

Midland YMCA

Health, Fitness, & Aquatics

January 1 - March 17
2024 Winter Schedule



| MONDAY | | | | | | | | |
|---------|---|----------------------------|-------------------------|---|-------------------------------|---------------------------|--|----------------------------|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | | | |
| 6:00am | Open Gym 6:00-8:45am | | | | Lane Swim 6:15-10:00am | | | |
| 6:30am | | | | | | | | |
| 7:00am | | | | | | | | |
| 7:30am | | | | | | | | |
| 8:00am | | | | | | | | |
| 8:30am | | | | | | | | |
| 8:00am | | Cycle 8:00-8:45am | | | | | | |
| 8:30am | | | | | | | | |
| 9:00am | Group Power 9:15-10:15am | | | Stay n' Play 0-5 yrs 9:00-12:00pm | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am | | |
| 9:30am | | | | | | | | |
| 10:00am | Yoga 10:30-11:15am | | | | Aquafit 10:15-11:00am | | | |
| 10:30am | | | | | | | | |
| 11:00am | On The Move: Interval Training 11:30-12:15pm | | | | Swim Lessons 11:00-12:00pm | | | Lane Swim 11:15-12:15pm |
| 11:30am | | | | | | | | |
| 12:00pm | | | | | Aquafit 12:30-1:15pm | | | |
| 12:30pm | Pickleball 12:30-2:30pm | | Gravity 12:30-1:00pm | | | | | |
| 1:00pm | | | | | | | | |
| 1:30pm | | | | | | | | |
| 2:00pm | | | | | | | | |
| 2:30pm | | | | | | | | |
| 3:00pm | Open Gym 3:00-4:00pm | | | Intermediate & Advanced Leaders 2:45-3:45pm | Swim Lessons 3:15-6:50pm | | | |
| 3:30pm | | | | | | | | |
| 4:00pm | Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm | Open Gym 3:00-4:30pm | | | | | | |
| 4:30pm | | | | | | | | |
| 5:00pm | | Group Power 5:15-6:15pm | | | | | | |
| 5:30pm | | | | | | | | |
| 6:00pm | | | | | | | | |
| 6:30pm | | Belly Dance 6:30-7:15pm | | | | | | |
| 7:00pm | | | Yoga 7:15-8:00pm | | Aquafit 7:00-7:45pm | Lane Swim 7:00-7:45pm | | |
| 7:30pm | Open Gym 7:15-8:45pm | | | | Masters Swim 7:55-8:45pm | | | |
| 8:00pm | | | | | | | | |
| 8:30pm | | | | | | | | |
| 9:00pm | | | | | | | | |

Drop-In Fitness
 Child and Youth
 Registered Programs
 Self-Directed
 Drop-In Aquatics

For more information, please contact your Membership Services Desk

Midland YMCA

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January 1 - March 17
2024 Winter Schedule



| TUESDAY | | | | | | | |
|---------|--|-------------------------|-------------------------|-----|-------------------------------|----------------------------------|--------------------------|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | | |
| 6:00am | Open Gym 6:00-8:45am | | | | Lane Swim 6:15-10:00am | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | | | | | | | |
| 8:00am | | | | | | | |
| 8:30am | | | | | | | |
| 9:00am | Step 9:15-10:15am | | | | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am | |
| 9:30am | | | | | | | |
| 10:00am | Family Gym 10:15-11:15 | Arriba 10:30-11:15am | | | Aquafit 10:15-11:00am | | |
| 10:30am | | | | | | | |
| 11:00am | | | | | | | |
| 11:30am | On The Move: Balance 11:30-12:15pm | | | | Swim Lessons 11:00-12:00pm | Lane Swim 11:15-1:15pm | |
| 12:00pm | | | | | | | |
| 12:30pm | Cycle 12:15-1:00pm | | Gravity 12:30-1:00pm | | Open Swim 12:00-1:15pm | | |
| 1:00pm | | | | | | | |
| 1:30pm | Open Gym 1:15-3:45pm | | | | | | |
| 2:00pm | | | | | | | |
| 2:30pm | | | | | | | |
| 3:00pm | | | | | | | |
| 3:30pm | | | | | | | |
| 4:00pm | Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm | | Gravity 4:30-5:00pm | | Swim Lessons 3:15-6:50pm | | |
| 4:30pm | | | | | | | |
| 5:00pm | | Circuit 5:15-6:00pm | | | | | |
| 5:30pm | | | | | | | |
| 6:00pm | | | | | | | |
| 6:30pm | | | Fusion 6:15-7:00pm | | | | |
| 7:00pm | Open Gym 7:00-8:45pm | | Nia 7:15-8:15pm | | Lane Swim 7:00-8:45pm | Adult Swim Lesson 7:00-7:30pm | |
| 7:30pm | | | | | | | |
| 8:00pm | Volleyball 7:30-8:30pm | Open Gym 7:00-8:45pm | | | | | Open Swim 7:45-8:45pm |
| 8:30pm | | | | | | | |
| 9:00pm | | | | | | | |

