Health, Fitness, & Aquatics



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



Health, Fitness, & Aquatics



Gym A   Gym B   Studio/Gravity   MPR   Pool				TUESDAY				
Company   Comp		Gym A	Gym B		MPR	Pool		
7:00am 7:30am 8:00am 8:00am 8:00am 8:00am 8:00am 8:00am 8:00am 9:00-8:45am  7:00am 9:00-8:45am  9:00-8:45am  9:00-8:45am  9:00-9:45am  9:00-9:00am 9:00-10:00am 10:00am 10:00am 10:00am 10:15-11:15 10:30-11:15am 10:30-11:15am 10:30-11:15am 10:30-11:15am 10:30-11:15am 10:30-11:15am 10:30-11:15am 10:30am 11:00am 11:30am	6:00am							
TRX   Si,00am   Step   Yoga   Si,00am   Step   Yoga   Pi,00am   Step   Yoga   Pi,00am   Pi,00a	6:30am							
8:00am 8:30am 9:00am 9:00am 9:15-10:15am 9:00-9:45am 9:00-10:00am 10:00am 10:00am 10:15-11:15 10:30-11:15am 10:30-11:10am 11:30-12:15pm 11:30-12:15pm 11:30-12:30pm 11:30-	7:00am	Open	Gym					
8:30am 9:00am 9:00am 9:30am 9:15-10:15am 9:00-9:45am 9:00-9:00-9:45am 9:00-10:00am 10:00am 10:00am 11:00am 11:00am 11:00am 11:30am 11:30-11:15am 10:30-11:15am 10:30-11:30-11:15am 10:30-11:30-11:15am 10:30-11:30-11:15am 10:30-11:30-11:15am 10:30-11:30-11:15am 10:30-11:30-1	7:30am	6:00-8	3:45am					
9:00am 9:30am 9:15-10:15am 9:00-9:45am 10:00am 10:00am 11:00am 11:00am 11:30am 11:30am 11:30-12:15pm 11:30-12:15pm 11:30-12:15pm 11:30-12:15pm 11:30-12:15pm 11:30-12:15pm 11:30-12:30pm 11:30pm 11:30pm 11:30pm 11:52:15pm 11:50-12:30pm 11:52:15pm 11:52:15pm 11:50-12:30pm 11:52:10pm 11:50-12:30pm 11:52:10pm 11:52:10pm 11:50-12:30pm 11:52:10pm 11:52:10pm	8:00am							
9:30am 9:315-10:15am 9:00-9:45am 9:00-9:45am 9:00-9:45am 10:00am 10:00am 10:30am 10:15-11:15  10:30-11:15am 10:30-				8:00-8:45am				
9:30am 10:00am 10:00am 10:30am 10:15-11:15  10:30am 11:30am 11	9:00am	St	ер	Yoga			Open Swim	
10:30am	9:30am	9:15-10	0:15am	9:00-9:45am			9:00-10:00am	
10:30am	10:00am	Family Gym	Arriba					
11:30am								
11:30								
12:00pm	11:30am							
12:30pm 1:00pm 1:30pm 1:30pm 2:00pm 1:15-2:15pm 2:30pm 2:30pm 3:00pm 3:00pm 3:30pm 4:00pm 4:00pm 4:00-5:30pm 5:00pm 5:30pm 5:30pm 6:00pm 6:30pm 7:00pm 7:00pm 7:00pm 8:00pm 8:00pm 8:00pm 8:00pm 8:00-8:45pm 12:15-1:00pm 12:20- 12:30pm 12:20- 12:30pm 12:30p		11:30-1	2:15pm 			12:00pm Lane Swim		
1:00pm	12:30pm	· ·					11.10 12.00p	
2:30pm 2:30pm 3:00pm 3:30pm 4:00pm 4:00pm 5:30pm 5:00pm 5:30pm 6:30pm 7:00pm 7:30pm 8:30pm 1:15-2:15pm 1:15-2:15pm 0 0pen Gym 2:30-5:00pm 0 Gravity 4:30-5:00pm 4:30-5:00pm  6:15-7:00pm 6:15-7:30pm 6:15-7:30pm 0 Gravity 4:30-5:00pm  Fusion 6:15-7:00pm 6:15-7:00pm 6:15-7:30pm  Nia 7:15-8:15pm  Adult Swim Lesson 7:00-7:30pm 7:00-7:30pm 0 Open Gym 8:45pm 0 Open Gym 8:00-8:45pm	1:00pm							
2:30pm	1:30pm							
3:00pm   2:30-5:00pm   2:30-5:00pm   3:30pm   2:30-5:00pm   4:00pm   Y Kids   3-5 yrs & 6-9 yrs   4:00-5:30pm   5:00pm   5:30pm   Soccer / Outdoor   Explorers   Workshop (\$)   5:45-6:45pm   6:15-7:30pm   6:15-7:00pm   Soccer / Outdoor   Explorers Workshop (\$)   6:45-7:45pm   Open Gym   6:15-7:30pm   Nia   T:15-8:15pm   Circuit   5:15-8:30pm   Nia   T:00-7:30pm   Adult Swim Lesson   7:00-7:30pm   T:00-7:30pm   T:00-7:	2:00pm							
