

# Midland YMCA

## Health, Fitness, & Aquatics

May 6 - June 24  
2024 Spring Schedule



MONDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:15-9:00am			
6:30am								
7:00am								
7:30am								
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					Aquafit 10:15-11:00am			
10:00am	Yoga 10:30-11:15am					Swim Lessons 11:00-12:00pm	Lane Swim 11:15-12:15pm	
10:30am						Aquafit 12:30-1:15pm		
11:00am	On The Move: Cardio Strength 11:30-12:15pm							
11:30am			Gravity 11:30-12:00pm					
12:00pm			Gravity 12:30-1:00pm					
12:30pm	Pickleball 12:30-2:30pm							
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		Belly Dance 5:00-5:45pm						
5:30pm								
6:00pm		Group Power 6:00-7:00pm						
6:30pm								
7:00pm			Yoga 6:00-7:00pm		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

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TUESDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:15-9:00am	
6:30am						
7:00am						
7:30am						
8:00am						
8:30am			TRX 8:00-8:45am			
9:00am	Step 9:15-10:15am		Yoga 9:00-9:45am		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					Swim Lessons 11:00-12:00pm	Lane Swim 11:15-12:30pm
11:30am	On The Move: Balance 11:30-12:15pm					
12:00pm						
12:30pm	Cycle 12:15-1:00pm				Open Swim 12:00-12:30pm	
1:00pm						
1:30pm	Open Gym 1:15-5:00pm					
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-5:30pm		Gravity 4:30-5:00pm		Swim Lessons 3:15-6:50pm	
4:30pm						
5:00pm		Circuit 5:15-6:00pm				
5:30pm	Soccer / Outdoor Explorers Workshop (\$) 5:45-6:45pm					
6:00pm			Fusion 6:15-7:00pm			
6:30pm		Open Gym 6:15-7:30pm				
7:00pm	Soccer / Outdoor Explorers Workshop (\$) 6:45-7:45pm		Nia 7:15-8:15pm		Lane Swim 7:00-8:45pm	Adult Swim Lesson 7:00-7:30pm
7:30pm		Volleyball 7:30-8:30pm				
8:00pm	Open Gym 8:00-8:45pm					
8:30pm						
9:00pm						

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WEDNESDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am	Open Gym 6:00-7:45am				Lane Swim 6:15-9:00am		
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					Aquafit 10:15-11:00am		
10:00am	Fusion 10:15-11:15am					Swim Lessons 11:00-12:00pm	Lane Swim 11:15-12:15pm
10:30am						Aquafit 12:30-1:15pm	
11:00am	On The Move: Functional Fitness 11:30-12:15pm			Silver Club 11:15-12:15pm			
11:30am							
12:00pm			Gravity 12:30-1:00pm				
12:30pm							
1:00pm	Open Gym 12:30-4:00pm						
1:30pm							
2:00pm							
2:30pm							
3:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm				Swim Lessons 3:15-6:50pm		
3:30pm			Open Gym 12:30-4:45pm				
4:00pm			Cycle 5:15-6:00pm				
4:30pm			Zumba 6:15-7:00pm				
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm	Open Gym 7:15-8:45pm				Family Aquafit 7:00-7:45pm	Lane Swim 7:00-8:45pm	
7:30pm							
8:00pm					Lane Swim 7:00-8:45pm		
8:30pm							
9:00pm							

