

# Midland YMCA

Health, Fitness, & Aquatics

January 5 - March 15, 2026

2026 Winter Schedule



MONDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am	Open Gym 6:00-8:45am	HIIT 6:15-7:00am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)		
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Group Power 9:15-10:15am			Stay n' Play 0-5 yrs 9:00-12:00pm		Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)	
9:30am								
10:00am	Yoga 10:30-11:15am							
10:30am								
11:00am	On The Move 11:30-12:15pm							Aquafit 10:15-11:00am
11:30am								
12:00pm								
12:30pm			Stability Ball 12:30-1:15pm	Aquafit 12:30-1:15pm				
1:00pm								
1:30pm					Pickleball 12:30-2:30pm			
2:00pm								
2:30pm	Open Gym 2:45-3:45pm							
3:00pm								
3:30pm								
4:00pm								
4:30pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	GBI Hockey Training 4:00-5:00pm **ends February 9th						
5:00pm								
5:30pm		Step 5:15-6:00pm					Pilates 5:30-6:30pm	
6:00pm								
6:30pm		Zumba 6:15-7:00pm					Yoga 7:00-7:45pm	
7:00pm								
7:30pm	Open Gym 7:15-8:45pm				Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)		
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 13+
  Child and Youth
  Registered Programs
  Self-Directed

Drop-In Aquatics

For more information, please contact your Membership Services Desk.

# Midland YMCA

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### 2026 Winter Schedule



TUESDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am	Open Gym 6:00-9:00am	Strictly Strength 6:15-7:15am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)		
6:30am								
7:00am		Open Gym 7:30-9:00am			Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)		
7:30am								
8:00am								
8:30am								
9:00am	Step 9:15-10:15am		Yoga 9:45-10:45am	Aquafit 10:15-11:00am				
9:30am								
10:00am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am		Swim Lessons 11:15-12:00pm				
10:30am								
11:00am	On The Move 11:30-12:15pm			Leisure Swim 11:15-1:15pm (2 lanes)	Lane Swim 11:15-1:15pm (4 lanes)			
11:30am								
12:00pm								
12:30pm	Cycle 12:30-1:15pm							
1:00pm								
1:30pm	Open Gym 1:30-3:45pm			Lifelong Leader (Youth Leadership) Wolves Gr. 9/10 3:30-5:30pm *continues Jan. 6th	Swim Lessons 4:00-6:50pm			
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-6:15pm	GBI Hockey Training 4:00-5:00pm **ends January 27th	Rhythm & Stretch 3-5 yrs 4:30-5:15pm					
4:30pm		Cardio/Strength 5:15-6:00pm				Rhythm & Stretch 6-9 yrs. 5:30-6:15pm		
5:00pm			Youth Volleyball 9-13 years 6:30-7:30pm				Open Gym 6:15-8:45pm	Rhythm & Stretch 10-12 yrs. 6:30-7:15pm
5:30pm		Volleyball 13+ 7:30-8:30pm						
6:00pm								
6:30pm	Closed				Closed			
7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								

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WEDNESDAY								
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool			
6:00am	Open Gym 6:00-7:45am	Cycle 6:15-7:15am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)		
6:30am								
7:00am								
7:30am								
8:00am	Strictly Strength 8:00-9:00am			Stay n' Play 0-5 yrs 9:00-12:00pm	Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)		
8:30am								
9:00am								
9:30am								
10:00am	Cycle 9:15-10:00am				Aquafit 10:15-11:00am			
10:30am	Pilates 10:15-11:15am				Swim Lesson 11:15-12:00pm	Lane Swim 11:15-12:15pm (4 lanes)		
11:00am					Leisure Swim 11:15-12:15pm (2 lanes)			
11:30am	On The Move 11:30-12:15pm				Workout Club 11:45-12:45pm *Session 1&2		Aquafit 12:30-1:15pm	
12:00pm								
12:30pm								
1:00pm	Open Gym 12:30-3:45pm			Y Thrive 1:30-2:30pm	Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)		
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm				Lifelong Leaders (Youth Leadership) Turtles Gr. 5/6 Eagles Gr. 7/8 4:30-6:00pm *starts Jan. 7th	Swim Lessons 4:00-6:50pm			
4:00pm	GBI Hockey Training 4:00-5:00pm **ends January 28th							
4:30pm								
5:00pm	Soccer Fundamentals 3-5 yrs. \$ 5:15-6:00pm	Cycle 5:15-6:00pm					Painting with Glareh 6-12 yrs. (\$) 5:15-6:15pm	
5:30pm	Soccer Fundamentals 6-9 yrs. \$ 6:15-7:00pm	Family Zumba 6:15-7:00pm	Youth Wellness 5:00-6:00pm					
6:00pm	Soccer Fundamentals 10-12 yrs. \$ 7:15-8:15pm	Open Gym 7:15-8:15pm			Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)		
6:30pm								
7:00pm	Open Gym 8:15-8:45pm						Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)
7:30pm								
8:00pm					Closed			
8:30pm								
9:00pm	Closed							

