

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					
7:30am						
8:00am		Cycle 8:00-8:45am				
8:30am						
9:00am	Pump 9:15-10:15am				Private Lesson 9:30-10:00am	Family Swim 9:15-10:00am
9:30am						
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				Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
11:30am			Gravity 11:30-12:00pm			
12:00pm						
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					YMCA Camp Swim 2:30 - 3:30pm	
3:00pm	Open Gym 3:00-4:00pm					
3:30pm						
4:00pm	Camp Gym 3:45-5:00pm	Open Gym 4:00-5:00pm			Open Swim 4:00 - 5:30pm	Lane Swim 4:00 - 6:45pm
4:30pm						
5:00pm		Zumba 5:15-6:00pm				
5:30pm	Open Gym 5:15-7:15pm				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				Closed	Closed

- Drop-In Fitness
- Child and Youth
- Registered Programs
- Self-Directed
- Drop-In Aquatics

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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			TRX 8:00-8:45am				
8:30am							
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					YMCA Camp Swim 2:30 - 3:30pm		
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	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					
11:30am					Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
12:00pm			Gravity 12:30-1:00pm			
12:30pm	Open Gym 12:30-3:45pm				Open Swim, 1:00 - 2:00pm	
1:00pm						
1:30pm						
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			Swimming Lessons 4:00 - 7:00pm	
4:30pm						
5:00pm		Cycle 5:15-6:00pm				
5:30pm						
6:00pm						
6:30pm						
7:00pm	Zumba 6:15-7:00pm				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				Closed	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					Aquafit 10:15 - 11:00am		
10:00am	Parent & Tot Social Gym 10:15-11:15	Zumba 10:30-11:15am		Workshops See Child/Youth Program Handout			
10:30am							
11:00am	On The Move: Chair Yoga 11:30-12:15pm		Gravity 11:30-12:00pm			Swim Lessons 11:15-12:55pm	Lane Swim 11:15-12:55pm
11:30am			Gravity 12:30-1:00pm				
12:00pm	Pickleball 12:30-2:30pm					Open Swim 1:00 - 2:00pm	
12:30pm						YMCA Camp Swim 2:30 - 3:30pm	
1:00pm							
1:30pm							
2:00pm	Camp Gym 3:45-5:00pm	Open Gym 2:45-5:00pm			Youth Wellness 4:00-5:00pm	Swimming Lessons 4:00 - 7:00pm	
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm	Open Gym 5:15-7:15pm	Pump 5:15-6:15pm					
6:00pm							
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				Closed	Closed	

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

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SATURDAY

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



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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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				Family Swim 10:30-11:15am		
11:00am					Sensory Friendly Swim 11:30-12:15pm		
11:30am							
12:00pm	Open Gym 11:30-2:45pm				Open Swim 12:30-2:30pm		
12:30pm							Lane Swim 12:30-2:30pm
1:00pm							
1:30pm							
2:00pm							
2:30pm	Closed				Closed		
3:00pm							



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Child and Youth



Registered Programs



Self-Directed



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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