

# Midland YMCA

## Health, Fitness, & Aquatics

March 23 - June 28  
2026 Spring Schedule



MONDAY								
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	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		Cycle 8:00-8:45am						
8:30am								
9:00am	Group Power 9:15-10:15am		Y Thrive 11:30-12:30pm	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 11:15-11:45pm	Lane Swim 11:15-12:15pm (4 lanes)		
11:30am			Stability Ball 12:30-1:15pm	Aquafit 12:30-1:15pm				
12:00pm								
12:30pm	Pickleball 12:30-2:30pm			Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)			
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm	Open Gym 2:45-3:45pm	Open Gym 2:45-6:00pm	Y Thrive 4:00-5:00pm		Private Booking 3:00-3:45pm			
3:30pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm				Swim Lessons 4:00-6:50pm			
4:00pm					Pilates 5:30-6:30pm	Aquafit 7:00-7:45pm		Lane Swim 7:00-7:45pm (2 lanes)
4:30pm						Yoga 7:00-7:45pm	Masters Swim 7:55-8:45pm (6 lanes)	
5:00pm					Zumba 6:15-7:00pm			
5:30pm								
6:00pm								
6:30pm								
7:00pm								
7:30pm	Open Gym 7:15-8:45pm							
8:00pm								
8:30pm								
9:00pm	Closed				Closed			

Drop-In Fitness 13+
  Child and Youth
  Registered Programs
  Self-Directed

Drop-In Aquatics

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TUESDAY						
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	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						
7:30am		Open Gym 7:30-9:00am	Core & Stretch 8:45-9:30am *starts May 5th			
8:00am						
8:30am						
9:00am	Step 9:15-10:15am		Yoga 9:45-10:45am		Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)
9:30am					Aquafit 10:15-11:00am	
10:00am	Family Gym 10:15-11:15am	Zumba 10:30-11:15am			Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
10:30am						
11:00am	On The Move 11:30-12:15pm				Leisure Swim 11:45am (2 lanes)	
11:30am	Cycle 12:30-1:15pm					
12:00pm					Swim to Survive 12:30-2:30pm (private booking)	
12:30pm	Open Gym 1:30-3:45pm					
1:00pm	Open Gym 1:30-5:00pm				Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
1:30pm			Y Thrive 3:00-4:00pm	Lifelong Leader (Youth Leadership) Wolves Gr. 9/10 3:30-5:30pm (March 24-June 30)		
2:00pm			Outdoor Explorers \$ 3-5 yrs 4:15-5:15pm		Swim Lessons 4:00-6:50pm	
2:30pm			Outdoor Explorers \$ 6-9 yrs 5:30-6:30pm	Youth Wellness 4:00-5:00		
3:00pm						Adult Drop In Swim Lesson 7:00-7:30pm
3:30pm	Youth Badminton 13-17 yrs 4:00-6:00pm					
4:00pm	Youth Volleyball 9-13 yrs 6:15-7:15pm				Open Swim 7:30-8:30pm (3 lanes)	
4:30pm			TRX 6:15-6:45pm			
5:00pm	Volleyball 13+ yrs 7:15-8:45pm					
5:30pm					Closed	
6:00pm					Closed	
6:30pm					Closed	
7:00pm					Closed	
7:30pm					Closed	
8:00pm					Closed	
8:30pm					Closed	
9:00pm					Closed	

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WEDNESDAY						
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	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			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			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	Pilates 10:15-11:15am	WOW (Women on Weights) 10:00-11:00am Session 1: Mar 4-Apr 8 Session 2: Apr 15-May 20				
10:30am						
11:00am					Aquafit 10:15-11:00am	
11:30am	On The Move 11:30-12:15pm		Workout Club 11:45-12:45pm *Session 1 & 2		Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
12:00pm					Leisure Swim 11:45am-12:15pm (2 lanes)	
12:30pm						Aquafit 12:30-1:15pm
1:00pm				Y Thrive 1:30-2:30pm	Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)
1:30pm	Open Gym 12:30-4:00pm					
2:00pm						
2:30pm						
3:00pm						
3:30pm						
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Open Gym 4:00-5:00pm		Lifelong Leaders (Youth Leadership) Turtles Gr. 5/6 Eagles Gr. 7/8 4:30-6:00pm (March 25-June 24)	Swim Lessons 4:00-6:50pm	
4:30pm						
5:00pm		HIIT 5:15-6:00pm	Art Spark 3-5 yrs 4:15-5:15pm			
5:30pm		Family Zumba 6:15-7:00pm				
6:00pm						
6:30pm						
7:00pm					Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)
7:30pm	Open Gym 7:15-8:15pm					
8:00pm					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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### THURSDAY