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2024 Winter Schedule



| WEDNESDAY | | | | | | |
|-----------|--|----------------------------|-------------------------|--|-------------------------------|----------------------------|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | |
| 6:00am | Open Gym 6:00-7:45am | | | | Lane Swim 6:15-10:00am | |
| 6:30am | | | | | | |
| 7:00am | | | | | | |
| 7:30am | | | | | | |
| 8:00am | Pump 8:00-9:00am | | | | | |
| 8:30am | | | | | | |
| 9:00am | Cycle 9:15-10:00am | | | Stay n' Play 0-5 yrs 9:00-12:00pm | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am |
| 9:30am | | | | | | |
| 10:00am | Yoga 10:15-11:15am | | | | Aquafit 10:15-11:00am | |
| 10:30am | | | | | | |
| 11:00am | | | | | Swim Lessons 11:00-12:00pm | Lane Swim 11:15-12:15pm |
| 11:30am | On The Move: Functional Fitness 11:30-12:15pm | | | | | |
| 12:00pm | | | | | Aquafit 12:30-1:15pm | |
| 12:30pm | | | Gravity 12:30-1:00pm | Silver Club 11:15-12:15pm | | |
| 1:00pm | Open Gym 12:30-4:00pm | | | | | |
| 1:30pm | | | | | | |
| 2:00pm | | | | | | |
| 2:30pm | | | | | | |
| 3:00pm | | | | | | |
| 3:30pm | | | | | | |
| 4:00pm | Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm | Open Gym 12:30-4:45pm | | | Swim Lessons 3:15-6:50pm | |
| 4:30pm | | | | Art Spark Workshop (\$) 3-5 yrs 4:45-5:45pm | | |
| 5:00pm | | Group Power 5:15-6:15pm | | | | |
| 5:30pm | | | | Art Spark Workshop (\$) 6-9 yrs 5:45-6:45pm | Aquafit 7:00-7:45pm | |
| 6:00pm | | Zumba 6:30-7:15pm | | | | |
| 6:30pm | | | | | Lane Swim 7:00-8:45pm | |
| 7:00pm | Open Gym 7:00-8:45pm | | | | | |
| 7:30pm | | | | | | |
| 8:00pm | | | | | | |
| 8:30pm | | | | | | |
| 9:00pm | | | | | | |



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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Midland YMCA

Health, Fitness, & Aquatics

January 1 - March 17

2024 Winter Schedule



| THURSDAY | | | | | | | |
|----------|---|----------------------------|---|-------------------------------|-------------------------------|-----------------------------|--|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | | |
| 6:00am | Open Gym 6:00-8:45am | | | | Lane Swim 6:15-10:00am | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | | | | | | | |
| 8:00am | | | | | | | |
| 8:30am | | | | | | | |
| 9:00am | Step 9:15-10:15am | | | Stay n' Play 9:00-10:00am | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am | |
| 9:30am | Parent & Tot Social Gym 10:15-11:15 | | Arriba 10:30-11:15am | | | Aquafit 10:15-11:00am | |
| 10:00am | | | | | | | |
| 10:30am | | | | | | | |
| 11:00am | On The Move: Chair Yoga 11:30-12:15pm | | | | Swim Lessons 11:00-12:00pm | Lane Swim 11:15-1:15pm | |
| 11:30am | | | | | | | |
| 12:00pm | | | | | | | |
| 12:30pm | | | Gravity 12:30-1:00pm | | | | |
| 1:00pm | Pickleball 12:30-2:30pm | | | | Open Swim 12:00-1:15pm | | |
| 1:30pm | | | | | | | |
| 2:00pm | | | | | | | |
| 2:30pm | Open Gym 2:45-4:45pm | | | | | | |
| 3:00pm | | | | | | Swim Lessons 3:15-6:50pm | |
| 3:30pm | | | | | | | |
| 4:00pm | | | | Youth Wellness 4:00-5:00pm | | | |
| 4:30pm | | | Gravity 4:30-5:00pm | Youth Wellness 5:00-6:00pm | | | |
| 5:00pm | | | Floor Hockey Workshop (\$) 6-9 yrs 5:00-6:00pm | Pump 5:15-6:15pm | | | |
| 5:30pm | Floor Hockey Workshop (\$) 10-12 yrs 6:00-7:00pm | TRX Circuit 6:00-6:30pm | | | | | |
| 6:00pm | | Open Gym 6:30-8:45pm | | | | | |
| 6:30pm | | | Yoga 6:45-7:30pm | | Lane Swim 7:00-7:30pm | Open Swim 7:00-7:30pm | |
| 7:00pm | Volleyball 7:45-8:45pm | | | | Masters Swim 7:45-8:45pm | | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |
| 8:30pm | | | | | | | |
| 9:00pm | | | | | | | |

