

# 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									Swim Lessons 11:15-12:00pm	Lane Swim 11:15-12:15pm (4 lanes)
12:00pm										
12:30pm	Pickleball 12:30-2:30pm		Stability Ball 12:30-1:15pm		Aquafit 12:30-1:15pm					
1:00pm										
1:30pm			Leisure Swim 1:30-2:30pm (2 lanes)		Lane Swim 1:30-2:30pm (4 lanes)					
2:00pm										
2:30pm	Open Gym 2:45-3:45pm	GBI Hockey Training 4:00-5:00pm **ends February 9th								
3:00pm										
3:30pm										
4:00pm										
4:30pm										
5:00pm										
5:30pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Step 5:15-6:00pm	Pilates 5:30-6:30pm	Swim Lessons 4:00-6:50pm						
6:00pm		Zumba 6:15-7:00pm								
7:00pm		Open Gym 7:15-8:45pm	Yoga 7:00-7:45pm		Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)				
7:30pm										
8:00pm	Masters Swim 7:55-8:45pm (6 lanes)									
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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January 5 - March 15, 2026

### 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				Lane Swim 11:15-1:15pm (4 lanes)				
11:30am									
12:00pm	Cycle 12:30-1:15pm				Leisure Swim 11:15-1:15pm (2 lanes)				
12:30pm									
1:00pm	Open Gym 1:30-3:45pm			Lifelong Leader (Youth Leadership) Wolves Gr. 9/10 3:30-5:30pm *continues Jan. 6th					
1:30pm									
2:00pm									
2:30pm									
3:00pm									
3:30pm	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	Swim Lessons 4:00-6:50pm				
4:00pm									
4:30pm			Cardio/Strength 5:15-6:00pm	Rhythm & Stretch 6-9 yrs. 5:30-6:15pm			Youth Wellness 5:00-6:00pm		
5:00pm									
5:30pm	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				
6:00pm									
6:30pm			Volleyball 13+ 7:30-8:30pm					Open Swim 7:30-8:30pm (3 lanes)	
7:00pm									
7:30pm									
8:00pm									
8:30pm	Closed				Closed				
9:00pm									

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Drop-In Aquatics

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2026 Winter Schedule



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	Cycle 9:15-10:00am					
9:30am						
10:00am	Pilates 10:15-11:15am		WOW (Women on Weights) 10:00-11:00am *Session 1		Aquafit 10:15-11:00am	
10:30am					Swim Lesson 11:15-12:00pm	Lane Swim 11:15-12:15pm (4 lanes)
11:00am						
11:30am	On The Move 11:30-12:15pm		Workout Club 11:45-12:45pm *Session 1&2			Leisure Swim 11:15-12:15pm (2 lanes)
12:00pm				Aquafit 12:30-1:15pm		
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						
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	Swim Lessons 4:00-6:50pm	
4:30pm						
5:00pm	Soccer Fundamentals 3-5 yrs. \$ 5:15-6:00pm	Cycle 5:15-6:00pm				
5:30pm	Soccer Fundamentals 6-9 yrs. \$ 6:15-7:00pm	Family Zumba 6:15-7:00pm				
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						
7:30pm						
8:00pm	Open Gym 8:15-8:45pm				Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)
8:30pm						
9:00pm	Closed				Closed	

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Drop-In Fitness 13+
  Child and Youth
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Drop-In Aquatics
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# Midland YMCA

## Health, Fitness, & Aquatics

January 5 - March 15, 2026

### 2026 Winter Schedule



#### 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								
8:30am	Open Gym 7:45-9:00am							
9:00am	Step 9:15-10:15am			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								
11:00am	Swim Lessons 11:15-12:00pm	Lane Swim 11:15-1:15pm (4 lanes)						
11:30am	On The Move: Chair Yoga 11:30-12:15pm				Workout Club 11:30-12:30pm *Session 1&2			
12:00pm								
12:30pm								
1:00pm	Pickleball 12:30-2:30pm						Leisure Swim 11:15-1:15pm (2 lanes)	Lane Swim 11:15-1:15pm (4 lanes)
1:30pm								
2:00pm								
2:30pm	Open Gym 2:45-3:45pm							
3:00pm								
3:30pm								
3:30pm	Open Gym 2:45-3:45pm						Leisure Swim 3:00-3:45pm (2 lanes)	Lane Swim 3:00-3:45pm (4 lanes)
4:00pm								
4:30pm								
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	Bronze Med/ Bronze Cross (\$0 for members, \$ for non-members) 4:00-6:30pm		
4:30pm			Painting with Glareh 6-12 yrs. (\$) 5:15-6:15pm					
5:00pm								
5:30pm	Volleyball Fundamentals 6-9 yrs. (\$) 5:15-6:15pm	Legs, Tum, Bum 5:15-6:00pm	Pilates 5:30-6:15pm (starts in February)	Youth Wellness 5:00-6:00pm	Swim Lessons 5:10-6:50pm			
6:00pm								
6:30pm		10-12 yrs. (\$) 6:30-7:30pm	GBI Hockey Training 6:30-7:30pm **end January 29th					
7:00pm								
7:30pm	Volleyball 13+ 7:30-8:30pm	Open Gym 7:45-8:45pm			Open Swim 7:00-7:30pm (2 lanes)	Lane Swim 7:00-7:30pm (4 lanes)		
8:00pm								
8:30pm								
8:30pm					Masters Swim 7:45-8:45pm			
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

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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								Family Swim 4:00-4:45pm (2 lanes)	
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 (starts February)								
10:00am										
10:30am										
11:00am										
11:30am	Open Gym 10:45-12:00pm								Swim Lessons 9:00-12:00pm	
12:00pm										
12:30pm										
1:00pm										
1:30pm										
2:00pm	Open Gym 12:15-2:45pm				Swim Lessons 9:00-12:00pm					
2:30pm										
3:00pm										
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
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	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
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	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm								Swim Lessons 9:00-12:00pm	
	Open Gym 12:15-2:45pm									

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Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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January 5 - March 15, 2026

2026 Winter Schedule



SUNDAY						
	Gym A	Gym B	Yoga Studio/Gravity	MPR	Pool	
7:00am	Open Gym 7:00-9:00am				Leisure Swim 7:15-9:00am (2 lanes)	Lane Swim 7:15-9:45am (4 lanes)
7:30am						
8:00am					Open Swim 9:00-9:45am (2 lanes)	Lane Swim 9:45-11:45am (2 lanes)
8:30am						
9:00am						
9:30am	Sensory Friendly Gym 9:15-10:15am		Yoga 9:00-10:00am			
10:00am						
10:30am	Pickleball 10:30-12:30pm **new day/time starts January 25th			Sensory Swim 11:45-12:30pm	Aquatic Leadership 12:00-2:30pm (in water)	
11:00am						
11:30am			Y Thrive 11:00-12:00pm			
12:00pm	Open Gym 12:45-2:45pm			Aquatic Leadership 11:30-2:30pm (on land)		
12:30pm						
1:00pm					Open Swim 12:40-1:30pm (4 lanes)	
1:30pm					Aquatic Leadership Program	
2:00pm						
2:30pm						
3:00pm	Closed				Closed	

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

# 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**

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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