

Midland YMCA

Health, Fitness, & Aquatics

Sept. 1, 2025 - Jan. 4, 2026
2025 Fall Schedule



| MONDAY | | | | | | |
|---------|--|------------------------------------|--------------------------------|---|--------------------------------|---------------------------------|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | |
| 6:00am | Open Gym 6:00-8:45am | Metafit 6:15-6:45am | | | Lane Swim 6:15-9:00am | |
| 6:30am | | | | | | |
| 7:00am | | Core 6:45-7:15am | | | | |
| 7:30am | | | | | | |
| 8:00am | | Cycle 8:00-8:45am | | Y Thrive 9:00-10:00am 10:00-11:00am | | |
| 8:30am | | | | | | |
| 9:00am | Group Power 9:15-10:15am | | | Stay n' Play 0-5 yrs 9:00-12:00pm | Leisure Swim 9:00-10:00am | Drills & Skills 9:00-10:00am |
| 9:30am | | | TRX 10:15-10:45am | | Aquafit 10:15-11:00am | |
| 10:00am | Yoga 10:30-11:15am | | | | | |
| 10:30am | | | | | | |
| 11:00am | On The Move 11:30-12:15pm | | | | Swim Lessons 11:30-12:00pm | Lane Swim 11:15-12:15pm |
| 11:30am | | | | | | |
| 12:00pm | | | Stability Ball 12:30-1:15pm | | Aquafit 12:30-1:15pm | |
| 12:30pm | Pickleball 12:30-2:30pm | | | | | |
| 1:00pm | | | | | Lane Swim 1:30-2:30pm | |
| 1:30pm | | | | | | |
| 2:00pm | | | | | | |
| 2:30pm | | | | | Private Booking 3:00-3:45pm | |
| 3:00pm | Open Gym 3:00-4:00pm | | | | | |
| 3:30pm | | | | | | |
| 4:00pm | Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm | GBI Hockey Training 4:00-5:00pm | | | Swim Lessons 4:00-6:50pm | |
| 4:30pm | | | | Y Thrive 4:00-5:00pm | | |
| 5:00pm | | Step 5:15-6:00pm | | | | |
| 5:30pm | | | | | | |
| 6:00pm | | Zumba 6:15-7:00pm | Pilates 5:30-6:45pm | | | |
| 6:30pm | | | | | | |
| 7:00pm | | | Yoga 7:00-7:45pm | | 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 | |

Classes subject to change. Please check 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.

Midland YMCA

Health, Fitness, & Aquatics

Sept. 1, 2025 - Jan. 4, 2026

2025 Fall Schedule



| TUESDAY | | | | | | |
|---------|--|--|-------------------------------|--|---|---------------------------|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | |
| 6:00am | Open Gym 6:00-8:45am | | | | Lane Swim 6:15-9:00am | |
| 6:30am | | Strictly Strength 6:30-7:15am | | | | |
| 7:00am | | | | | | |
| 7:30am | | Stretch 7:15-7:30am | | | | |
| 8:00am | | Open Gym 7:45-9:00am | | | | |
| 8:30am | | | | | | |
| 9:00am | Step 9:15-10:15am | | Core 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 | Stretch 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 11:30-12:15pm | | | | Open Swim 12:15-1:15pm | |
| 12:00pm | | | | | | |
| 12:30pm | Cycle 12:30-1:15pm | | | | | |
| 1:00pm | | | | | | |
| 1:30pm | Floor Hockey 1:30-2:30pm | Open Gym 1:30-3:45pm | | WOW (Women on Weights) 1:15-2:15pm | | |
| 2:00pm | | | | | | |
| 2:30pm | | | | | | |
| 3:00pm | Open Gym 2:45-4:15pm | | | Lifelong Leaders (Youth Leadership) Wolves Gr 9/10 3:00-5:00pm *starts Oct. 14th | Lane Swim 3:00-3:45pm | |
| 3:30pm | | | | | Swim Lessons 4:00-6:50pm | |
| 4:00pm | | | | | | |
| 4:30pm | GBI Hockey Training 4:00-5:00pm | | | | | |
| 5:00pm | All Sport/Basketball Fundamentals (\$) 4:30-6:30pm | Cardio/Strength 5:15-6:00pm | | | | |
| 5:30pm | | | Youth Wellness 5:30-6:30pm | | | |
| 6:00pm | | | | | | |
| 6:30pm | Open Gym 6:45-8:45pm | Youth Volleyball 10+ yrs 6:30-7:30pm | HIIT 6:15-7:00pm | | Adult Drop In Swim Lesson 7:00-7:30pm | Lane Swim 7:00-8:45pm |
| 7:00pm | | | | | | |
| 7:30pm | | Volleyball 7:30-8:30pm | | | Open Swim 7:30-8:30pm | |
| 8:00pm | | | | | | |
| 8:30pm | | | | | | |
| 9:00pm | Closed | | | | Closed | |