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THURSDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:15-9:00am	
6:30am						
7:00am						
7:30am						
8:00am						
8:30am			Yoga 8:00-9:00am			
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						
10:00am	Parent & Tot Social Gym 10:15-11:15	Zumba 10:30-11:15am			Aquafit 10:15-11:00am	
10:30am						
11:00am					Swim Lessons 11:00-12:00pm	Lane Swim 11:15-12:30pm
11:30am	On The Move: Chair Yoga 11:30-12:15pm		Gravity 11:30-12:00pm			
12:00pm					Open Swim 12:00-12:30pm	
12:30pm			Gravity 12:30-1:00pm			
1:00pm	Pickleball 12:30-2:30pm					
1:30pm						
2:00pm						
2:30pm	Open Gym 2:45-4:45pm					Swim Lessons 3:15-6:50pm
3:00pm						
3:30pm						
4:00pm				Youth Wellness 4:00-5:00pm		
4:30pm				Youth Wellness 5:00-6:00pm		
5:00pm	Volleyball / Rhythm & Stretch Workshop (\$) 5:15-6:15pm	Pump 5:15-6:15pm				
5:30pm						
6:00pm	Volleyball / Rhythm & Stretch Workshop (\$) 6:15-7:15pm					
6:30pm		Open Gym 6:30-8:45pm				
7:00pm						
7:30pm	Volleyball 7:30-8:30pm		Yoga 6:30-7:15pm		Lane Swim 7:00-7:30pm	Open Swim 7:00-7:30pm
8:00pm					Masters Swim 7:45-8:45pm	
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 6:15-9:00am	
6:30am						
7:00am						
7:30am						
8:00am	Cycle 8:00-8:45am					
8:30am						
9:00am	Group Power 9:15-10:15am				Lane Swim 9:00-10:00am	Open Swim 9:00-10:00am
9:30am						
10:00am					Aquafit 10:15-11:00am	
10:30am	Yoga 10:30-11:15am					
11:00am					Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm
11:30am	On The Move: Cardio & Strength 11:30-12:15pm				Aquafit 12:30-1:15pm	
12:00pm						
12:30pm						
1:00pm	Cycle 12:15-1:00pm					
1:30pm						
2:00pm	Open Gym 1:30-7:45pm				Lane Swim 3:00-4:45pm	
2:30pm						
3:00pm						
3:30pm						
4:00pm				Youth Wellness 4:00-5:00pm	Lane Swim 3:00-4:45pm	Family Swim 3:45-4:45pm
4:30pm	Open Gym 1:30-7:45pm		Leaders In Training 4:30-5:30pm		Sensory Friendly Swim 5:00-6:00pm	
5:00pm						
5:30pm			Junior Leaders 5:30-6:30pm			
6:00pm						
6:30pm	Open Gym 1:30-7:45pm				Lane Swim 6:15-7:45pm	
7:00pm						
7:30pm						
8:00pm						
8:30pm						

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SATURDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
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 (ENDS May 11th) 11:45-1:45pm					Open Swim 12:00-1:00pm	
12:30pm							
1:00pm							
1:30pm	Open Gym 2:00-2:45pm (10:00-2:45pm starting May 18)					Sensory Friendly Swim Lessons 1:15-2:20pm	Lane Swim 1:00-2:30pm
2:00pm							
2:30pm							
3:00pm							

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SUNDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
8:00am	Open Gym				Lane Swim 8:15-9:15am		
8:30am	8:00-8:45am						
9:00am	Cycle						
9:30am	9:00-9:45am (ENDS May 12)				Open Swim 9:15-10:15am	Lane Swim 9:15-10:15am	
10:00am	Open Gym				Family Swim 10:30-11:15am		
10:30am	10:00-10:30am (Open gym starts May 19)						
11:00am	Sensory Friendly Gym				Sensory Friendly Swim 11:30-12:15pm		
11:30am	10:30-11:30am						
12:00pm	Open Gym 11:30-2:45pm				Open Swim 12:30-2:30pm		Lane Swim 12:30-2:30pm
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm					POOL WILL BE CLOSED ALL DAY SUNDAY APRIL 28 2024		

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## Contact Information & Hours

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

**Friday: 6:00am-8:00pm**

**Saturday: 7:00am-3:00pm**

**Sunday: 8:00am-3:00pm**

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[midland.hfa@sm.ymca.ca](mailto:midland.hfa@sm.ymca.ca)

(705) 526-7828



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