3:30pm  4:00pm  Y Kids 3-5 yrs & 6-9 yrs 4:00-5:30pm  5:00pm 5:30pm 6:30pm 7:00pm 7:00pm 7:30pm 8:30pm 8:30pm 8:30pm 8:00-8:45pm  2:30-5:00pm  Gravity 4:30-5:00pm 4:30-5:00pm 5:15-6:50pm  Swim Lessons 3:15-6:50pm  Fusion 6:15-7:00pm 6:15-7:00pm 7:15-8:15pm  Nia 7:15-8:15pm  Volleyball 7:30-8:30pm 8:00-8:45pm  7:00-8:45pm	2:30pm	Open	Cym					
3:30pm       Y Kids       Gravity       Swim Lessons       Swim Lessons       3:15-6:50pm         4:30pm       Soccer / Outdoor       Explorers       Fusion       Fusion       6:15-7:00pm       Fusion       6:15-7:00pm       Adult Swim Lesson       7:00-7:30pm       Adult Swim Lesson       7:00-7:30pm       Adult Swim Lesson       7:00-7:30pm       Open Gym       6:15-7:30pm       Fusion       Circuit       Fusion       Circuit       Fusion       Circuit       Circuit       Circuit       Fusion       Circuit	3:00pm							
4:30pm       3-5 yrs & 6-9 yrs       4:30-5:00pm         5:00pm       5:00pm       Soccer / Outdoor Explorers Workshop (\$)       Circuit 5:15-6:00pm         6:30pm       Soccer / Outdoor Explorers Workshop (\$)       Fusion 6:15-7:00pm         7:30pm       Soccer / Outdoor Explorers Workshop (\$)       Nia 7:15-8:15pm         8:00pm       Open Gym 8:30pm       Volleyball 7:30-8:30pm         8:00-8:45pm       Open Gym 8:00-8:45pm	3:30pm			_				
4:30pm       4:00-5:30pm         5:00pm       Soccer / Outdoor         5:30pm       Soccer / Outdoor         6:00pm       Explorers         Workshop (\$)       5:45-6:45pm         7:00pm       Soccer / Outdoor         7:30pm       Soccer / Outdoor         Explorers Workshop (\$)       6:15-7:30pm         Nia       Nia         7:15-8:15pm       Jane Swim         7:00-7:30pm         Volleyball       7:00-7:30pm         7:00-8:45pm	4:00pm					Cuina Lagrana		
5:30pm         Soccer / Outdoor Explorers Workshop (\$) 5:45-6:45pm         Fusion 6:15-7:00pm         Fusion 6:15-7:00pm           7:00pm         Soccer / Outdoor Explorers Workshop (\$) 6:45-7:45pm         Nia 7:15-8:15pm         Adult Swim Lesson 7:00-7:30pm           8:00pm 8:30pm         Open Gym 6:45-7:45pm         7:00-8:45pm		4:00-5:30pm						
5:30pm       Soccer / Outdoor         6:00pm       Explorers         Workshop (\$)       5:45-6:45pm         7:00pm       Soccer / Outdoor         7:30pm       Soccer / Outdoor         Explorers Workshop (\$)       6:15-7:30pm         6:45-7:45pm       Nia         Nia       7:15-8:15pm         Volleyball       7:00-7:30pm         7:00-8:45pm       Open Swim         7:00-8:45pm       7:00-8:45pm			Circuit					
6:00pm								
6:30pm 5:45-6:45pm Open Gym 6:15-7:00pm	6:00pm							
7:30pm   Explorers Workshop (\$)   Colorers Workshop (\$)   Explorers Workshop (\$)   Colorers Workshop (	6:30pm	5:45-6:45pm		6:15-7:00pm				
7:30pm   Explorers Workshop (\$)   7:15-8:15pm   Lane Swim   7:00-7:30pm	7:00pm		6:15-7:30pm	Nia			Adult Swim Lesson	
8:00pm Open Gym 8:30pm Open Gym 8:00-8:45pm Open Swim 7:00-8:45pm	7:30pm		Vollevball					
8:30pm 8:00-8:45pm 7:00-8:45pm	8:00pm	Onon Curre					Open Swim	
9:00pm	8:30pm					6.43pm		
	9:00pm	3. 10pm					7.00 0.100111	