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

Drop-In Fitness

Child and Youth

Registered Programs

Self-Directed

Drop-In Aquatics

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Midland YMCA

Health, Fitness, & Aquatics

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2025 Fall Schedule



| WEDNESDAY | | | | | | | |
|-----------|--|-----------------------------|--|--|-------------------------------|-------------------------------|----------------------------|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | | |
| 6:00am | Open Gym 6:00-7:45am | Cycle 6:15-7:15am | | | Lane Swim 6:15-9:00am | | |
| 6:30am | | | | | | | |
| 7:00am | | | | Y Thrive 7:00-8:00am | | | |
| 7:30am | | | | | | | |
| 8:00am | Strictly Strength 8:00-9:00am | | | Y Thrive 9:30-10:30am | Lane Swim 9:00-10:00am | | Open Swim 9:00-10:00am |
| 8:30am | | | Y Thrive 10:30-11:30am | | | | |
| 9:00am | Cycle 9:15-10:00am | | WOW (Women on Weights) 10:00-11:00am | Stay n' Play 0-5 yrs 9:00-12:00pm | | | Aquafit 10:15-11:00am |
| 9:30am | | | | | | | |
| 10:00am | Pilates 10:15-11:15am | | Workout Club 11:45-12:45pm | | | Swim Lessons 11:30-12:00pm | Lane Swim 11:15-12:15pm |
| 10:30am | | | | | | | |
| 11:00am | On The Move 11:30-12:15pm | | | | Aquafit 12:30-1:15pm | | |
| 11:30am | | | | | | | |
| 12:00pm | | | | | | | |
| 12:30pm | | | | | | | |
| 1:00pm | Badminton 12:30-2:30pm | Cardio Kick 12:30-1:15pm | | Y Thrive 1:30-2:30pm | Lane Swim 1:30-2:30pm | | |
| 1:30pm | | | | | | | |
| 2:00pm | Open Gym 2:45-3:45pm | Open Gym 1:30-3:45pm | | | | | |
| 2:30pm | | | | | | | |
| 3:00pm | | | | Y Kids 3-5 yrs & 6-9 yrs 4:00-5:15pm | | | |
| 3:30pm | | | | | | | |
| 4:00pm | GBI Hockey Training 4:00-5:00pm | | Family Yoga 4:15-5:00pm | Y Thrive 4:00-5:00pm | Swim Lessons 4:00-6:50pm | | |
| 4:30pm | | | | | | | |
| 5:00pm | Y Kids 3-5 yrs & 6-9 yrs 5:15-7:15pm | Cycle 5:15-6:00pm | | Youth Wellness 5:00-6:00pm | | | |
| 5:30pm | | | | | | | |
| 6:00pm | | | | | | | |
| 6:30pm | | Family Zumba 6:15-7:00pm | | | | | |
| 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 | | |

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



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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2025 Fall Schedule



| THURSDAY | | | | | | |
|----------|--|---------------------------------------|---|--|-------------------------------|---------------------------------------|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | |
| 6:00am | Open Gym 6:00-8:45am | | | | Lane Swim 6:15-9:00am | |
| 6:30am | | Strictly Strength 6:30-7:15am | | | | |
| 7:00am | | | | | | |
| 7:30am | | Stretch 7:15-7:30am | | | | |
| 8:00am | | Open Gym 7:45-9:00am | | | | |
| 8:30am | | | | | | |
| 9:00am | Step 9:15-10:15am | | Parent & Tot Yoga 9:15-10:00am | 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 | Y Thrive 10:00-11:00am | | Aquafit 10:15-11:00am | |
| 10:30am | | | | | | |
| 11:00am | | | Y Thrive 11:30-12:30pm | | Swim Lessons 11:30-12:00pm | Lane Swim 11:15-1:15pm |
| 11:30am | On The Move 11:30-12:15pm | | | | Open Swim 12:15-1:15pm | |
| 12:00pm | | | Metafit 12:30-1:15pm | WOW (Women on Weights) 12:30-1:30pm | | |
| 12:30pm | | | | | | |
| 1:00pm | Pickleball 12:30-2:30pm | | | | | |
| 1:30pm | | | | | | |
| 2:00pm | | | | | | |
| 2:30pm | Open Gym 2:45-3:45pm | | | | | |
| 3:00pm | | | | | | |
| 3:30pm | | | | Lifelong Leaders (Youth Leadership) Bears Gr 11/12 3:00-5:00pm *starts Oct. 16th | Lane Swim 3:00-3:45pm | |
| 4:00pm | GBI Hockey Training 4:00-5:00pm | | Y Thrive 4:00-5:00pm | | Swim Lessons 4:00-6:50pm | Sensory Swim Lesson 4:00-5:00pm |
| 4:30pm | | | | | | |
| 5:00pm | Open Gym 5:15-6:15pm | Legs, Tum & Bum 5:15-6:00pm | Outdoor Explorers/ Social Butterflies/ Painting with Glareh (S) 4:00-6:00pm | Youth Wellness 4:00-5:00pm 5:00-6:00pm | | Bronze Cross \$ 5:00-7:00pm |
| 5:30pm | | | | | | |
| 6:00pm | | | | | | |
| 6:30pm | Youth Volleyball 10+ yrs 6:30-7:30pm | GBI Hockey Training 6:30-7:30pm | Stretch 5:45-6:15pm | | | |
| 7:00pm | | | Core 6:30-7:15pm | WOW (Women on Weights) 7:15-8:15pm | | |
| 7:30pm | Volleyball 7:30-8:45pm | Open Gym 7:45-8:45pm | Y Thrive 7:30-8:30pm | | Open Swim 7:00-7:30pm | Lane Swim 7:00-7:30pm |
| 8:00pm | | | | | Masters Swim 7:45-8:45pm | |
| 8:30pm | | | | | | |
| 9:00pm | Closed | | | | Closed | |

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

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2025 Fall Schedule



| FRIDAY | | | | | | |
|---------|--|--------------------------|---|---|--|----------------------------|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | |
| 6:00am | Open Gym 6:00-7:45am | HIIT 6:15-6:45am | | | Lane Swim 6:15-9:00am | |
| 6:30am | | | | | | |
| 7:00am | | Stretch 6:45-7:15am | | | | |
| 7:30am | | | | | | |
| 8:00am | Cycle 8:00-8:45am starts Sept 12th | | | | | |
| 8:30am | | | | | | |
| 9:00am | Group Power 9:15-10:15am | | | | Lane Swim 9:00-10:00am | Open Swim 9:00-10:00am |
| 9:30am | | | Y Thrive 9:30-10:30am | Urban Poling 9:30-10:30am | Aquafit 10:15-11:00am | |
| 10:00am | Stretch 10:30-11:15am | | | WOW (Women on Weights) 10:45-11:45am | | |
| 10:30am | | | | | Adult Drop In Swim Lessons 11:15-11:45am | Lane Swim 11:15-12:15pm |
| 11:00am | On The Move 11:30-12:15pm | | | | Aquafit 12:30-1:15pm | |
| 11:30am | | | | | | |
| 12:00pm | | | Y Thrive 12:00-1:00pm | | | |
| 12:30pm | | | | Y Thrive 12:30-1:30pm | | |
| 1:00pm | Floor Hockey 12:30-2:30pm | Metafit 12:30-1:15pm | | Y Thrive 1:30-2:30pm | | |
| 1:30pm | | | | | | |
| 2:00pm | Open Gym 2:45-8:45pm | Open Gym 12:30-8:45pm | WOW (Women on Weights) 2:00-3:00pm | | | |
| 2:30pm | | | | | | |
| 3:00pm | | | | | Lane Swim 3:00-4:00pm | |
| 3:30pm | | | | | | |
| 4:00pm | | | | | Family Swim 4:00-4:45pm | Lane Swim 4:00-4:45pm |
| 4:30pm | | | Dance Lessons with Pablo (\$) 5:15-6:15pm Session 1 Sept 26-Oct 17 Session 2 Oct 24-Nov 14 Session 3 Nov 21-Dec 21 | | Special Olympics 5:00-6:15pm | |
| 5:00pm | | | | | | |
| 5:30pm | | | | | | |
| 6:00pm | Dodgeball 13+ 5:30-6:30pm | | | | | |
| 6:30pm | | | | | | |
| 7:00pm | Open Gym 2:45-8:45pm | | | | Open Swim 6:30-7:45pm | Lane Swim 6:30-8:00pm |
| 7:30pm | | | | | | |
| 8:00pm | | | | | | |
| 8:30pm | | | | | | Closed |
| 9:00pm | Closed | | | | | |

