	6:15pm - 7:00pm	10:30am - 11:15am			

Land Fitness classes are drop in (participants 13+)



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Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child Minding (\$) (Drop In)	Multi-purpose Room	9:00 am - 12:00pm (\$)		9:00am - 12:00pm (\$) 5:45pm - 7:15pm (\$)				
Y Kids 3-5 yrs & 6-12 yrs (Drop In)	Gym A	4:00pm - 7:00pm	4:00pm - 6:00pm				9:15am - 11:15am	
Floor Hockey Ages 6-12 yrs	Gym A			4:00pm - 4:45pm				
Outdoor Explorers 3-5 years	Outside			5:00pm - 5:30pm				
Intermediate Leaders/Advanced Leaders (Gr. 9-12)	Multi-purpose Room	2:45pm - 4:00pm						
Leaders in Training (Gr. 5/6)	Gym B					4:30pm - 5:30pm		
Junior Leaders (Gr. 7/8)	Gym B					5:45pm - 6:45pm		
Youth Wellness	Cond. Room				4:00pm - 5:00pm			

Y Kids and Child Minding are drop in, all others require registration.



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Self-Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball (13+)	Gym		12:30pm - 2:30pm		12:30pm - 2:30pm			
Conditioning Room	Cond. Room	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 7:45pm	7:00am - 2:45pm	8:00am - 12:45pm
Family Gym	*Gym A		10:15am - 11:15am		10:15am - 11:15am			
Open Gym	Gym A and/or Gym B	6:00am - 8:30am 12:30pm - 1:15pm 2:45pm - 4:45pm 7:00pm - 8:45pm	6:00am - 8:45am 2:30pm - 5:00pm 7:30pm - 8:45pm	6:00am - 8:45am 2:30pm - 4:45pm 7:00pm - 8:45pm	6:00am - 9:00am 2:30pm - 5:00pm 7:30pm - 8:45pm	6:00am - 8:45am 12:30pm - 1:15pm 2:30pm - 7:45pm	9:15am - 2:45pm	8:00am - 12:45pm
Senior Serendipity (Social Club)	Various Locations	1:30pm - 2:30pm Board Silly (Gymnasium)	11:30am - 12:15pm Hiking Club (Meet in Social Seating)	12:30pm - 1:30pm Board Silly (Gymnasium)	11:30am - 12:15pm Hiking Club (Meet in Social Seating)	12:30pm-2:30pm POTLUCK Halloween Themed *October 28th		
Volleyball/ Dodgeball	Gym		7:30pm - 8:30pm (Dodgeball)		7:45pm - 8:45pm (Volleyball)			
Adult Swim Lessons			6:30pm -7:00pm *drop in			11:15am - 11:45pm *drop in		
Masters Swim	Lap Pool (Pool must be fully vacated in between booking times)	7:45pm - 8:45pm			7:45pm - 8:45pm			
Lane Swim		6:15am - 10:00am 11:15am - 12:15pm	6:15am - 10:00am 11:15am - 1:15pm 7:15pm - 8:15pm	6:15am - 10:00am 11:15am - 12:15pm 8:00pm - 8:45pm	6:15am - 10:00am 11:15am - 1:15pm 6:45pm - 7:30pm	6:15am - 10:00am 11:15am - 12:15pm 4:00pm - 7:30pm	7:15am - 8:45am 12:00pm - 1:00pm	8:15am - 10:00am 10:15am - 12:30pm
Open Swim/Family Swim*			12:00pm - 1:15pm 7:15pm - 8:15pm		12:00pm - 1:15pm 6:45pm - 7:30pm	4:00pm - 5:45pm* 6:00pm - 7:30pm	12:00pm - 1:00pm	10:00am - 11:00am 11:00am - 12:00pm*

Youth under 10 years require active supervision. Pool must be fully vacated in between booking times.

Serendipity will have "Shelf Indulgent" (book club) every 3rd Wednesday of the month from 12:30pm - 1:30pm - more info to come



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Hours of Operation:

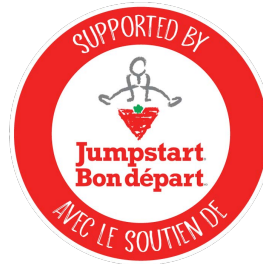
Monday - Thursday: 6:00am - 9:00pm

Friday: 6:00am - 8:00pm

Saturday: 7:00am - 3:00pm

Sunday: 8:00am - 1:00pm

Statutory Holidays: CLOSED



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport