

Midland YMCA

Health, Fitness, & Aquatics

September 9 - December 22, 2024

2024 Fall Schedule



MONDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Open Gym 6:00-8:45am	Open Gym 6:00-7:45am			Lane Swim 6:15-9:00am	
6:30am						
7:00am						
7:30am						
8:00am						
8:30am		Cycle 8:00-8:45am				
9:00am	Group Power 9:15-10:15am		Barre 9:30-10:15am	Stay n' Play 0-5 yrs 9:00-12:00pm	Leisure Swim 9:00-10:00am	Drills & Skills 9:00-10:00am
9:30am						
10:00am	Hatha Yoga 10:30-11:15am		TRX 10:30-11:00am		Aquafit 10:15-11:00am	
10:30am						
11:00am	On The Move: Cardio Strength 11:30-12:15pm					Swim Lessons 11:30-12:00pm
11:30am			Gravity 11:30-12:00pm			
12:00pm						
12:30pm	Pickleball 12:30-2:30pm		Gravity 12:30-1:00pm		Aquafit 12:30-1:15pm	
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Open Gym 3:00-4:00pm			Intermediate & Advanced Leaders 2:45-3:45pm		
3:30pm						
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:15-7:15pm	Open Gym 3:00-4:30pm			Swim Lessons 4:00-6:50pm	
4:30pm						
5:00pm		Bootcamp 5:15-6:00pm				
5:30pm						
6:00pm						
6:30pm		Zumba 6:15-7:00pm	Vinyasa Flow Yoga 6:15-7:00pm			
7:00pm					Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm
7:30pm	Open Gym 7:15-8:45pm					
8:00pm					Masters Swim 7:55-8:45pm	
8:30pm						
9:00pm	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	Open Gym 6:00-8:45am	Open Gym 6:00-8:45am			Lane Swim 6:15-9:00am	
6:30am						
7:00am						
7:30am						
8:00am						
8:30am			Gravity 8:15-8:45am			
9:00am	Step 9:15-10:15am		Foam Rolling 9:00-9:45am		Lane Swim 9:00-10:00am	Open Swim 9:00-10:00am
9:30am						
10:00am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am	Fusion 10:00-10:45am		Aquafit 10:15-11:00am	
10:30am						
11:00am					Swim Lessons 11:30-12:00pm	Lane Swim 11:15-1:15pm
11:30am	On The Move: Balance 11:30-12:15pm				Open Swim 12:15-1:15pm	
12:00pm						
12:30pm	Cycle 12:15-1:00pm		Gravity 12:30-1:00pm			
1:00pm						
1:30pm	Open Gym 1:15-4:45pm	Open Gym 1:15-3:45pm		WOW (Women on Weights) 1:15-2:15pm		
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm		Y Girls 4:00-5:00pm			Swim Lessons 4:00-6:50pm	
4:30pm						
5:00pm						
5:30pm	Child/Youth Workshop (\$) 5:00-7:00pm	Circuit 5:15-6:00pm				
6:00pm						
6:30pm		Youth Volleyball 10+ yrs 6:30-7:30pm	Surfset Yoga 6:15-7:00pm		Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm
7:00pm		Gravity 7:15-7:45pm				
7:30pm	Open Gym 7:15-8:45pm	Volleyball 7:30-8:30pm			Open Swim 7:30-8:30pm	
8:00pm						
8:30pm						
9:00pm	Closed				Closed	

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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			WOW (Women on Weights) 9:30-10:30am			Aquafit 10:15-11:00am	
10:00am	Fusion 10:15-11:15am					Swim Lessons 11:30-12:00pm	Lane Swim 11:15-12:15pm
10:30am			WOW (Women on Weights) 11:45-12:45am			Aquafit 12:30-1:15pm	
11:00am	On The Move: Functional Fitness 11:30-12:15pm						
11:30am							
12:00pm							
12:30pm			Gravity 12:30-1:00pm				
1:00pm	Open Gym 12:30-4:00pm						
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm	Family Yoga 4:15-5:00pm		Youth Wellness 4:00-5:00pm	Swim Lessons 4:00-6:50pm		
4:30pm				Youth Wellness 5:00-6:00pm			
5:00pm		Cycle 5:15-6:00pm					
5:30pm							
6:00pm							
6:30pm							
7:00pm					Family Aquafit 7:00-7:45pm	Lane Swim 7:00-8:45pm	
7:30pm	Open Gym 7:15-8:45pm				Lane Swim 7:45-8:45pm		
8:00pm							
8:30pm							
9:00pm	Closed				Closed		

