

# 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						
6:30am						
7:00am	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)
7:30am						
8:00am		Cycle 8:00-8:45am				
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				Aquafit 10:15-11:00am
10:30am						
11:00am		On The Move 11:30-12:15pm			Swim Lessons 11:15-12:00pm	Lane Swim 11:15-12:15pm (4 lanes)
11:30am						
12:00pm						
12:30pm			Stability Ball 12:30-1:15pm			
1:00pm						
1:30pm		Pickleball 12:30-2:30pm			Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)
2:00pm						
2:30pm						
3:00pm		Open Gym 2:45-3:45pm				Private Booking 3:00-3:45pm
3:30pm						
4:00pm		Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	GBI Hockey Training 4:00-5:00pm **ends February 9th			
4:30pm						
5:00pm			Step 5:15-6:00pm			Swim Lessons 4:00-6:50pm
5:30pm						
6:00pm			Zumba 6:15-7:00pm			
6:30pm						
7:00pm						
7:30pm		Open Gym 7:15-8:45pm				
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 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						
6:30am						
7:00am	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)
7:30am		Open Gym 7:30-9:00am				
8:00am						
8:30am						
9:00am		Step 9:15-10:15am			Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)
9:30am			Yoga 9:45-10:45am			
10:00am						
10:30am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am				
11:00am					Swim Lessons 11:15-12:00pm	
11:30am		On The Move 11:30-12:15pm				
12:00pm					Leisure Swim 11:15-1:15pm (2 lanes)	Lane Swim 11:15-1:15pm (4 lanes)
12:30pm		Cycle 12:30-1:15pm				
1:00pm						
1:30pm						
2:00pm						
2:30pm		Open Gym 1:30-3:45pm				
3:00pm						
3:30pm						
4:00pm		GBI Hockey Training 4:00-5:00pm **ends January 27th				
4:30pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-6:15pm		Rhythm & Stretch 3-5 yrs. 4:30-5:15pm			
5:00pm		Cardio/Strength 5:15-6:00pm				
5:30pm			Rhythm & Stretch 6-9 yrs. 5:30-6:15pm		Youth Wellness 5:00-6:00pm	
6:00pm						
6:30pm	Youth Volleyball 9-13 years 6:30-7:30pm		Rhythm & Stretch 10-12 yrs. 6:30-7:15pm		Adult Drop In Swim Lesson 7:00-7:30pm	
7:00pm		Open Gym 6:15-8:45pm				
7:30pm	Volleyball 13+ 7:30-8:30pm				Open Swim 7:30-8:30pm (3 lanes)	Lane Swim 7:00-8:45pm (3 lanes)
8:00pm						
8:30pm						
9:00pm	Closed				Closed	

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# Midland YMCA

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2026 Winter Schedule



### WEDNESDAY

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

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Drop-In Fitness 13+

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Registered Programs

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# Midland YMCA

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2026 Winter Schedule



Shine On

### THURSDAY

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

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Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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### FRIDAY

	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
6:00am						
6:30am	Open Gym 6:00-7:45am	HIIT 6:15-7:00am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)
7:00am						
7:30am						
8:00am	Cycle 8:00-8:45am		Y Thrive 7:30-8:30am			
8:30am						
9:00am					Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am
9:30am		Group Power 9:15-10:15am				
10:00am						
10:30am					Aquafit 10:15-11:00am	
11:00am		Yoga 10:30-11:15am			Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
11:30am		On The Move 11:30-12:15pm			Leisure Lane 11:15-12:15pm (2 lanes)	
12:00pm			Y Thrive 12:00-1:00pm			
12:30pm					Aquafit 12:30-1:15pm	
1:00pm						
1:30pm						
2:00pm	Open Gym 12:30-3:45pm					
2:30pm						
3:00pm		Open Gym 12:30-5:15pm				
3:30pm						
4:00pm						
4:30pm	Dodgeball 13 + 4:00-5:00pm					
5:00pm						
5:30pm						
6:00pm						
6:30pm		3v3 Basketball 13+ 5:30-8:00pm				
7:00pm						
7:30pm						
8:00pm						
8:30pm		Open Gym 8:15-8:45pm				
9:00pm	Closed				Closed	

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# Midland YMCA

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SATURDAY					
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool
7:00am					
7:30am	Open Gym 7:00-8:45am	Open Gym 7:00-8:15am			Leisure Swim 7:15-8:45am (2 lanes)
8:00am					Lane Swim 7:15-8:45am (4 lanes)
8:30am		Cycle 8:30-9:15am			
9:00am		Group Power 9:30-10:30am (starts February 14th)			
9:30am					
10:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:45am	Open Gym 10:45-11:45am			Swim Lessons 9:00-12:00pm
10:30am					
11:00am					
11:30am					
12:00pm					
12:30pm		Pickleball 12:00-2:00pm (starts January 24th)	Y Thrive 12:30-1:30pm		Family Swim 12:15-1:30pm (4 lanes)
1:00pm					Lane Swim 12:15-2:30pm (2 lanes)
1:30pm					
2:00pm		Open Gym 2:15-2:45pm			Open Swim 1:45-2:30pm (4 lanes)
2:30pm					
3:00pm	Closed				Closed

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# Midland YMCA

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2026 Winter Schedule



### SUNDAY

	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am						
7:30am						
8:00am		Open Gym 7:00-9:00am				
8:30am						
9:00am						
9:30am		Sensory Friendly Gym 9:15-10:15am				
10:00am			Yoga 9:00-10:00am			
10:30am						
11:00am						
11:30am			Y Thrive 11:00-12:00pm			
12:00pm		Open Gym 10:30-2:45pm				
12:30pm						
1:00pm						
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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Child and Youth

Registered Programs

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Drop-In Aquatics

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updated January 20, 2026

# Midland YMCA

## Health, Fitness, & Aquatics

January 5 - March 15, 2026  
2026 Winter Schedule



### Contact Information & Hours

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

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

[midland.hfa@sm.ymca.ca](mailto: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.



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