



Midland YMCA: Health, Fitness, & Aquatics Centre
Spring SCHEDULE 2023

Monday March 20 - Sunday June 11, 2023

- 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/Family 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	8:00am - 8:45am		6:15am - 7:00am* *last class May 24th 9:15am - 10:00am		8:00am - 8:45am		
Group Power	Gym	6:15am - 7:15am* *last class May 29th 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			
Family Kan Jam	Gym			5:00pm-6:00pm				
TRX Circuit	Gym	6:00pm - 6:45pm						
Yoga/Fusion* Restorative Yoga**	Gym	10:30am - 11:15am 8:00pm - 8:45pm** Restorative **registered starts March 20th	12:30 - 1:15pm 6:30-7:15pm*	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 Family Zumba	10:30am - 11:15am			

Land Fitness classes are drop in (participants 13+ unless listed as Family, parent participation required)



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Child/Youth	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child Minding (0-6 yrs) (Drop In)	Multi-purpose Room		9:00am - 12:00pm		9:00am-10:00am	9:00am - 12:00pm		
Y Kids 3-5 yrs & 6-12 yrs (Drop In)	Gym A	4:00pm - 7:00pm	4:00pm - 6:00pm				9:15am - 11:15am	
Outdoor Explorers (registered)	Outside			4:30pm - 5:15pm 3-5 yrs 5:30pm - 6:15pm 6-10 yrs				
Spring Stroller Club	Outside	11:15am - 12:15 pm		11:15am - 12:15pm				
Youth Basketball (12-17 yrs)	Gym A	3:15pm - 4:45pm		4:00pm - 5:00pm				
Parent & Tot Gym & Swim (0-3 yrs)	Gym A		10:15am - 11:15am Gym		10:15am - 11:15am Gym 11:30am - 12:00 pm Swim			
Leaders in Training (Gr. 5/6)	Gym A					4:30pm - 5:30pm		
Junior Leaders (Gr. 7/8)						5:45pm - 6:45pm		
Bronze Prep (registered)	Lap Pool				6:15pm - 7:15pm			
Youth Wellness (registered)	Cond. Room				4:00pm - 5:00pm Level 1	3:30pm - 4:30pm Level 2		

Visit the Membership Desk to Inquire About Registered Programs



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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		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					2:30pm - 4:00pm		10:00am - 11:00am
Open Gym	Gym A and/or Gym B	6:00am - 8:30am 3:30pm - 4:45pm 7:00pm - 8:45pm	6:00am - 8:45am 1:30pm - 5:00pm 7:30pm - 8:45pm	6:00am - 8:45am 12:30pm - 4:45pm 6:15pm - 8:45pm	6:00am - 9:00am 2:45pm - 6:15pm 7:45pm - 8:45pm	6:00am - 8:45am 1:30pm - 7:45pm	7:00am - 9:00am 9:15am - 2:45pm	8:00am - 12:45pm
Silver Social Club	Various Locations	1:30pm - 2:30pm Board Silly Chase the Ace (Social Seating)		1:30pm - 2:30pm Board Silly Yahtzee (Social Seating)				
Volleyball/ Dodgeball	Gym		7:30pm - 8:30pm (Dodgeball)		7:45pm - 8:45pm (Volleyball)			
Adult Swim Lessons	Lap Pool		6:30pm - 7:00pm *drop in			11:15am - 11:45am *drop in		
Masters Swim	(Pool must be fully vacated in between booking times)	7:55pm - 8:50pm			7:45pm - 8:45pm			
Lane Swim * limited availability		6:15am - 10:00am 11:15am - 12:15pm	6:15am - 10:00am 11:15am - 1:15pm 7:15pm - 8:45pm	6:15am - 10:00am 11:15am - 12:15pm 8:00pm - 8:45pm	6:15am - 10:00am 11:15am - 1:15pm* 7:00pm - 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 7:00pm - 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.



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Hours of Operation:

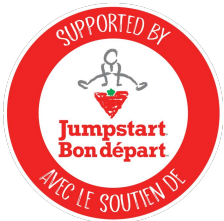
Monday - Thursday: 6:00am - 9:00pm

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

Youth Night is Back!

Register for one of our Program Blocks at the Membership Desk,
or through your online Portal
www.ymcaofsimcoemuskoka.ca

Members: Free

Non-Members: \$2

Registration Options (Choose 1):

Volleyball

Basketball

Open Swim

Artist Zone

Fitness Circuit

Available April 14, May 12, & June 9