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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			Hatha 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 11:30-12:00pm	Lane Swim 11:15-1:15pm
11:30am	On The Move: Chair Yoga 11:30-12:15pm		Gravity 11:30-12:00pm		Open Swim 12:15-1:15pm	
12:00pm						
12:30pm			Gravity 12:30-1:00pm	Silver Club 12:30-2:00pm (see monthly schedule)		
1:00pm	Pickleball 12:30-2:30pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:30pm	Open Gym 2:45-5:00pm					
4:00pm				Youth Wellness 4:00-5:00pm		Sensory Swim Lesson 4:00-4:30pm
4:30pm						Jurnior Lifeguard Club (\$) 4:35-5:35pm
5:00pm	Child/Youth Workshops 4:30-6:30pm	Pump 5:15-6:15pm	Gravity 5:00-5:30pm		Swim Lessons 4:00-6:50pm	Bronze Star (\$0 for members, \$ for non-members) 5:40-6:40pm
5:30pm				Foam Rolling 5:45-6:15pm		
6:00pm						
6:30pm		Youth Volleyball 10+ years 6:30-7:30pm		Youth Wellness 6:15-7:15pm		
7:00pm	Open Gym 6:45-8:45pm	Volleyball 7:30-8:30pm	Barre 6:30-7:15pm		Open Swim 7:00-7:30pm	Drills & Skills 7:00-7:30pm
7:30pm						
8:00pm					Fusion 7:30-8:15pm	
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 6:00-7:45am				Lane Swim 6:15-9:00am		
6:30am							
7:00am							
7:30am							
8:00am	Cycle 8:00-8:45am		Barre 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					Surfset 9:30-10:15am		
10:00am	Vinyasa Flow Yoga 10:30-11:15am			WOW (Women on Weights) 10:45-11:45am	Aquafit 10:15-11:00am		
10:30am					Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm	
11:00am							
11:30am	On The Move: Cardio & Strength 11:30-12:15pm				Aquafit 12:30-1:15pm		
12:00pm							
12:30pm	Open Gym 12:30-7:45pm				Lane Swim 3:00-4:00pm		
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	Leaders In Training Gr. 5/6 4:30-5:30pm				Special Olympics 5:00-6:15pm		
4:00pm						Family Swim 4:00-4:45pm	Lane Swim 4:00-4:45pm
4:30pm						Open Gym 1:30-7:45pm	Junior Leaders Gr. 7/8 5:30-6:30pm
5:00pm							
5:30pm	Open Gym 1:30-8:45pm				Open Swim 6:30-7:15pm	Lane Swim 6:30-7:15pm	
6:00pm					Youth Swim 10-17yrs 7:15-8:00pm		
6:30pm							
7:00pm							
7:30pm	Closed				Closed	Closed	
8:00pm							
8:30pm	Closed				Closed	Closed	
9:00pm							

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SATURDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am	Open Gym 7:00-8:45am	Open Gym 7:00-7:45am			Lane Swim 7:15-8:45am	
7:30am						
8:00am		Bootcamp 8:00-8:45am				
8:30am		Cycle 9:00-9:45am				
9:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am	Open Gym 10:00-1:45pm Starting Oct 19th 10:00-11:30am			Swim Lessons 9:00-12:00pm	
9:30am						
10:00am						
10:30am						
11:00am				Y Girls 10:30-11:30pm	Family Swim 12:15-1:30pm Lane Swim 12:15-2:30pm	
11:30am						
12:00pm						
12:30pm						
1:00pm	Pickleball (STARTS October 19th) 11:45-1:45pm					
1:30pm						
2:00pm	Open Gym 2:00-2:45pm				Open Swim 1:45-2:30pm	
2:30pm						
3:00pm	Closed				Closed	



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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2024 Fall Schedule



SUNDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
7:00am	Open Gym 7:00-8:45am				Lane Swim 7:15-9:15am		
7:30am							
8:00am							
8:30am							
9:00am	Cycle 9:00-9:45am (**starts October 20th)						
9:30am					Open Swim 9:15-10:15am	Lane Swim 9:15-10:15am	
10:00am	Open Gym 10:00-10:30am				Family Swim 10:30-11:15am		
10:30am							
11:00am	Sensory Friendly Gym 10:30-11:30am				Sensory Friendly Swim 11:30-12:15pm		
11:30am							
12:00pm	Open Gym 11:30-2:45pm			Aquatic Leadership Program Part 1 (\$) Starts Sept 22 11:30-2:30pm	Open Swim 12:30-1:30pm		Lane Swim 12:30-2:00pm
12:30pm							
1:00pm						Aquatic Leadership Program	
1:30pm							
2:00pm					Closed		
2:30pm							
3:00pm	Closed				Closed		

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Contact Information & Hours

Monday - Friday: 6:00am-9:00pm

Saturday & Sunday 7:00am-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