

Midland YMCA

Health, Fitness, & Aquatics

July 2 - August 25
2024 Summer Schedule



MONDAY					
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool
6:00am	Open Gym 6:00-6:45am	Open Gym 6:00-7:45am			Lane Swim 6:15-9:15am
6:30am					
7:00am	Camp Gym 7:00-8:30am		Cycle 8:00-8:45am		
7:30am					
8:00am					
8:30am					
9:00am	Pump 9:15-10:15am				Private Lesson 9:30-10:00am
9:30am					Family Swim 9:15-10:00am
10:00am	Yoga 10:30-11:15am				Aquafit 10:15-11:00am
10:30am					
11:00am	On The Move: Cardio Strength 11:30-12:15pm				
11:30am			Gravity 11:30-12:00pm		Swim Lessons 11:15-12:55pm
12:00pm					Lane Swim 11:15-12:55pm
12:30pm			Gravity 12:30-1:00pm		
1:00pm	Pickleball 12:30-2:30pm				Aquafit 1:15 - 2:00pm
1:30pm					
2:00pm					
2:30pm					
3:00pm	Open Gym 3:00-4:00pm				YMCA Camp Swim 2:30 - 3:30pm
3:30pm					
4:00pm	Camp Gym 3:45-5:00pm	Open Gym 4:00-5:00pm			Open Swim 4:00 - 5:30pm
4:30pm					Lane Swim 4:00 - 6:45pm
5:00pm	Open Gym 5:15-7:15pm	Zumba 5:15-6:00pm			
5:30pm				Family Swim 5:30 - 6:30pm	
6:00pm					
6:30pm		Cycle 6:15-7:00pm			
7:00pm			Surfset Yoga 6:30-7:15pm		Aquafit 7:00-7:45pm
7:30pm					
8:00pm	Open Gym 7:15-8:45pm				Lane Swim 8:00 - 8:45pm
8:30pm					
9:00pm	Closed				

- 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							
6:30am							
7:00am	Camp Gym 7:00-8:30am	Open Gym 6:00-9:00am			Lane Swim 6:15-9:15am		
7:30am							
8:00am							
8:30am			TRX 8:00-8:45am				
9:00am	Step 9:15-10:15am		Surfset Yoga 9:00-9:45am	TIME 9:15-10:00am	Private Lesson 9:30-10:00am	Family Swim 9:15-10:00am	
9:30am							
10:00am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am		Workshops See Child/Youth Program Handout	Aquafit 10:15 - 11:00am		
10:30am							
11:00am	On The Move: Chair Yoga 11:30-12:15pm						
11:30am						Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
12:00pm			Gravity 12:30-1:00pm				
12:30pm							
1:00pm					Open Swim 1:00 - 2:00pm		
1:30pm		Open Gym 12:30-3:45pm					
2:00pm							
2:30pm					YMCA Camp Swim 2:30 - 3:30pm		
3:00pm							
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:15-7:15pm	Camp Gym 3:45-5:00pm	Gravity 4:30-5:00pm		Swimming Lessons 4:00 - 7:00pm		
4:30pm							
5:00pm			Circuit 5:15-6:00pm				
5:30pm							
6:00pm							
6:30pm		Open Gym 6:15-7:30pm	Fusion 6:15-7:00pm				
7:00pm					Open Swim 7:15 - 8:00pm	Lane Swim 7:15-8:45pm	
7:30pm	Open Gym 7:30-8:45pm	Volleyball 7:30-8:30pm					
8:00pm							
8:30pm					Lane Swim 7:15-8:45pm		
9:00pm		Closed					

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WEDNESDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Camp Gym 7:00-8:00am	Open Gym 6:00-7:45am			Lane Swim 6:15-9:15am	
6:30am						
7:00am						
7:30am						
8:00am	Group Power 8:00-9:00am					
8:30am						
9:00am	Cycle 9:15-10:00am			Stay n' Play 9:00-11:30am	Private Lesson 9:30-10:00am	Family Swim 9:15-10:00am
9:30am					Aquafit 10:15 - 11:00am	
10:00am	Fusion 10:15-11:15am					
10:30am						
11:00am	On The Move: Functional Fitness 11:30-12:15pm			Silver Club 11:15-12:15pm	Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
11:30am						
12:00pm			Gravity 12:30-1:00pm			
12:30pm					Open Swim, 1:00 - 2:00pm	
1:00pm	Open Gym 12:30-3:45pm					
1:30pm					YMCA Camp Swim 2:30 - 3:30pm	
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:15-7:15pm	Camp Gym 3:45-5:00pm			Swimming Lessons 4:00 - 7:00pm	
4:30pm						
5:00pm		Cycle 5:15-6:00pm				
5:30pm						
6:00pm						
6:30pm		Zumba 6:15-7:00pm				
7:00pm					Aquafit 7:00 - 7:45pm	
7:30pm						
8:00pm	Open Gym 7:15-8:45pm				Lane Swim 8:00 - 8:45pm	Open Swim 8:00 - 8:45pm
8:30pm						
9:00pm	Closed					

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THURSDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Open Gym 6:00-6:45am	Open Gym 6:00-8:45am			Lane Swim 6:15-9:15am	
6:30am						
7:00am	Camp Gym 7:00-8:30am					
7:30am						
8:00am						
8:30am						
9:00am	Step 9:15-10:15am			Stay n' Play 9:00-10:00am	Private Lesson 9:30-10:00am	Family Swim 9:15-10:00am
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				Workshops See Child/Youth Program Handout	Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
11:30am	On The Move: Chair Yoga 11:30-12:15pm		Gravity 11:30-12:00pm			
12:00pm						
12:30pm			Gravity 12:30-1:00pm			
1:00pm	Pickleball 12:30-2:30pm					
1:30pm						
2:00pm						
2:30pm					Open Swim 1:00 - 2:00pm	
3:00pm					YMCA Camp Swim 2:30 - 3:30pm	
3:30pm	Camp Gym 3:45-5:00pm	Open Gym 2:45-5:00pm			Swimming Lessons 4:00 - 7:00pm	
4:00pm						
4:30pm						
5:00pm						
5:30pm			Pump 5:15-6:15pm			
6:00pm	Open Gym 5:15-7:15pm					
6:30pm				Youth Wellness 6:15-7:15pm		
7:00pm						
7:30pm	Volleyball 7:30-8:30pm	Open Gym 6:30-8:45pm	Yoga 6:30-7:15pm		Lane Swim 7:15-8:45pm	Open Swim 7:15-8:45pm
8:00pm						
8:30pm						
9:00pm	Closed					

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2024 Summer Schedule



FRIDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am	Open Gym 6:00-6:45am	Open Gym 6:00-9:00am			Lane Swim 6:15-9:15am			
6:30am								
7:00am	Camp Gym 7:00-8:30am							
7:30am								
8:00am								
8:30am								
9:00am	Group Power 9:15-10:15am				Private Lesson 9:30-10:00am	Family Swim 9:15-10:00am		
9:30am								
10:00am			Aquafit 10:15 - 11:00am					
10:30am	Yoga 10:30-11:15am							
11:00am	On The Move: Cardio & Strength 11:30-12:15pm				Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm		
11:30am								
12:00pm								
12:30pm	Open Gym 12:30-3:30pm				Open Swim 1:00 - 2:00pm			
1:00pm								
1:30pm								
2:00pm								
2:30pm			Camp Gym 3:45-5:00pm				YMCA Camp Swim 2:30 - 3:30pm	
3:00pm								
3:30pm					Lane Swim 4:00-4:45pm	Family Swim 4:00-4:45pm		
4:00pm	Open Gym 1:30-7:45pm			Youth Wellness 4:00-5:00pm				
4:30pm								
5:00pm					Sensory Friendly Swim 5:00-6:00pm			
5:30pm	Open Gym 5:15-7:45pm			Youth Wellness 5:00-6:00pm				
6:00pm								
6:30pm					Lane Swim 6:15-7:30pm	Open Swim 6:15-7:30pm		
7:00pm								
7:30pm								
8:00pm			Closed					
8:30pm								

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Midland YMCA

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July 2 - August 25
2024 Summer Schedule



SATURDAY

	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am	Open Gym 7:00-8:45am				Lane Swim 7:15-2:30pm	Family Swim 7:15-10:00am
7:30am						
8:00am						
8:30am						
9:00am	Family Gym 9:00-10:00am					Open Swim 10:30-2:30pm
9:30am						
10:00am						
10:30am						
11:00am		Open Gym 7:00-2:45pm				
11:30am						
12:00pm						
12:30pm						
1:00pm	Open Gym 10:00-2:45pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed				Closed	

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Midland YMCA

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SUNDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
8:00am	Open Gym 8:00-10:30am				Lane Swim 8:15-9:15am	
8:30am						
9:00am						
9:30am					Open Swim 9:15-10:15am	Lane Swim 9:15-10:15am
10:00am						
10:30am					Sensory Friendly Gym 10:30-11:30am	
11:00am						
11:30am	Open Gym 11:30-2:45pm				Sensory Friendly Swim 11:30-12:15pm	
12:00pm						
12:30pm					Open Swim 12:30-2:30pm	Lane Swim 12:30-2:30pm
1:00pm						
1:30pm						
2:00pm						
2:30pm	Closed				Closed	
3:00pm						

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Midland YMCA

Health, Fitness, & Aquatics

June 25 - August 25

2024 Summer 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

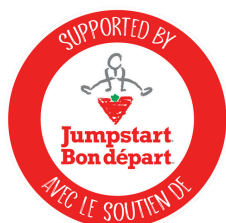


UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



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