

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	HIIT 6:15-7:00am			Lane Swim 6:15-9:00am		
6:30am							
7:00am							
7:30am							
8:00am		Cycle 8:00-8:45am		Y Thrive 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							
10:00am	Yoga 10:30-11:15am				Aquafit 10:15-11:00am		
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						Private Booking 3:00-3:45pm	
2:30pm							
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							
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			Masters Swim 7:55-8:45pm			
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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TUESDAY							
	Gym A	Gym B	Yoga Studio	MPR	Pool		
6:00am	Open Gym 6:00-8:45am	Strictly Strength 6:30-7:30am			Lane Swim 6:15-9:00am		
6:30am							
7:00am							
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						
12:00pm							
12:30pm	Cycle 12:30-1:15pm						
1:00pm					Open Swim 12:15-1:15pm		
1:30pm	Floor Hockey 1:30-2:30pm	Open Gym 1:30-3:45pm					
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							
4:00pm							
4:30pm		GBI Hockey Training 4:00-5:00pm			Swim Lessons 4:00-6:50pm		
5:00pm	All Sport/Basketball Fundamentals (\$) 4:30-6:30pm	Cardio/Strength 5:15-6:00pm	Youth Wellness 5:30-6:30pm				
5:30pm							
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		

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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					
9:30am									
10:00am	Pilates 10:15-11:15am				Aquafit 10:15-11:00am				
10:30am									
11:00am				Swim Lessons 11:30-12:00pm	Lane Swim 11:15-12:15pm				
11:30am			On The Move 11:30-12:15pm		Workout Club 11:45-12:45pm				
12:00pm		Aquafit 12:30-1:15pm							
12:30pm									
1:00pm	Badminton 12:30-2:30pm	Open Gym 12:30-3:45pm				Y Thrive 1:30-2:30pm	Lane Swim 1:30-2:30pm		
1:30pm									
2:00pm									
2:30pm	Open Gym 2:45-3:45pm								
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		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								
8:00pm					Lane Swim 7:45-8:45pm				
8:30pm									
9:00pm	Closed				Closed				

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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						
7:00am		Strictly Strength 6:30-7:30am				
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						
12:30pm						
1:00pm	Pickleball 12:30-2:30pm					
1:30pm						
2:00pm						
2:30pm	Open Gym 2:45-3:45pm					
3:00pm					Lane Swim 3:00-3:45pm	
3:30pm						
4:00pm	GBI Hockey Training 4:00-5:00pm			Lifelong Leaders (Youth Leadership) Bears Gr 11/12 3:00-5:00pm *starts Oct. 16th		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)	Youth Wellness 5:00-6:00pm	Swim Lessons 4:00-6:50pm	Bronze Cross \$ 5:00-7:00pm
5:30pm						
6:00pm			4:00-6:00pm			
6:30pm	Youth Volleyball 10+ yrs 6:30-7:30pm	GBI Hockey Training 6:30-7:30pm	Stretch 5:45-6:15pm		Open Swim 7:00-7:30pm	Lane Swim 7:00-7:30pm
7:00pm			Core 6:30-7:15pm			
7:30pm	Volleyball 7:30-8:30pm	Open Gym 7:45-8:45pm	Y Thrive 7:30-8:30pm		Masters Swim 7:45-8:45pm	
8:00pm						
8:30pm						
9:00pm			Closed			

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FRIDAY								
	Gym A	Gym B	Yoga Studio	MPR	Pool			
6:00am	Open Gym 6:00-7:45am	HIIT 6:15-7:15am			Lane Swim 6:15-9:00am			
6:30am								
7:00am								
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				
10:00am	Stretch 10:30-11:15am				Aquafit 10:15-11:00am			
10:30am								
11:00am	On The Move 11:30-12:15pm				Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm		
11:30am								
12:00pm			Y Thrive 12:00-1:00pm		Aquafit 12:30-1:15pm			
12:30pm				Y Thrive 12:30-1:30pm				
1:00pm	Floor Hockey 12:30-2:30pm	Open Gym 12:30-8:45pm						
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm	Open Gym 2:45-8:45pm				Lane Swim 3:00-4:00pm			
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								
6:30pm	Dodgeball 13+ 5:30-6:30pm							
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								
9:00pm	Closed				Closed			

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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						
2:00pm	Open Gym 2:00-2:45pm				Open Swim 1:45-2:30pm	
2:30pm						
3:00pm	Closed				Closed	

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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		HIIT 9:15-10:00am			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 (\$) Starts Sept 21st 11:30-2:30pm	Open Swim 12:30-1:30pm	
12:30pm						
1:00pm						Aquatic Leadership Program 11:30-2:30pm
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed				Closed	

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updated October 5, 2025

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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