Health, Fitness, & Aquatics



9:30am 9:15-10:00am 10:00am 10:30am 11:00am 11:30am 12:30pm 1:30pm 9:15-10:00am 9:00-10:00am 10:15-11:00am Swim Lessons 11:00-12:00pm 11:15-12:15pm 11:15-12:15pm 11:15-12:15pm			W	EDNESDAY			
Company   Comp		Gym A	Gym B	_	MPR	Pool	
7:00am         6:00-7:45am         Lane Swim           7:30am         8:00am         Pump           8:30am         8:00-9:00am         Pump           9:00am         Cycle         Stay n' Play           9:30am         Yoga         P:00-10:00am           10:30am         Yoga         P:00-12:00pm           11:30am         On The Move: Functional Fitness         Lane Swim Poloution           12:30pm         On The Move: Functional Fitness         Silver Club           12:30-1:00pm         12:30-1:15pm	6:00am						
7:30am  8:00am  8:00am  9:00am  9:00am  10:00am  10:30am  11:00am  11:30am  12:30pm  1:30pm  Pump  8:30am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  9:00-10:00am  Pump  9:00-10:00am  9:00-10:00am  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  Pump  9:00-10:00am  9:00-10:00am  Pump  Pump Pump	6:30am						
Signature   Silver Club   Si	7:00am	6:00-7:45am					
8:30am       8:00-9:00am         9:00am       Cycle         9:30am       9:15-10:00am         10:00am       Yoga         10:30am       10:15-11:15am         11:30am       On The Move: Functional Fitness         12:30pm       Silver Club         1:30pm       Silver Club         1:30pm       1:30pm	7:30am						
9:00am	8:00am	Pump					
9:30am 9:15-10:00am 10:00am 10:30am 11:00am 11:30am 11:30am 12:30pm 1:30pm 1:30pm 1:30pm 9:00-10:00am 10:15-11:00am  Swim Lessons 11:00-12:00pm 11:15-12:15pm 11:15-12:15pm	8:30am	8:00-9	9:00am				
10:00am 10:30am 11:00am 11:30am 11:30am 12:30pm 1:30pm 1:3	9:00am						Open Swim
10:30am	9:30am	9:15-10:00am			Charles / Diagram	9:00-10:00am	9:00-10:00am
10:30am 11:00am 11:00am 11:30am 10:15-11:15am  Swim Lessons 11:00-12:00pm 11:15-12:15pm  On The Move: Functional Fitness 12:30pm 1:00pm 1:30pm 1:30pm  1:30pm  10:15-11:10am  Swim Lessons 11:00-12:00pm 11:15-12:15pm  Aquafit 12:30-1:15pm 12:30-1:15pm	10:00am					· ·	
11:00am       Swim Lessons       Lane Sv         11:30am       On The Move: Functional Fitness       Silver Club       Aquafit         12:30pm       Silver Club       12:30-1:15pm         1:00pm       1:30pm       12:30-1:00pm       12:30-1:00pm	10:30am				The state of the s	10:15-11:00am	
12:00pm       On The Move: Functional Fitness       Silver Club       Aquafit         12:30pm       1:00pm       12:30-1:00pm       11:15-12:15pm         1:30pm       1:30pm       1:30pm							Lane Swim
12:00pm     11:30-12:15pm     Silver Club     12:30-1:15pm       1:00pm     12:30-1:00pm     12:30-1:00pm	11:30am	On The Move: Functional Fitness				11:00-12:00pm	11:15-12:15pm
12:30pm     Gravity     11:15-12:15pm       1:00pm     12:30-1:00pm					Silver Club	1	
1:00pm 1:30pm						12:30-	1:15pm
				12:30-1:00pm			
	2:00pm	· · · · · · · · · · · · · · · · · · ·					
2:30pm 12:30-4:00pm	· .	12:30-4	4:00pm				
3:00pm							
3:30pm							
4:00pm Open Gym			•				
4:30pm 12:30-4:45pm Swim Lessons			12:30-4:45pm				
5:00pm Y Kids Cycle 3:15-6:50pm	5:00pm	Y Kids	Cyclo			3:15-6	:50pm
5:30pm 3-5 yrs & 6-9 yrs 5:15-6:00pm	5:30pm	3-5 yrs & 6-9 yrs					
6:00pm 4:00-7:00pm	6:00pm	4:00-7:00pm					
6:30pm Zumba	6:30pm		Zumba				
7:00pm 6:15-7:00pm Family Aquafit Lane Sv							Lane Swim
7.30pm						7:00-7:45pm	7:00-8:45pm
8:00pm Open Gym						lano	Swim
8:30pm 7:00-8:45pm 7:00-8:45pm		7:15-8	7:15-8:45pm			Lane Swim 7:00-8:45pm	
9:00pm	9:00pm		7.00 0.4501		- 1		



