

Midland YMCA

Health, Fitness, & Aquatics

June 30 - August 24
2025 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						
8:30am		Cycle 8:00 - 8:45am				
9:00am	Group Power 9:15 - 10:15am			Stay n' Play 0-5 yrs 9:00 - 12:00pm	Open Swim 9:15 - 10:00am	
9:30am						
10:00am	Yoga 10:30 - 11:15am		TRX 10:15 - 10:45am	Metafit 11:00 - 11:30am	Aquafit 10:15 - 11:00am	
10:30am						
11:00am	On The Move: Cardio Strength 11:30 - 12:15pm		Gravity 11:30 - 12:00pm		Open 11:15 - 12:15pm	Lane Swim 11:15 - 12:15pm
11:30am						
12:00pm						
12:30pm	Pickleball 12:30 - 2:30pm			WOW (Women on Weights) 12:30 - 1:30pm	Aquafit 12:30 - 1:15pm	
1:00pm						
1:30pm					YMCA Camp Swim 1:30 - 2:30pm	
2:00pm						
2:30pm						
3:00pm	Open Gym 3:00 - 4:00pm				Private rental 2:45pm - 3:30pm	
3:30pm						
4:00pm	Camp Gym 3:45 - 5:00pm	Open Gym 4:00 - 5:00pm			Swim Lessons 4:00 - 6:30pm	
4:30pm						
5:00pm						
5:30pm	Open Gym 5:15 - 7:15pm	Step 5:15 - 6:00pm	Foam Rolling 5:00 - 5:45pm			
6:00pm						
6:30pm						
6:30pm		Zumba 6:15 - 7:00pm	Yoga 6:00 - 6:45pm		Lane Swim 6:30 - 7:00pm	
7:00pm					Aquafit 7:00 - 7:45pm	Lane Swim 7:00-7:45pm
7:30pm	Open Gym 7:15 - 8:45pm				Lane Swim 7:45 - 8:45pm	
8:00pm						
8:30pm						
9:00pm	Closed				Closed	Closed

Classes subject to change. Please check out our website for the most up to date schedule.

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 - 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	Step 9:15 - 10:15am		Foam Rolling 9:00 - 9:45am		Private Lesson 9:30 - 10:00am	Open Swim 9:15 - 10:00am	
9:30am							
10:00am	Family Gym 10:15 - 11:15am	Zumba 10:30 - 11:15am	Fusion 10:00 - 10:45am	Workshops See Child/Youth Program Handout	Aquafit 10:15 - 11:00am		
10:30am							
11:00am	On The Move: Chair Yoga 11:30 - 12:15pm				Open 11:15 - 1:15pm	Lane Swim 11:15 - 1:15pm	
11:30am							
12:00pm	Cycle 12:30 - 1:15pm				YMCA Camp Swim 1:30 - 2:30pm		
12:30pm							
1:00pm	Sensory Friendly Gym 1:30 - 2:30pm						
1:30pm							
2:00pm							
2:30pm	Open Gym 2:30 - 4:00pm	Open Gym 2:30 - 3:30pm			Family Swim 3:00 - 3:45pm	Lane Swim 2:30 - 3:45pm	
3:00pm							
3:30pm				WOW (Women on Weights) 1:15 - 2:15pm	Swimming Lessons 4:00 - 6:30pm		Bronze Medallion July 8 - Aug 25 \$167 members, \$208 non-members 4:00 - 6:30pm
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:15 - 7:15pm	Camp Gym 3:45 - 5:00pm					
4:30pm							
5:00pm		Cardio Kick 5:15 - 6:00pm **starts July 15th					
5:30pm							
6:00pm							
6:30pm		Youth Volleyball 10+ yrs 6:30 - 7:30pm	Surfset 6:15 - 7:00pm		Open Swim 6:30 - 8:00pm	Lane Swim 6:30-8:45pm	
7:00pm							
7:30pm	Open Gym 7:30 - 8:45pm	Volleyball 7:30 - 8:30pm	TRX 7:15 - 7:45pm		Lane Swim 7:15 - 8:45pm		
8:00pm							
8:30pm							
9:00pm	Closed				Closed	Closed	

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WEDNESDAY							
	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 - 8:00am						
7:30am							
8:00am	Pump 8:00 - 9:00am						
8:30am							
9:00am	Cycle 9:15 - 10:00am		WOW (Women on Weights) 10:00 - 11:00am	Stay n' Play 9:00 - 12:00pm	Adult Drop In 9:30-10:00	Open Swim 9:15 - 10:00am	
9:30am							
10:00am	Fusion 10:15 - 11:15am				Aquafit 10:15 - 11:00am		
10:30am							
11:00am			Workout Club 10:45 - 11:45am			Open Swim 11:15 - 12:15pm	Lane Swim 11:30 - 12:15pm
12:00pm	On The Move: Functional Fitness 11:30 - 12:15pm		Gravity 11:30 - 12:00pm		Aquafit 12:30 - 1:15pm		
12:30pm	Badminton 12:30 - 2:30pm	Cardio Kick 12:30 - 1:15pm					
1:00pm					YMCA Camp Swim 1:30 - 2:30pm		
1:30pm							
2:00pm	Open Gym 2:30 - 4:00pm	Open Gym 1:30 - 3:45pm			Family Swim 3:00 - 3:45pm Lane Swim 3:00 - 3:45pm		
2:30pm							
3:00pm							
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00 - 7:00pm	Camp Gym 3:45 - 5:00pm		Youth Wellness 4:00 - 5:00pm	Swim Lessons 4:00 - 6:30pm		
4:30pm							
5:00pm		Cycle 5:15 - 6:00pm		Youth Wellness 5:00 - 6:00pm			
5:30pm							
6:00pm					Lane Swim 6:30 - 7:00pm		
6:30pm		Family Zumba 6:15 - 7:00pm					
7:00pm	Open Gym 7:15 - 8:45pm				Aquafit 7:00 - 7:45pm	Lane Swim 7:00-7:45pm	
7:30pm					Lane Swim 7:45 - 8:45pm		
8:00pm							
8:30pm							
9:00pm	Closed				Closed	Closed	

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Drop-In Fitness



Child and Youth



Registered Programs



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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 - 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	Step 9:15 - 10:15am			Stay n' Play 9:00 - 10:00am	Private Lesson 9:30 - 10:00am	Open Swim 9:15 - 10:00am		
9:30am								
10:00am	Parent & Tot Social Gym 10:15 - 11:15am	Zumba 10:30 - 11:15am			Aquafit 10:15 - 11:00am			
10:30am								
11:00am				Workshops See Child/Youth Program Handout				
11:30am	On The Move: Chair Yoga 11:30 - 12:15pm		Pump 12:30 - 1:15pm			Open Swim 11:15 - 1:15pm	Lane Swim 11:15 - 1:15pm	
12:00pm								
12:30pm								
1:00pm	Pickleball 12:30 - 2:30pm	Open Gym 12:30 - 5:00pm	WOW (Women on Weights) 12:30 - 1:30pm			YMCA Camp Swim 1:30 - 2:30pm		
1:30pm								
2:00pm								
2:30pm								
3:00pm							Family Swim 3:00 - 3:45pm	Lane Swim 3:00 - 3:45pm
3:30pm	Camp Gym 3:45 - 5:00pm							
4:00pm				Youth Wellness 4:00 - 5:00pm	Swimming Lessons 4:00 - 6:30pm	Bronze Medallion July 8 - Aug 25 \$167 members, \$208 non-members 4:00 - 6:30pm		
4:30pm				Youth Wellness 5:00 - 6:00pm				
5:00pm								
5:30pm	Open Gym 5:15 - 8:45pm	Legs, Tum & Bum 5:15 - 6:15pm	Foam Rolling 5:45 - 6:15pm					
6:00pm		Youth Volleyball 10 - 13 yrs 6:30 - 7:30pm						
6:30pm								
7:00pm			Yoga 6:30 - 7:30pm	WOW (Women on Weights) 7:15 - 8:15pm	Open Swim 6:30 - 8:00pm	Lane Swim 6:30-8:45pm		
7:30pm								
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	Open Gym 6:00 - 7:45am			Lane Swim 6:15 - 9:15am			
6:30am	6:00 - 6:45am							
7:00am	Camp Gym 7:00 - 8:30am							
7:30am								
8:00am								
8:30am		Cycle 8:00 - 8:45am						
9:00am	Group Power 9:15 - 10:15am				Adult Drop In 9:30am-10:00am	Open Swim 9:15 - 10:00am		
9:30am				Urban Poling 9:30 - 10:30am				
10:00am					Aquafit 10:15 - 11:00am			
10:30am	Yoga 10:30 - 11:15am		WOW (Women on Weights)		Open Swim 11:15 - 12:15pm			
11:00am								
11:30am	On The Move: Cardio & Strength 11:30 - 12:15pm		10:45 - 11:45pm				Lane Swim 11:15 - 12:15pm	
12:00pm								
12:30pm								
1:00pm	Open Gym 12:30 - 3:30pm	Open Gym 12:30 - 7:45pm			Family Swim 12:30 - 1:15pm			
1:30pm								
2:00pm			WOW (Women on Weights)					
2:30pm			2:00 - 3:00pm		YMCA Camp Swim 1:30 - 2:30pm			
3:00pm								
3:30pm	Camp Gym 3:45 - 5:00pm				Lane Swim 3:00 - 5:00pm			
4:00pm								
4:30pm								
5:00pm	Open Gym 5:15 - 7:45pm				Family Swim 5:15 - 6:00pm			
5:30pm				Metafit 5:00 - 5:45pm				
6:00pm								
6:30pm				Lane Swim 6:15 - 7:30pm				
7:00pm								
7:30pm								
8:00pm	Closed				Closed			
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 - 2:30pm	Lane Swim 7:15 - 8:45am
7:30am						
8:00am						
8:30am						
9:00am	Family Gym 9:00 - 10:00am	Cycle 9:00 - 10:00am				Family Swim 9:00 - 10:00am
9:30am						
10:00am						
10:30am	Open Gym 10:00 - 2:45pm	Cardio Strength & Core 10:15 - 11:15am				Open Swim 10:30 - 2:00pm
11:00am						
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed				Closed	Closed

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SUNDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
7:00am	Open Gym 7:00 - 10:30am	Open Gym 7:00 - 9:00am			Lane Swim 7:15 - 9:15am		
7:30am							
8:00am							
8:30am							
9:00am							
9:30am		Arriba/HIIT 9:15 - 10:15am **alternates weeks **starts April 27th			Open Swim 9:15 - 10:15am	Lane Swim 9:15 - 10:15am	
10:00am							
10:30am					Family Swim 10:30 - 11:15am		
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				Open Swim 12:30 - 1:30pm		Lane Swim 12:30 - 1:30pm
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	Closed				Closed	Closed	

Classes subject to change. Please check out our website for the most up to date schedule.

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2025 Summer Schedule



Contact Information & Hours

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

Friday: 6:00am-8:00pm

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