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| FRIDAY | | | | | | | |
|---------|---|------------------------------------|-------------------------|-------------------------------|--|----------------------------|--|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | | |
| 6:00am | Open Gym 6:00-7:45am | | | | Lane Swim 6:15-10:00am | | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | | | | | | | |
| 8:00am | | | | | | | |
| 8:30am | Cycle 8:00-8:45am | | | | | | |
| 9:00am | Group Power 9:15-10:15am | | | | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am | |
| 9:30am | | | | | | | |
| 10:00am | | | | | | | |
| 10:30am | Yoga 10:30-11:15am | | | | Aquafit 10:15-11:00am | | |
| 11:00am | On The Move: Cardio & Strength 11:30-12:15pm | | | | Adult Drop In Swim Lessons 11:15-11:45am | Lane Swim 11:15-12:15pm | |
| 11:30am | | | | | | | |
| 12:00pm | | | | | | | |
| 12:30pm | | | | | | | |
| 1:00pm | | | | | | | |
| 1:30pm | Open Gym 12:30-7:45pm | | Gravity 12:30-1:00pm | | Aquafit 12:30-1:15pm | | |
| 2:00pm | | | | | | | |
| 2:30pm | | | | | | | |
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| 3:30pm | | | | | | | |
| 4:00pm | | | | | | | |
| 4:30pm | | | | | | | |
| 5:00pm | Open Gym 12:30-7:45pm | Leaders In Training 4:30-5:30pm | | Youth Wellness 4:00-5:00pm | Lane Swim 3:00-4:45pm | Family Swim 3:45-4:45pm | |
| 5:30pm | | Junior Leaders 5:30-6:30pm | | | Sensory Friendly Swim 5:00-6:00pm | | |
| 6:00pm | | | | | | | |
| 6:30pm | | | | | | | |
| 7:00pm | Open Gym 12:30-7:45pm | | | | Lane Swim 6:15-7:45pm | Open Swim 6:15-7:45pm | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |
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| 9:00pm | | | | | | | |
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January 1 - March 17

2024 Winter Schedule



| SATURDAY | | | | | | |
|----------|--|---------------------------|---------------------|-----|---|--------------------------|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | |
| 6:00am | | | | | | |
| 6:30am | | | | | | |
| 7:00am | Open Gym 7:00-8:45am | | | | Lane Swim 7:15-8:45am | Open Swim 7:15-8:45am |
| 7:30am | | | | | | |
| 8:00am | | | | | | |
| 8:30am | | | | | | |
| 9:00am | Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am | Bootcamp 9:00-9:45am | | | Swim Lessons 9:00-12:45pm | |
| 9:30am | | | | | | |
| 10:00am | | Open Gym 10:00-11:30am | | | | |
| 10:30am | | | | | | |
| 11:00am | | | | | | |
| 11:30am | | | | | | |
| 12:00pm | Pickleball (1 court for families) 11:45-1:45pm | | | | Sensory Friendly Swim Lessons 1:15-2:20pm | Lane Swim 1:00-2:30pm |
| 12:30pm | | | | | | |
| 1:00pm | | | | | | |
| 1:30pm | | | | | | |
| 2:00pm | Open Gym 2:00-2:45pm | | | | | |
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| 9:00pm | | | | | | |

Midland YMCA

Health, Fitness, & Aquatics

January 1 - March 17
2024 Winter Schedule



| SUNDAY | | | | | | |
|---------|---------------------------------------|-------|----------------------|-----|--|---------------------------|
| | Gym A | Gym B | Yoga Studio/Gravity | MPR | Pool | |
| 6:00am | | | | | | |
| 6:30am | | | | | | |
| 7:00am | | | | | | |
| 7:30am | | | | | | |
| 8:00am | Open Gym 8:00-8:45am | | | | Lane Swim 8:15-9:15am | |
| 8:30am | | | | | | |
| 9:00am | Cycle 9:00-9:45am | | | | | |
| 9:30am | | | | | Open Swim 9:15-10:15am | Lane Swim 9:15-10:15am |
| 10:00am | Open Gym 10:00-10:30am | | Nia 10:00-11:00am | | Family Swim 10:30-11:15am | |
| 10:30am | | | | | | |
| 11:00am | Sensory Friendly Gym 10:30-11:30am | | | | Sensory Friendly Swim 11:30-12:15pm | |
| 11:30am | | | | | | |
| 12:00pm | Open Gym 11:30-12:45pm | | | | | |
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| 8:00pm | | | | | | |
| 8:30pm | | | | | | |
| 9:00pm | | | | | | |

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UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise:
On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



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

YMCA Silver Club is generously funded by:

