Health, Fitness, & Aquatics May 6 - June 24

Shine On

2024 Spring Schedule

			MONDAY			
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pc	ool
6:00am						
6:30am	Open	Gym				
7:00am	6:00-8	:45am			Lane	Swim
7:30am					6:15-9	:00am
8:00am		Cycle				
8:30am		8:00-8:45am				
9:00am	Group				Lane Swim	Open Swim
9:30am	9:15-10	):15am			9:00-10:00am	9:00-10:00am
10:00am	Yo			Stay n' Play 0-5 yrs		ıafit
10:30am	10:30-1	.1:15am		9:00-12:00pm	10:15-1	1:00am
11:00am	On The Mover	Cardia Strangth			Swim Lessons	Lane Swim
11:30am	On The Move: Cardio Strength 11:30-12:15pm		Gravity		11:00-12:00pm	11:15-12:15pm
12:00pm			11:30-12:00pm			Jafit
12:30pm			Gravity		12:30-	1:15pm
1:00pm	Pickl	ehall	12:30-1:00pm			
1:30pm	12:30-2					
2:00pm						
2:30pm						
3:00pm	Open			Intermediate &		
3:30pm	3:00-4			Advanced Leaders 2:45-3:45pm		
4:00pm		Open Gym		2.45-5.45pm		
4:30pm		3:00-4:30pm				essons
5:00pm	Y Kids	Belly Dance				:50pm
5:30pm	3-5 yrs & 6-9 yrs 4:00-7:00pm	5:00-5:45pm				
6:00pm	1.00 7.00011					
6:30pm		Group Power 6:00-7:00pm				
7:00pm		0.00-7.00pm	Yoga 6:00-7:00pm		Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm
7:30pm			0.00-7.00pm			
8:00pm	Open 7:15-8	,				s Swim ::45pm
8:30pm	8-61.7	.чэртт			7.55-0	эртт
9:00pm						



Child and Youth

**Registered Programs** 



Health, Fitness, & Aquatics May 6 - June 24

Shine On

2024 Spring Schedule

TUESDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR		Pool
6:00am						
6:30am					1	
7:00am	Open	Gym				Lane Swim
7:30am	6:00-8	3:45am			6	:15-9:00am
8:00am			TRX			
8:30am			8:00-8:45am			
9:00am	Sto	ер	Yoga		Lane Swim	Open Swim
9:30am	9:15-10	D:15am	9:00-9:45am		9:00- 10:00am	9:00-10:00am
10:00am	Family Gym	Arriba				Aquafit
10:30am	10:15-11:15	10:30-11:15am				):15-11:00am
11:00am					Swim Lessons	
11:30am		ve: Balance			11:00-	
12:00pm	11:30-1	2:15pm			12:00pm	Lane Swim 11:15-12:30pm
12:30pm	Cycle 12:15-1:00pm				Open Swim	11.15 12.50pm
1:00pm					12:00- 12:30pm	
1:30pm						
2:00pm						
2:30pm	Open Gym					
3:00pm	1:15-5	-				
3:30pm					-	
4:00pm	Y Kids 3-5 yrs & 6-9 yrs		Gravity 4:30-5:00pm		c.	wim Lessons
4:30pm	4:00-5:30pm					:15-6:50pm
5:00pm		Circuit				
5:30pm	Soccer / Outdoor	5:15-6:00pm				
6:00pm	Explorers Workshop (\$)		Fusion			
6:30pm	5:45-6:45pm	Open Gym	6:15-7:00pm			
7:00pm	Soccer / Outdoor	6:15-7:30pm	Nia			Adult Swim Lesson
7:30pm	Explorers Workshop (\$) 6:45-7:45pm	Volleyball	7:15-8:15pm		Lane Swim	7:00-7:30pm
8:00pm	0	7:30-8:30pm			7:00-	
8:30pm	Open Gym 8:00-8:45pm				8:45pm	Open Swim 7:00-8:45pm
9:00pm	0.00 0.10011					7.00 0. iopin

**Drop-In Fitness** 

Child and Youth

**Registered Programs** 

Self-Directed



**Health, Fitness, & Aquatics** May 6 - June 24 2024 Spring Schedule



WEDNESDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am								
6:30am	Open				]			
7:00am	6:00-7:45am				Lane Swim			
7:30am					6:15-9	:00am		
8:00am	Pu							
8:30am	8:00-9	0:00am						
9:00am	Су				Lane Swim	Open Swim		
9:30am	9:15-10	):00am		Stay n' Play	9:00-10:00am	9:00-10:00am		
10:00am	Fus	ion		0-5 yrs		Jafit		
10:30am	10:15-1			9:00-12:00pm	10:15-1	1:00am		
11:00am					Swim Lessons	Lane Swim		
11:30am	On The Move <sup>.</sup> Fi	unctional Fitness			11:00-12:00pm	11:15-12:15pm		
12:00pm	11:30-1			Silver Club		uafit		
12:30pm			Gravity	11:15-12:15pm	12:30-	1:15pm		
1:00pm			12:30-1:00pm					
1:30pm								
2:00pm	Open Gym							
2:30pm	12:30-4	1:00pm						
3:00pm								
3:30pm								
4:00pm		Open Gym						
4:30pm		12:30-4:45pm				essons		
5:00pm 5:30pm	Y Kids	Cycle			3:15-6	:50pm		
6:00pm	3-5 yrs & 6-9 yrs 4:00-7:00pm	5:15-6:00pm						
6:30pm								
7:00pm		Zumba 6:15-7:00pm			Family Aquafit	Lane Swim		
7:30pm					7:00-7:45pm	7:00-8:45pm		
8:00pm	Open	Gym						
8:30pm	7:15-8					Swim		
9:00pm					7:00-8	3:45pm		
5.00pm								

**Drop-In Fitness** 

Child and Youth

**Registered Programs** 



**Health, Fitness, & Aquatics** May 6 - June 24 2024 Spring Schedule



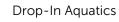
		Т	HURSDAY				
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pc	ool	
6:00am							
6:30am					1		
7:00am	Open Gym				Lane Swim		
7:30am	6:00-8	:45am			6:15-9	:00am	
8:00am			Yoga		]		
8:30am			8:00-9:00am				
9:00am	Ste			Stay n' Play	Lane Swim	Open Swim	
9:30am	9:15-10	):15am		9:00-10:00am	9:00-10:00am	9:00-10:00am	
10:00am	Parent & Tot Social Gym	Zumba			Aqı		
10:30am	10:15-11:15	10:30-11:15am			10:15-1	1:00am	
11:00am					Swim Lessons		
11:30am	On The Mey		Gravity		11:00-12:00pm	Lane Swim	
12:00pm	On The Move 11:30-1		11:30-12:00pm			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							
2:30pm							
3:00pm	Open Gym						
3:30pm	2:45-4	•					
4:00pm	∠.+3-+	.+5pm		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	Volleyball	6:30-8:45pm	6:30-7:15pm		7:00-7:30pm	7:00-7:30pm	
8:00pm	7:30-8:30pm				Masters Sw		
8:30pm					7:45-8	:45pm	
9:00pm							

Drop-In Fitness

Child and Youth

**Registered** Programs

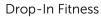
Self-Directed



**Health, Fitness, & Aquatics** May 6 - June 24 2024 Spring Schedule



			FRIDAY			
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pc	pol
6:00am						
6:30am	Open	Gym			]	
7:00am	6:00-7	:45am			Lane	
7:30am					6:15-9	:00am
8:00am	Су				]	
8:30am	8:00-8	:45am				
9:00am	Group	Dowor			Lane Swim	Open Swim
9:30am	9:15-10				9:00-10:00am	9:00-10:00am
10:00am						ıafit
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						ıafit
12:30pm					12:30-:	1:15pm
1:00pm	Cy					
1:30pm	12:15-1	:00pm				
2:00pm						
2:30pm	Open	Cum				
3:00pm	1:30-7				Lane Swim	
3:30pm					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			Sensory Fri	endly Swim
5:30pm	1:30-7:45pm	Junior Leaders			5:00-6	
6:00pm		5:30-6:30pm				
6:30pm						
7:00pm	Open	Gym			Lane Swim	Open Swim
7:30pm	1:30-7	-			6:15-7:45pm 6:15	6:15-7:45pm
8:00pm						
8:30pm						



Child and Youth

**Registered Programs** 



Health, Fitness, & Aquatics

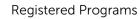


May 6 - June 24 2024 Spring Schedule

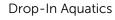
		S	ATURDAY			
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am						
7:30am		ı Gym			Lane Swim	Open Swim
8:00am	7:00-8	3:45am			7:15-8:45am	7:15-8:45am
8:30am					Swim	
9:00am		Bootcamp				
9:30am		9:00-9:45am				
10:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am				Swim Lessons 9:00-12:45pm	055005
10:30am		Open Gym				
11:00am		10:00-11:30am				- P
11:30am						
12:00pm						
12:30pm		IDS May 11th) 1:45pm			Open 12:00-1	Swim L:00pm
1:00pm	11.45-	1.45pm			Swim Lessons	
1:30pm						Lane Swim 1:00-2:30pm
2:00pm	Open	n Gym			1:15-2:20pm	
2:30pm		2:45pm				
3:00pm	(10:00-2:45pm	starting May 18)				

**Drop-In Fitness** 

Child and Youth







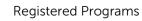
**Health, Fitness, & Aquatics** May 6 - June 24 2024 Spring Schedule



SUNDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pc	ool		
8:00am	Oper	ı Gym			Lane Swim 8:15-9:15am			
8:30am	8:00-8	3:45am						
9:00am		cle						
9:30am	9:00-9:45am	(ENDS May 12)			Open Swim	Lane Swim		
10:00am		ı Gym			9:15-10:15am	9:15-10:15am		
10:30am	10:00-10:30am (Ope	en gym starts May 19)			Family Swim			
11:00am	Sensory Friendly Gym				10:30-11:15am			
11:30am	10:30-1	.1:30am			Sensory Friendly Swim			
12:00pm					11:30-12:15pm			
12:30pm						Lane Swim		
1:00pm		n Gym			Open Swim 12:30-2:30pm	12:30-2:30pm		
1:30pm	11:30-2:45pm							
2:00pm								
2:30pm					POOL WILL BE CLOSED ALL D SUNDAY APRIL 28 2024			
3:00pm								

**Drop-In Fitness** 

Child and Youth







**Health, Fitness, & Aquatics** May 6 - 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 Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