Health, Fitness, & Aquatics



		Т	HURSDAY			
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am						
7:00am	Open	Gym			Lane	Swim
7:30am	6:00-8:45am				6:15-9	:00am
8:00am			Yoga			
8:30am			8:00-9:00am			
9:00am	Ste	ер		Stay n' Play	Lane Swim Open Swim	
9:30am	9:15-10	):15am		9:00-10:00am	9:00-10:00am	9:00-10:00am
10:00am	Parent & Tot Social Gym	Arriba			Aquafit	
10:30am	10:15-11:15	Arriba 10:30-11:15am			10:15-11:00am	
11:00am	20.20 22.20	10100 111100111			Swim Lessons	
11:30am	On The May	y Chair Vaga	Gravity		11:00-12:00pm	Lane Swim
12:00pm	On The Move: Chair Yoga 11:30-12:15pm		11:30-12:00pm		Lai	11:15-12:30pm
12:30pm			Gravity		Open Swim	
1:00pm	Pickleball 12:30-2:30pm		12:30-1:00pm		12:00-12:30pm	
1:30pm						
2:00pm	12.00					
2:30pm						
3:00pm	Onon	Cyma				
3:30pm	Open 2:45-4	•				
4:00pm	2.75-7	.+3ρπ		Youth Wellness		
4:30pm				4:00-5:00pm		
5:00pm	Volleyball / Rhythm &				Swim L	essons
5:30pm	Stretch Workshop (\$) 5:15-6:15pm	Pump 5:15-6:15pm		Youth Wellness 5:00-6:00pm		:50pm
6:00pm	Volleyball / Rhythm &					
6:30pm	Stretch Workshop (\$) 6:15-7:15pm					
7:00pm		Open Gym	Yoga		Lane Swim	Open Swim
7:30pm	Vollovball	6:30-8:45pm	6:30-7:15pm		7:00-7:30pm	7:00-7:30pm
8:00pm	Volleyball 7:30-8:30pm					s Swim
8:30pm					7:45-8	:45pm
9:00pm						