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

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

Drop-In Aquatics


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Midland YMCA

Health, Fitness, & Aquatics

Sept. 1, 2025 - Jan. 4, 2026

2025 Fall Schedule



| SATURDAY | | | | | | |
|----------|--|-----------------------------|--------------------------|-----|--|--|
| | Gym A | Gym B | Yoga Studio | 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 | | | | | | |
| 8:30am | | Cycle 8:30-9:15am | | | | |
| 9:00am | Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am | Group Power 9:30-10:30am | | | Swim Lessons 9:00-12:00pm | |
| 9:30am | | | | | | |
| 10:00am | | | | | | |
| 10:30am | | Open Gym 10:45-11:30am | | | | |
| 11:00am | | | | | | |
| 11:30am | | | | | | |
| 12:00pm | Pickleball (starts October 18th) 11:45-1:45pm | | | | Family Swim 12:15-1:30pm Lane Swim 12:15-2:30pm | |
| 12:30pm | | | Y Thrive 12:30-1:30pm | | | |
| 1:00pm | | | | | | |
| 1:30pm | Open Gym 2:00-2:45pm | | | | Open Swim 1:45-2:30pm | |
| 2:00pm | | | | | | |
| 2:30pm | | | Closed | | | |
| 3:00pm | | | | | Closed | |

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2025 Fall Schedule



| SUNDAY | | | | | | |
|---------|---------------------------------------|---|---------------------------|---|--|--|
| | Gym A | Gym B | Yoga Studio | MPR | Pool | |
| 7:00am | Open Gym 7:00-10:15am | Open Gym 7:00-9:00am | | | Lane Swim 7:15-9:15am | |
| 7:30am | | | | | | |
| 8:00am | | | Yoga 8:00-9:00am | | | |
| 8:30am | | | | | | |
| 9:00am | | | | | | |
| 9:30am | | Arriba/HIIT 9:15-10:00am **alternates weeks | | | 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 | | Y Thrive 11:00-12:00pm | | Sensory Friendly Swim 11:30-12:15pm | |
| 11:30am | | | | | | |
| 12:00pm | Open Gym 11:30-2:45pm | | | Aquatic Leadership Program Part 1 (\$) | Sensory Friendly Swim 11:30-12:15pm | |
| 12:30pm | | | | | | |
| 1:00pm | | | | Starts Sept 22nd 11:30-2:30pm | Open Swim 12:30-1:30pm | Aquatic Leadership Program 11:30-2:30pm |
| 1:30pm | | | | | | |
| 2:00pm | | | | | | |
| 2:30pm | | | | | | |
| 3:00pm | Closed | | | | Closed | |

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

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Sept. 1, 2025 - Jan. 4, 2026

2025 Fall Schedule



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