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Drop-In Aquatics
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THURSDAY							
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool		
6:00am	Open Gym 6:00-8:45am	Strictly Strength 6:15-7:15pm			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)	
6:30am							
7:00am							
7:30am							
8:00am							
8:30am	Open Gym 7:45-9:00am						
9:00am	Step 9:15-10:15am		Y Thrive 10:00-11:00am	Stay n' Play 9:00-10:00am	Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)	
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					Swim Lessons 11:15-12:00pm		
11:30am	On The Move: Chair Yoga 11:30-12:15pm		Workout Club 11:30-12:30pm *Session 1&2		Leisure Swim 11:15-1:15pm (2 lanes)		Lane Swim 11:15-1:15pm (4 lanes)
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							
3:30pm			Lifelong Leaders (Youth Leadership) Bears Gr. 11/12 3:30-5:30pm *continues Jan. 8th	Youth Wellness 5:00-6:00pm	Leisure Swim 3:00-3:45pm (2 lanes)	Lane Swim 3:00-3:45pm (4 lanes)	
4:00pm	GBI Hockey Training 4:00-5:00pm **ends January 29th				Social Butterflies 3-5 yrs. (\$) 4:15-5:15pm	Sensory Swim Lesson 4:00-5:10pm	Bronze Med/ Bronze Cross (\$0 for members, \$ for non- members) 4:00-6:30pm
4:30pm						Swim Lessons 5:10-6:50pm	
5:00pm	Volleyball Fundamentals 6-9 yrs. (\$) 5:15-6:15pm	Legs, Tum, Bum 5:15-6:00pm			Pilates 5:30-6:15pm		
5:30pm	10-12 yrs. (\$) 6:30-7:30pm	GBI Hockey Training 6:30-7:30pm **end January 29th					Open Swim 7:00-7:30pm (2 lanes)
6:00pm							
6:30pm							
7:00pm	Volleyball 13+ 7:30-8:30pm	Open Gym 7:45-8:45pm			Masters Swim 7:45-8:45pm		
7:30pm							
8:00pm							
8:30pm							
9:00pm	Closed				Closed		

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FRIDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am	Open Gym 6:00-7:45am	HIIT 6:15-7:00am	Y Thrive 7:30-8:30am		Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)
6:30am						
7:00am						
7:30am						
8:00am	Cycle 8:00-8:45am			Urban Poling 9:30-10:30am	Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)
8:30am						
9:00am	Group Power 9:15-10:15am					
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				Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
11:30am					Leisure Lane 11:15-12:15pm (2 lanes)	
12:00pm			Y Thrive 12:00-1:00pm	Aquafit 12:30-1:15pm		
12:30pm						
1:00pm	Open Gym 12:30-3:45pm	Open Gym 12:30-5:15pm				
1:30pm						
2:00pm						
2:30pm						
3:00pm	Dodgeball 13 + 4:00-5:00pm			Social Butterflies 6-9 yrs. (\$) 4:15-5:15pm	Leisure Swim 3:00-4:00pm (2 lanes)	Lane Swim 3:00-4:45pm (4 lanes)
3:30pm						
4:00pm						
4:30pm						
5:00pm	3v3 Basketball 13+ 5:30-8:00pm				Special Olympics 5:00-6:15pm **ends March 13th	
5:30pm						
6:00pm						
6:30pm						
7:00pm	Open Gym 8:15-8:45pm				Open Swim 6:30-8:00pm (3 lanes)	Lane Swim 6:30-8:00pm (3 lanes)
7:30pm						
8:00pm						
8:30pm						
9:00pm	Closed				Closed	

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2026 Winter Schedule



SATURDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am	Open Gym 7:00-8:45am	Open Gym 7:00-8:15am			Leisure Swim 7:15-8:45am (2 lanes)	Lane Swim 7:15-8:45am (4 lanes)
7:30am						
8:00am						
8:30am						
9:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-12:00pm	Cycle 8:30-9:15am			Swim Lessons 9:00-12:00pm	
9:30am		Group Power 9:30-10:30am				
10:00am						
10:30am						
11:00am						
11:30am	Open Gym 10:45-12:00pm					
12:00pm	Pickleball 12:15-1:45pm					Y Thrive 12:30-1:30pm
12:30pm						
1:00pm						
1:30pm						
2:00pm	Open Gym 2:00-2:45pm	Open Swim 1:45-2:30pm (4 lanes)			Lane Swim 12:15-2:30pm (2 lanes)	
2:30pm						
3:00pm	Closed				Closed	

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Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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2026 Winter Schedule



SUNDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am	Open Gym 7:00-10:30am	Open Gym 7:00-10:30am			Leisure Swim 7:15-9:00am (2 lanes)	Lane Swim 7:15-9:45am (4 lanes)
7:30am						
8:00am						
8:30am						
9:00am						
9:30am						
10:00am						
10:30am			Yoga 9:00-10:00am		Open Swim 9:00-9:45am (2 lanes)	
11:00am	Sensory Friendly Gym 10:30-11:30am				Swim Lessons 10:00-11:40am	Lane Swim 9:45-11:45am (2 lanes)
11:30am			Y Thrive 11:00-12:00pm			
12:00pm	Open Gym 11:30-2:45pm			Aquatic Leadership 11:30-2:30pm (on land)	Sensory Swim 11:45-12:30pm	Aquatic Leadership 12:00-2:30pm (in water)
12:30pm					Open Swim 12:40-1:30pm (4 lanes)	
1:00pm					Aquatic Leadership Program	
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed				Closed	

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2026 Winter Schedule



### Contact Information & Hours

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

**Saturday & Sunday 7:00am-3:00pm**

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**midland.hfa@sm.ymca.ca**

**(705) 526-7828**

### Etiquette

"The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity."

Any possible member disputes or issues will be dealt with using a strength-based approach. All staff will encourage members and participants to adhere to the etiquette statement.



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