Health, Fitness, & Aquatics



FRIDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am	Open					
7:00am	6:00-7	:45am			Lane Swim 6:15-9:00am	
7:30am						
8:00am	Су					
8:30am	8:00-8	:45am				
9:00am	Group	Dower			Lane Swim	Open Swim
9:30am	9:15-10				9:00-10:00am 9:00-10:	9:00-10:00am
10:00am					Aqu	
10:30am	Yo				10:15-1	1:00am
11:00am	10:30-1	.1:15am 			Adult Drop In	Lane Swim
11:30am	On The Move: Cardio & Strength 11:30-12:15pm				Swim Lessons 11:15-11:45am	11:15-12:15pm
12:00pm					Aquafit	
12:30pm					12:30-:	1:15pm
1:00pm	Су					
1:30pm	12:30-2	L:15pm				
2:00pm						
2:30pm	Open	Cvm				
3:00pm	1:30-7				Lane Swim	
3:30pm		·r			3:00-4	:45pm
4:00pm				Youth Wellness	Lane Swim	Family Swim
4:30pm		Leaders In Training		4:00-5:00pm	3:00-4:45pm	3:45-4:45pm
5:00pm	Open Gym	4:30-5:30pm			Concorn Fri	andly Cyrina
5:30pm	1:30-7:45pm	Junior Leaders			Sensory Friendly Swin 5:00-6:00pm	
6:00pm		5:30-6:30pm				
6:30pm						
7:00pm	0	Cym			Lane Swim	Open Swim
7:30pm	Open Gym 1:30-7:45pm				6:15-7:45pm 6:15-7	6:15-7:45pm
8:00pm						
8:30pm						



Health, Fitness, & Aquatics
March 18 - June 24



SATURDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
7:00am							
7:30am	Open	Gym			Lane Swim	Open Swim	
8:00am	7:00-8	3:45am			7:15-8:45am	7:15-8:45am	
8:30am							
9:00am		Bootcamp					
9:30am		9:00-9:45am					
10:00am	Y Kids 3-5 yrs & 6-9 yrs	Open Gym 10:00-11:30am			Suring I	000000	
10:30am	9:00-11:30am				Swim Lessons 9:00-12:45pm		
11:00am							
11:30am							
12:00pm							
12:30pm	Pickleball (ENDS May 11th) 11:45-1:45pm				Open 12:00-1		
1:00pm					Sensory Friendly	Lama Corina	
1:30pm				·	Swim Lessons 1.00-2:	Lane Swim 1:00-2:30pm	
2:00pm	Open	Open Gym			1:15-2:20pm	2.00 2.00pm	
2:30pm	2:00-2:45pm (10:00-2:45pm starting May 18)						
3:00pm							

**Health, Fitness, & Aquatics**March 18 - June 24
2024 Spring Schedule



SUNDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
8:00am	Oper	n Gym			Lane Swim 8:15-9:15am			
8:30am	8:00-8	3:45am						
9:00am	Су	cle			0.20			
9:30am	9:00-9:45am (ENDS May 12)				Open Swim	Lane Swim		
10:00am	Open Gym				9:15-10:15am	9:15-10:15am		
10:30am	10:00-10:30am (Open gym starts May 19)  Sensory Friendly Gym  10:30-11:30am				Family Swim 10:30-11:15am			
11:00am								
11:30am					Sensory Friendly Swim			
12:00pm						2:15pm		
12:30pm					Omana Civilina	Laura Conina		
1:00pm		Open Gym				Lane Swim 12:30-2:30pm		
1:30pm	11:30-2	2:45pm			12.30 2.30pm 12	12.30 2.30pm		
2:00pm					DOOL WILL BE	SLOSED ALL DAY		
2:30pm					POOL WILL BE CLOSED ALL D SUNDAY APRIL 28 2024			
3:00pm								





Health, Fitness, & Aquatics March 18 - June 24 2024 Spring Schedule



#### **Contact Information & Hours**

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

Friday: 6:00am-8:00pm Saturday: 7:00am-3:00pm Sunday: 8:00am-3:00pm

midland.hfa@sm.ymca.ca

(705) 526-7828





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 Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport