Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



Gym A Gym B Studio/Gravity MPR Pool	MONDAY						
6:30 am 7:00 am 7:30 am 8:00 am 9:00 am 9:15 - 10:15 am 9:05 - 10:15 am 10:00 am 10:30 am 10:30 am 10:30 am 11:30 am 11:00 am 11:30 am 11:00 am 11:30 bm 11:30 - 12:15 pm 11:30 - 12:30 pm 11:30 - 2:30 pm 11:30 - 2:30 pm 11:30 am 11:30 bm 11:30 bm 11:30 bm 11:30 cm 1		Gym A	Gym B	_	MPR	Pc	ool
7:00am 7:30am 8:00am 8:00am 8:30am 9:00am 9:10am 9:15 - 10:15am 9:15 - 10:15am 9:15 - 10:15am 9:15 - 10:15am 10:30am 10:30am 11:30am 1	6:00am	Open Gym					
7.30am Camp Gym 7:00 - 8:30am Cycle 8:00 - 8:45am 6:15 - 9:15am 6:15am 6:15	6:30am	6:00 - 6:45am	Open Gym				
8:00am 8:30am 9:00-8:30am 9:00-8:30am 9:00-8:30am 9:00-8:30am 9:00-8:30am 9:00-8:30am 9:00-8:30am 9:15 - 10:15am 9:00-5 yrs 9:00-12:00pm 10:30am 10:30am 11:00am 11:00am 11:30am 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:30pm 11:30 - 12:30	7:00am		6:00 - 7:45am			Lane	Swim
8:30 m	7:30am	Camp Gym				6:15 - 9	9:15am
9:00am Group Power 9:30am 9:15 - 10:15am 9:30 - 10:00am 9:15 - 10:15am 9:15 - 10:15am 9:00 - 12:00pm 0-5 yrs 9:15 - 10:00am 10:30 - 11:15am 10:15 - 10:45am Metafit 10:15 - 11:30am 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:15pm 11:15 - 12:15pm 11	8:00am	7:00 - 8:30am	Cycle				
9:30am 9:15 - 10:15sm 9:15 - 10:00am 10:00am 10:30 - 11:15sm 10:15 - 10:45sm 10:15 - 10:00am 10:30 - 11:15sm 10:30 - 11:15sm 10:15 - 10:45sm 11:00 - 11:30am 11:30 - 12:15pm 11:30 - 12:15pm 11:30 - 12:15pm 11:15 - 12:15pm 1	8:30am		8:00 - 8:45am				
10:00am	9:00am	Group	Power		Stay n' Play	Open	Swim
10:30am	9:30am	9:15 - 1	.0:15am		0-5 yrs	9:15 - 1	0:00am
11:00 m 11:30 m 11:3	10:00am	Yc	oga	TRX	9:00 - 12:00pm	Aqı	ıafit
11:30 am 12:30 pm 12:30 pm 12:30 - 2:30 pm 12:30 - 3:30	10:30am	10:30 -	11:15am	10:15 - 10:45am	Metafit	10:15 - 3	l1:00am
11:30 am	11:00am	On The Masses	Caralia Characalla	Constitut	11:00 - 11:30am	0	Laura Carina
12:30 pm 1:00 pm Pickleball 12:30 - 2:30 pm 1:30 pm 2:00 pm 2:30 pm 2:30 pm 3:00 pm 3:00 pm 4:00 pm 4:30 pm 5:00 pm 5:30 pm 6:00 pm 6:30 pm 7:15 - 8:45 pm 8:30 pm 8:30 pm 8:30 pm 8:30 pm 0	11:30am					· ·	
1:00pm Pickleball 1:30pm 2:00pm 2:00pm 2:30pm 2:30pm 3:00pm 3:00pm 3:00pm 4:00pm 4:00pm 5:30pm 5:30pm 6:30pm Open Gym 5:15 - 7:15pm	12:00pm	11.50	12.13μπ	11.30 12.00pm		12.13	11.13 12.136111
1:30pm 1:30pm 2:00pm 2:00pm 2:30pm 3:00pm 3:00pm 3:00pm 4:30pm 4:30pm 5:30pm 5:30pm 6:00pm 6:30pm 7:00pm 7:00pm 7:30pm 8:30pm 8:30pm 8:30pm 8:30pm 0-pickleball 12:30 - 2:30pm 12:30 - 1:30pm 12:30 - 1:30pm 12:30 - 1:30pm YMCA Camp Swim 1:30 - 2:30pm Private rental 2:45pm - 3:30pm 2:45pm - 3:30pm Swim Lessons 4:00 - 6:30pm 5:00 - 5:45pm Provide rental 2:45pm - 3:30pm Swim Lessons 4:00 - 6:30pm 12:30 - 1:5pm YMCA Camp Swim 1:30 - 2:30pm Private rental 2:45pm - 3:30pm Swim Lessons 4:00 - 6:30pm Foam Rolling 5:00 - 5:45pm Yoga 6:30 - 7:00pm 6:30 - 7:45pm Private rental 2:45pm - 3:30pm Swim Lessons 4:00 - 6:30pm Tournba 6:30 - 7:00pm Private rental 2:45pm - 3:30pm Swim Lessons 4:00 - 6:45pm Clane Swim 7:00 - 7:45pm Lane Swim 7:00 - 7:45pm Private rental 2:45pm - 3:30pm Swim Lessons 4:00 - 6:30pm Clase Swim 7:00 - 7:45pm Closed Closed Closed	12:30pm						
2:00pm 2:30pm 2:30pm 2:30pm 2:30pm 1:30 - 2:30pm	1:00pm				Weights)	12:30 - 1:15pm	
2:30pm 2:30pm 3:00pm	1:30pm	12:30 -	2:30pm				
2:30pm 3:00pm 3:00pm 3:00pm 3:00 - 4:00pm 4:00pm 4:30pm 5:00pm 5:30pm 6:00pm 6:30pm 7:00pm 7:30pm 8:00pm 8:30pm 8:30pm 8:30pm 6:00pm 9:00pm 8:30pm 8:30pm 6:00pm 0	2:00pm						•
3:30 pm 3:00 - 4:00 pm 2:45 pm - 3:30 pm 4:00 pm 4:30 pm 3:45 - 5:00 pm 5:00 pm 5:30 pm 6:00 pm 5:15 - 7:15 pm 5:15 - 6:00 pm 5:15 - 6:00 pm 7:00 pm 7:30 pm 8:00 pm 7:15 - 8:45 pm 8:30 pm 6:30 pm Closed Closed 6:00 pm Closed Closed 7:45 pm Camp Gym 4:00 - 5:00 pm 5:45 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 5:00 pm 6:30 pm 7:00 pm 6:30 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:00 pm 7:45 pm 7:00 pm 7:45 pm 7:45 pm 7:45 p	2:30pm						
4:00pm Camp Gym 3:45 - 5:00pm Open Gym 4:00 - 5:00pm Swim Lessons 4:00 - 6:30pm 5:30pm 6:00pm Step 5:15 - 7:15pm Foam Rolling 5:00 - 5:45pm Lane Swim 6:30 - 7:00pm 7:00pm Zumba 6:15 - 7:00pm Yoga 6:00 - 6:45pm Aquafit 7:00 - 7:45pm Lane Swim 7:00-7:45pm 8:00pm 8:30pm Open Gym 7:15 - 8:45pm Lane Swim 7:00-7:45pm To0-7:45pm 9:00pm Closed Closed Closed	3:00pm		-				
Camp Gym 3:45 - 5:00pm Swim Lessons 4:00 - 5:00pm Swim Lessons 4:00 - 6:30pm Step 5:15 - 6:00pm S:15 - 7:15pm Step 5:15 - 6:00pm S:15 - 7:15pm Step 5:15 - 6:00pm S:15 - 7:00pm Since	3:30pm	3:00 - 4	4:00pm			2:45pm -	- 3:30pm
3:45 - 5:00pm 3:45 - 5:00pm 4:00 - 5:00pm	4:00pm	Camp Cym	Open Cym				
5:00pm 5:30pm Step Foam Rolling 4:00 - 6:30pm 6:00pm Open Gym 5:15 - 6:00pm 5:00 - 5:45pm Lane Swim 7:00pm Zumba 6:30 - 7:00pm 6:30 - 7:00pm 7:30pm Aquafit Lane Swim 8:00pm Open Gym 7:00 - 7:45pm 8:30pm Closed Closed	4:30pm					Swim I	occonc
5:30pm Step Foam Rolling 6:00pm 5:15 - 6:00pm 5:00 - 5:45pm 6:30pm Tile - 7:15pm Tile - 7:00pm 7:00pm Aquafit - 7:00 - 7:45pm Tile - 8:45pm 8:30pm Tile - 8:45pm Tile - 8:45pm 9:00pm Closed Closed	5:00pm						
6:30pm Open Gym 5:15 - 7:15pm Zumba 6:30 - 7:00pm Yoga 6:30 - 7:00pm 7:00pm Aquafit 7:00 - 7:45pm Lane Swim 7:00 - 7:45pm 8:00pm 8:30pm Open Gym 7:15 - 8:45pm Lane Swim 7:00 - 7:45pm 9:00pm Closed Closed	5:30pm			- 1			
6:30pm 5:15 - 7:15pm Zumba 6:15 - 7:00pm Yoga 6:00 - 6:45pm Aquafit 7:00 - 7:45pm Lane Swim 7:00 - 7:45pm 7:30pm Open Gym 7:15 - 8:45pm Lane Swim 7:00 - 7:45pm Tumba 6:30 - 7:00pm Tumba 6:30 - 7:00pm </td <td>6:00pm</td> <td>Open Gvm</td> <td>5:15 - 6:00pm</td> <td>5:00 - 5:45pm</td> <td></td> <td></td> <td></td>	6:00pm	Open Gvm	5:15 - 6:00pm	5:00 - 5:45pm			
7:00pm 7:30pm Open Gym 8:00pm 8:30pm P:00 - 7:45pm Open Gym 7:15 - 8:45pm Closed Closed Closed Closed	6:30pm						
S:00pm Open Gym Lane Swim 8:30pm 7:15 - 8:45pm 7:45 - 8:45pm 9:00pm Closed Closed	7:00pm		0.13 7.00pm	0.00 0.43pm		· ·	
8:00pm 7:15 - 8:45pm Lane Swim 7:45 - 8:45pm 9:00pm Closed Closed	7:30pm	Open	. Gym			7:00 - 7:45pm	7:00-7:45pm
8:30pm 7:45 - 8:45pm 9:00pm Closed Closed	8:00pm						
	8:30pm					7:45 - 8	3:45pm
	9:00pm						



Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



TUESDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Po	ool	
6:00am	Open Gym						
6:30am	6:00 - 6:45am						
7:00am		Open Gym			Lane	Swim	
7:30am	Camp Gym	6:00 - 9:00am			6:15 -	9:15am	
8:00am	7:00 - 8:30am						
8:30am							
9:00am	Ste	•	Foam Rolling		Private Lesson	Open Swim	
9:30am	9:15 - 1	0:15am	9:00 - 9:45am		9:30 - 10:00am	9:15 - 10:00am	
10:00am	Family Gym	Zumba	Fusion			uafit	
10:30am	10:15 - 11:15am	10:30 - 11:15am	10:00 - 10:45am		10:15 -	11:00am	
11:00am	On The Move	- 1			Open 11:15 - 1:15pm	Lane Swim 11:15 - 1:15pm	
11:30am	11:30 - 1	l2:15pm					
12:00pm	Су	cle		Workshops			
12:30pm	12:30 - 1:15pm			See Child/Youth			
1:00pm	Sensory Friendly Gym 1:30 - 2:30pm			Program Handout		ana Carina	
1:30pm					YMCA Camp Swim 1:30 - 2:30pm		
2:00pm	1.50 2	σορπ			1.30 E.30pm		
2:30pm		Open Gym					
3:00pm	Open Gym 2:30 - 4:00pm	2:30 - 3:30pm			Family Swim 3:00 - 3:45pm	Lane Swim 2:30 - 3:45pm	
3:30pm	2.30 - 4.00pm			WOW	3.00 - 3.43pm	2.30 - 3.43pm	
4:00pm		Camp Gym 3:45 - 5:00pm		(Women on Weights)		Bronze	
4:30pm		3.43 3.00pm		1:15 - 2:15pm	Swimming	Medallion	
5:00pm		Cardio Kick			Lessons	July 8 - Aug 25	
5:30pm	Y Kids	5:15 - 6:00pm			4:00 - 6:30pm	\$167 members, \$208 non-members	
6:00pm	3-5 yrs & 6-9 yrs 4:15 - 7:15pm	**starts July 15th				4:00 - 6:30pm	
6:30pm		Youth Volleyball	Surfset		Open Swim 6:30 - 8:00pm		
7:00pm		10+ yrs 6:30 - 7:30pm	6:15 - 7:00pm			Lane Swim 6:30-8:45pm	
7:30pm	Open Gym	Volleyball	TRX 7:15 - 7:45pm				
8:00pm	7:30 - 8:45pm	7:30 - 8:30pm				Swim	
8:30pm					7:15 -	8:45pm	
9:00pm	Clo				Closed	Closed	



Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



WEDNESDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Po	ool	
6:00am	Open Gym						
6:30am	6:00 - 6:45am	Open Gym					
7:00am	Camp Gym	6:00 - 7:45am				Swim	
7:30am	7:00 - 8:00am				6:15-9	9:15am	
8:00am	Pui	mp					
8:30am	8:00 - 9	9:00am					
9:00am			WOW				
9:30am	Cy 9:15 - 1		(Women on Weights) 10:00 - 11:00am		Adult Drop In 9:30-10:00	Open Swim 9:15 - 10:00am	
10:00am				Stay n' Play 9:00 - 12:00pm		uafit	
10:30am		ion	Manhant Chila		10:15 - 11:00am		
11:00am	10:15 - 1		Workout Club 10:45 - 11:45am		Open Swim 11:15 - 12:15pm	Lane Swim 11:30 - 12:15pm	
12:00pm	On The Move: Fi 11:30 - 1	unctional Fitness 12:15pm	Gravity		11.15 - 12.15pm	11.30 - 12.13pm	
12:30pm	Badminton	Cardio Kick			· ·	quafit	
1:00pm	12:30 - 2:30pm	12:30 - 1:15pm			12:30 -	1:15pm	
1:30pm						amp Swim	
2:00pm		Open Gym			1:30 -	2:30pm	
2:30pm	Open Gym	1:30 - 3:45pm			Family Swim	Lane Swim	
3:00pm	2:30 - 4:00pm					3:00 - 3:45pm	
3:30pm							
4:00pm		Camp Gym		Youth Wellness			
4:30pm		3:45 - 5:00pm		4:00 - 5:00pm	Swim I	_essons	
5:00pm	Y Kids	Cycle		Youth Wellness		6:30pm	
5:30pm	3-5 yrs & 6-9 yrs	5:15 - 6:00pm		5:00 - 6:00pm			
6:00pm	4:00 - 7:00pm	4:00 - 7:00pm			Lano	Swim	
6:30pm		Family Zumba				7:00pm	
7:00pm		6:15 - 7:00pm			Aquafit	Lane Swim	
7:30pm		Cum			7:00 - 7:45pm	7:00-7:45pm	
8:00pm	Open Gym - 7:15 - 8:45pm					Swim	
8:30pm						8:45pm	
9:00pm	Clo	sed			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

Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



THURSDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am	Open Gym						
6:30am	6:00 - 6:45am						
7:00am		Open Gym				e Swim	
7:30am	Camp Gym	6:00 - 9:00am			6:15 - 9:15am		
8:00am	7:00 - 8:30am						
8:30am							
9:00am	Step			Stay n' Play	Private Lesson	Open 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				uafit	
10:30am	10:15 - 11:15am	10:30 - 11:15am			10:15 -	11:00am	
11:00am							
11:30am	On The Move: (Chair Voga	Pump		Open Swim	Lane Swim	
12:00pm	11:30 - 12:		12:30 - 1:15pm		11:15 - 1:15pm	11:15 - 1:15pm	
12:30pm			· ·	Workshops See Child/Youth	·	, i	
1:00pm			WOW	Program Handout			
1:30pm			(Women on		YMCA Camp Swim 1:30 - 2:30pm		
2:00pm	Pickleball 12:30 - 2:30pm		Weights) 12:30 - 1:30pm				
2:30pm		Open Gym			- " o ·		
3:00pm		12:30 - 5:00pm			Family Swim 3:00 - 3:45pm	Lane Swim 3:00 - 3:45pm	
3:30pm					3.00 3.43pm	3.00 3.43ртт	
4:00pm	Camp Gym			Youth Wellness		Bronze	
4:30pm	3:45 - 5:00pm			4:00 - 5:00pm	Swimming	Medallion	
5:00pm				Youth Wellness	Lessons	July 8 - Aug 25 \$167 members,	
5:30pm		Legs, Tum & Bum		5:00 - 6:00pm	4:00 - 6:30pm	\$208 non-members	
6:00pm		5:15 - 6:15pm	Foam Rolling			4:00 - 6:30pm	
6:30pm		Youth Volleyball	5:45 - 6:15pm				
7:00pm	Open Gym 5:15 - 8:45pm	10 - 13 yrs 6:30 - 7:30pm	Yoga	WOW (Women on	Open Swim	Lane Swim	
7:30pm		Volleyball	6:30 - 7:30pm	Weights)	6:30 - 8:00pm	6:30-8:45pm	
8:00pm		13+		7:15 - 8:15pm		·	
8:30pm		7:30 - 8:30pm					
9:00pm	Close	d			Closed	Closed	



Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



	FRIDAY									
	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 - 9:15am	ı				
8:00am	7:00 - 8:30am	Cycle								
8:30am		8:00 - 8:45am								
9:00am		Parrar			Adult Drop In	Open Swim				
9:30am		oup Power 5 - 10:15am		Urban Poling	9:30am-10:00am	9:15 - 10:00am				
10:00am				9:30 - 10:30am	Aquafit					
10:30am		Yoga	WOW		10:15 - 11:00ar	n				
11:00am	10:3	30 - 11:15am 	(Women on Weights)							
11:30am	On The Mov	On The Move: Cardio & Strength			Open Swim	Lane Swim				
12:00pm		60 - 12:15pm			11:15 - 12:15pm	11:15 - 12:15pm				
12:30pm										
1:00pm										
1:30pm					Family Swim					
2:00pm	Open Gym 12:30 - 3:30pm		WOW (Women on		12:30 - 1:15pm	า				
2:30pm			Weights)		VMCA Comp Su	ina				
3:00pm			2:00 - 3:00pm		YMCA Camp Sw 1:30 - 2:30pm					
3:30pm		Open Gym								
4:00pm	Camp Gym	12:30 - 7:45pm			Lane Swim					
4:30pm	3:45 - 5:00pm	·			3:00 - 5:00pm	ı				
5:00pm				Metafit	Family Swim					
5:30pm				5:00 - 5:45pm	Family Swim 5:15 - 6:00pm					
6:00pm	Open Gym									
6:30pm	5:15 - 7:45pm									
7:00pm					Lane Swim	Open Swim				
7:30pm					6:15 - 7:30pm	6:15 - 7:30pm				
8:00pm		Closed								
8:30pm					Closed	Closed				



Health, Fitness, & Aquatics

June 30 - August 24 2025 Summer Schedule



SATURDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
7:00am								
7:30am		ı Gym				Lane Swim		
8:00am	7:00 -	8:45am				7:15 - 8:45am		
8:30am								
9:00am	Family Gym	Cycle				Family Swim		
9:30am	9:00 - 10:00am	9:00 - 10:00am				9:00 - 10:00am		
10:00am								
10:30am		Cardio Strength & Core						
11:00am		10:15 - 11:15am			Lane Swim 7:15 - 2:30pm			
11:30am					7.13 Z.30piii			
12:00pm								
12:30pm	Open Gym 10:00 - 2:45pm					Open Swim 10:30 - 2:00pm		
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Clo	sed			Closed	Closed		

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SUNDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Рс	ool		
7:00am								
7:30am					Lane Swim			
8:00am		Open Gym 7:00 - 9:00am			7:15 - 9			
8:30am	Open Gym							
9:00am	7:00 - 10:30am							
9:30am		Arriba/HIIT			Open Swim	Lane Swim		
10:00am		9:15 - 10:15am **alternates weeks			9:15 - 10:15am	9:15 - 10:15am		
10:30am		**starts April 27th			Family			
11:00am	Sensory Fri	endly Gym			10:30 - 11:15am			
11:30am	10:30 -	11:30am			Sensory Friendly Swim			
12:00pm					11:30 - 1	-		
12:30pm								
1:00pm		Gym			On on Studing	Lama Curina		
1:30pm	11:30 - 2:45pm				Open Swim Lane Swim 12:30 - 1:30pm 12:30 - 1:30pm	12:30 - 1:30pm		
2:00pm					1.000	1.000		
2:30pm								
3:00pm	Clo	sed			Closed	Closed		

Health, Fitness, & Aquatics
June 30 - August 24
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





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