	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	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		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)	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				Workout Club 11:30-12:30pm *Session 1&2		Swim Lessons 11:15-11:45am
11:30am	On The Move: Chair Yoga 11:30-12:15pm		Leisure Swim 11:45-12:15pm (2 lanes)			
12:00pm			Swim to Survive 12:30-2:30pm (private booking)			
12:30pm	Pickleball 12:30-2:30pm					
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Open Gym 2:45-5:00pm				Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
3:30pm						
4:00pm	Basketball Fundamentals 6-9 yrs 4:00-5:00pm	Open Gym 4:00-5:00pm			Swim Lessons 4:00-6:50pm	
4:30pm					Youth Wellness 4:00-5:00pm	
5:00pm	Basketball Fundamentals 10-13 yrs 5:05-6:05pm				Open Swim 5:15-7:30pm (3 lanes)	Swim Lessons 4:00-6:50pm
5:30pm						
6:00pm			Pilates 5:15-6:00pm	Youth Wellness 5:00-6:00pm		
6:30pm	Youth Volleyball 9-13 yrs 6:15-7:15pm	Open Gym 6:15-8:45pm				
7:00pm					TRX 6:15-6:45pm	Youth Workplace Prep \$ 12-14 yrs. 6:30-7:30 pm
7:30pm	Volleyball 13+ yrs 7:15-8:45pm					
8:00pm					Yoga 7:00-7:45pm	
8:30pm					Masters Swim 7:45-8:45pm	
9:00pm	Closed				Closed	

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FRIDAY						
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	Pool	
6:00am	Open Gym 6:00-7:45am				Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)
6:30am						
7:00am						
7:30am			Y Thrive 7:30-8:30am			
8:00am	Cycle 8:00-8:45am					
8:30am						
9:00am	Group Power 9:15-10:15am				Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)
9:30am						
10:00am				Core & Stretch 9:30-10:15am *starts May 8th		Aquafit 10:15-11:00am
10:30am	Yoga 10:30-11:15am					
11:00am					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 Swim 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					
1:30pm						
2:00pm						
2:30pm						
3:00pm	Open Gym 12:30-8:45pm				Leisure Swim 3:00-4:00pm (2 lanes)	Lane Swim 3:00-4:00pm (4 lanes)
3:30pm						
4:00pm			Dodgeball 13+ yrs 4:00-5:00pm			Social Butterflies 3-5 yrs 4:15-5:15pm
4:30pm						
5:00pm						
5:30pm						
6:00pm					Teen Swim 6:00-8:00pm 13-17 yrs \$2 Fee	
6:30pm	Teen Night 13-17 yrs 5:30-8:45pm \$2 Fee	Teen Night 13-17 yrs 5:30-8:45pm \$2 Fee	Teen Night 13-17 yrs 5:30-8:45pm \$2 Fee	Teen Night 13-17 yrs 5:30-8:45pm \$2 Fee		
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm	Closed		Closed	Closed	Closed	

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SATURDAY						
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	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		Cycle 8:30-9:15am *last class May 16th				
8:30am						
9:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:45am	Group Power 9:30-10:30am			Swim Lessons 9:00-12:00pm	
9:30am						
10:00am		Open Gym 10:45-11:45am				
10:30am						
11:00am						
11:30am	Pickleball 12:00-2:00pm *last class May 16th	Y Thrive 12:30-1:30pm			Family Swim 12:15-1:30pm (4 lanes)	Lane Swim 12:15-2:30pm (2 lanes)
12:00pm						
12:30pm		Chess Club 12:30-2:00pm	Open Swim 1:45-2:30pm (4 lanes)			
1:00pm						
1:30pm	Open Gym 2:00-2:45pm	Closed				
2:00pm						
2:30pm	Open Gym 2:00-2:45pm	Closed				
3:00pm						

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SUNDAY						
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	Pool	
7:00am	Open Gym 7:00-11:45am				Leisure Swim 7:15-8:45am (2 lanes)	Lane Swim 7:15-8:45am (4 lanes)
7:30am						
8:00am						
8:30am						
9:00am			Swim Lessons 9:00-10:40am	Lane Swim 9:00-10:40am (2 lanes)		
9:30am						
10:00am					Sensory Swim 10:45-11:45am	
10:30am			Yoga 9:00-10:00am			
11:00am						
11:30am						
12:00pm	Sensory Friendly Gym 11:45-12:45pm				Open Swim 12:00-1:30pm	Aquatic Leadership 11:45-2:30pm (in water)
12:30pm						
1:00pm	Open Gym 12:45-2:45pm			Aquatic Leadership 11:30-2:30pm (on land)		
1:30pm						
2:00pm				Aquatic Leadership Program		
2:30pm						
3:00pm	Closed				Closed	

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## Contact Information & Hours

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

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

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

Updated April 24, 2026