Health, Fitness, & Aquatics



MONDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am	Open Gym						
6:30am	6:00-6:45am	Open Gym					
7:00am		6:00-7:45am			Lane	Swim	
7:30am	Camp Gym				6:15-9	9:15am	
8:00am	7:00-8:30am	Cycle					
8:30am		8:00-8:45am					
9:00am		mp			Private Lesson	Family Swim	
9:30am	9:15-1	0:15am			9:30-10:00am	9:15-10:00am	
10:00am		oga				uafit	
10:30am	10:30-:	11:15am			10:15-1	1:00am	
11:00am	On The Mayer	Cardio Strength					
11:30am		Cardio Strength l2:15pm	Gravity		Swim Lessons	Lane Swim 11:15-12:55pm	
12:00pm			11:30-12:00pm		11:15-12:55pm		
12:30pm			Gravity				
1:00pm	Diale	loball	12:30-1:00pm		A server Cit		
1:30pm	Pickleball 12:30-2:30pm				Aquafit 1:15 - 2:00pm		
2:00pm	12.00	2.3 0 pm			1.10		
2:30pm					VMCA Co	man Curina	
3:00pm		n Gym			YMCA Camp Swim 2:30 - 3:30pm		
3:30pm	3:00-4	1:00pm			2.30	3.33pm	
4:00pm	Carray Corra	Open Gym			On an Codina		
4:30pm	Camp Gym 3:45-5:00pm	4:00-5:00pm			Open Swim 4:00 - 5:30pm		
5:00pm	5. 15 5.65pm	7la a			1.00 0.000111	Lane Swim	
5:30pm		Zumba 5:15-6:00pm			Family Swim	4:00 - 6:45pm	
6:00pm	Open Gym	0.10 0.00pm			5:30 - 6:30pm		
6:30pm	5:15-7:15pm	Cycle			2.55 C.55pm		
7:00pm		6:15-7:00pm	Surfset Yoga			uafit	
7:30pm		- C	6:30-7:15pm		7:00-7	':45pm	
8:00pm	Open Gym - 7:15-8:45pm				Lane	Swim	
8:30pm					8:00 -	8:45pm	
9:00pm	Clo	osed			Closed	Closed	



Health, Fitness, & Aquatics



			TUESDAY				
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am							
6:30am							
7:00am		Open Gym			Lane		
7:30am	Camp Gym	6:00-9:00am			6:15-9:15am		
8:00am	7:00-8:30am		TRX				
8:30am			8:00-8:45am				
9:00am	9:15-10	ep 0:15am	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			9.00-9.43aiii	9.13-10.00am			
10:30am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am			Aqu 10:15 - 1	lafit 1:00am	
10.30am 11:00am					10.13		
11:30am	On The Move 11:30-1	e: Chair Yoga 2:15pm					
	11.50 1	.z.15pm			Swim Lessons	Lane Swim	
12:00pm	-		Gravity 12:30-1:00pm	Workshops	11:15-12:55pm	11:15-12:55pm	
12:30pm			12.30-1.00pm	See Child/Youth			
1:00pm				Program Handout			
1:30pm		Open Gym 12:30-3:45pm			Open Swim 1:00 - 2:00pm		
2:00pm							
2:30pm					VMCA Co	non Curino	
3:00pm					YMCA Camp Swim 2:30 - 3:30pm		
3:30pm		Caraa Caraa					
4:00pm		Camp Gym 3:45-5:00pm	Gravity				
4:30pm		· .	4:30-5:00pm				
5:00pm	Y Kids				Swimmin	na Lessons	
5:30pm	3-5 yrs & 6-9 yrs	Circuit 5:15-6:00pm				7:00pm	
6:00pm	4:15-7:15pm	3.13 0.00pm					
6:30pm		Open Gym	Fusion				
7:00pm		6:15-7:30pm	6:15-7:00pm				
7:30pm	Open Gym	Volleyball			Open Swim 7:15 - 8:00pm	Lane Swim 7:15-8:45pm	
8:00pm	7:30-8:45pm	7:30-8:30pm					
8:30pm					Lane 7:15-8		
9:00pm	Clo	sed			7.15-8	.45рп	



Health, Fitness, & Aquatics



WEDNESDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Po	ool	
6:00am							
6:30am		Open Gym 6:00-7:45am					
7:00am	Camp Gym					Swim	
7:30am	7:00-8:00am				6:15-9	9:15am	
8:00am	Group	Power					
8:30am	8:00-9):00am					
9:00am	Су	cle			Private Lesson	Family Swim	
9:30am):00am			9:30-10:00am	9:15-10:00am	
10:00am				Stay n' Play 9:00-11:30am	Aq	uafit	
10:30am	Fus 10:15-1	iion 1:15 ama		9.00-11.30am	10:15 - 11:		
11:00am	10.15-1	.1.15am					
11:30am	On The Moye: F	unctional Eitnoss					
12:00pm	On The Move: Functional Fitness 11:30-12:15pm		Gravity			Lane Swim 11:15-12:55pm	
12:30pm			12:30-1:00pm			·	
1:00pm							
1:30pm	Onon	Cura			Open Swim, 1:00 - 2:00pm		
2:00pm	12:30-3	ı Gym 3:45pm					
2:30pm		·			VMCAG		
3:00pm					YMCA Camp Swim 2:30 - 3:30pm		
3:30pm							
4:00pm		Camp Gym					
4:30pm		3:45-5:00pm					
5:00pm	Y Kids	Cycle				g Lessons	
5:30pm	3-5 yrs & 6-9 yrs 4:15-7:15pm	5:15-6:00pm			4:00 -	7:00pm	
6:00pm	4.15-7.15pm						
6:30pm		Zumba					
7:00pm		6:15-7:00pm				uafit 7.45 p.m.	
7:30pm	0	Cura			7:00 -	7:45pm	
8:00pm	Open Gym 7:15-8:45pm				Lane Swim 8:00 - 8:45pm	Open Swim 8:00 - 8:45pm	
8:30pm						·	
9:00pm	Clo	sed			Closed	Closed	



Health, Fitness, & Aquatics



THURSDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am	Open Gym						
6:30am	6:00-6:45am	0					
7:00am		Open Gym 6:00-8:45am			Lane		
7:30am	Camp Gym	0.00 0.100			6:15-9	:15am	
8:00am	7:00-8:30am						
8:30am							
9:00am	Ste			Stay n' Play	Private Lesson	Family Swim	
9:30am	9:15-10):15am 		9:00-10:00am	9:30-10:00am	9:15-10:00am	
10:00am	Parent & Tot Social Gym	Zumba			Aqı		
10:30am	10:15-11:15	10:30-11:15am			10:15 - 1	11:00am	
11:00am							
11:30am	On The Mayo	v. Chair Vasa	Gravity		Swim Lessons	Lane Swim	
12:00pm	On The Move: Chair Yoga 11:30-12:15pm		11:30-12:00pm			11:15-12:55pm	
12:30pm		-	Gravity	Workshops See Child/Youth		12:10 12:00p:::	
1:00pm			12:30-1:00pm	Program Handout			
1:30pm	Pickle	eball			Open Swim		
2:00pm	12:30-2:30pm				1:00 - 2:00pm		
2:30pm					VII.6. 6	<u> </u>	
3:00pm					YMCA Ca 2:30 - 3	mp Swim 3·30pm	
3:30pm					2.50	J.50pm	
4:00pm	Camp Gym	Open Gym		Youth Wellness			
4:30pm	3:45-5:00pm	2:45-5:00pm		4:00-5:00pm			
5:00pm					Swimmin	g Lessons	
5:30pm		Pump			4:00 - 7	7:00pm	
6:00pm	Open Gym	5:15-6:15pm					
6:30pm	5:15-7:15pm			Youth Wellness			
7:00pm		Onon Cum	Yoga	6:15-7:15pm			
7:30pm	Vollovball	Open Gym 6:30-8:45pm	6:30-7:15pm		Lane Swim	Open Swim	
8:00pm	Volleyball 7:30-8:30pm				7:15-8:45pm	7:15-8:45pm	
8:30pm	7.00 0.00pm						
9:00pm	Clos	sed			Closed	Closed	



Health, Fitness, & Aquatics



FRIDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Рс	ool	
6:00am	Open Gym						
6:30am	6:00-6:45am	Open Gym 6:00-7:45am					
7:00am					Lane		
7:30am	Camp Gym				6:15-9:15am	0:15am	
8:00am	7:00-8:30am	Cycle					
8:30am		8:00-8:45am					
9:00am	Group	Power			Private Lesson	Family Swim	
9:30am	9:15-10				9:30-10:00am	9:15-10:00am	
10:00am						ıafit	
10:30am	Yo				10:15 - 3	l1:00am	
11:00am	10:30-1	.1:15am 					
11:30am	On The Move: C	ardio & Strength			Swim Lessons	Lane Swim	
12:00pm	11:30-1					11:15-12:55pm	
12:30pm						·	
1:00pm							
1:30pm					Open		
2:00pm	Open Gym 12:30-3:30pm				1:00 - 2	2:00pm	
2:30pm					VMCA Co	non Curino	
3:00pm					YMCA Ca 2:30 - 3		
3:30pm							
4:00pm	Camp Gym	Open Gym		Youth Wellness	Lane Swim	Family Swim	
4:30pm	3:45-5:00pm	1:30-7:45pm		4:00-5:00pm	4:00-4:45pm	4:00-4:45pm	
5:00pm					Sensory Fri	andly Swim	
5:30pm				Youth Wellness	5:00-6		
6:00pm				5:00-6:00pm			
6:30pm	Open Gym 5:15-7:45pm						
7:00pm						Open Swim	
7:30pm					6:15-7:30pm	6:15-7:30pm	
8:00pm	Clo	sed					
8:30pm					Closed	Closed	



Health, Fitness, & AquaticsJuly 2 - August 25
2024 Summer Schedule

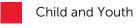


SATURDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pc	ool		
7:00am								
7:30am	Open Gym					Family Swim		
8:00am	7:00-8:45am					7:15-10:00am		
8:30am								
9:00am	Family Cyma							
9:30am	Family Gym	9:00-10:00am						
10:00am	3.00 10.00am							
10:30am								
11:00am		Open Gym 7:00-2:45pm			Lane Swim 7:15-2:30pm			
11:30am		7.00 2.100111			7.13 Z.30pm			
12:00pm						Open Swim 10:30-2:30pm		
12:30pm	Open Gym 10:00-2:45pm					10.30 Σ.30μπ		
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Clo	sed			Clo	sed		

Health, Fitness, & Aquatics



			SUNDAY			
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
8:00am					Lama	Curina
8:30am						Swim 9:15am
9:00am	Oper	Gym			0.13-9.13aiii	
9:30am	8:00-10:30am				Open Swim	Lane Swim
10:00am					9:15-10:15am	9:15-10:15am
10:30am					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						
1:00pm		Gym			On an Swins	Lama Curima
1:30pm	11:30-2	2:45pm			Open Swim 12:30-2:30pm	Lane Swim 12:30-2:30pm
2:00pm						22.55 2.556111
2:30pm						
3:00pm	Clo	sed			Clo	sed







Health, Fitness, & Aquatics
July 2 - 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





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