

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					Aquafit 10:15-11:00am					
10:00am	Yoga 10:30-11:15am				Swim Lessons 11:15-11:45pm	Lane Swim 11:15-12:15pm (4 lanes)				
10:30am	On The Move 11:30-12:15pm									
11:00am					Stability Ball 12:30-1:15pm *last class June 8th	Aquafit 12:30-1:15pm				
11:30am										
12:00pm			Pickleball 12:30-2:30pm		Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)				
12:30pm										
1:00pm										
1:30pm										
2:00pm										
2:30pm			Pilates 5:30-6:30pm		Private Booking 3:00-3:45pm					
3:00pm	Open Gym 2:45-3:45pm	Open Gym 2:45-6:00pm				Yoga 7:00-7:45pm *last class June 1st	Swim Lessons 4:00-6:50pm			
3:30pm								Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Zumba 6:15-7:00pm	
4:00pm	Aquafit 7:00-7:45pm									Lane Swim 7:00-7:45pm (2 lanes)
4:30pm										
5:00pm			Closed							
5:30pm			Closed							
6:00pm			Closed							
6:30pm			Closed							
7:00pm			Closed							
7:30pm			Closed							
8:00pm			Closed							
8:30pm			Closed							
9:00pm			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						
12:00pm	Cycle 12:30-1:15pm				Swim to Survive 12:30-2:30pm (private booking)	
12:30pm						
1:00pm	Open Gym 1:30-3:45pm	Open Gym 1:30-5:00pm			Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
1:30pm						
2:00pm						
2:30pm	Youth Badminton 13-17 yrs 4:00-6:00pm	Cycle 5:15-6:00pm	Y Thrive 3:00-4:00pm	Lifelong Leader (Youth Leadership) Wolves Gr. 9/10 3:30-5:30pm (March 24-June 30)	Swim Lessons 4:00-6:50pm	
3:00pm						
3:30pm	Youth Volleyball 9-13 yrs 6:15-7:15pm	Open Gym 6:15-8:45pm	Outdoor Explorers \$ 3-5 yrs 4:15-5:15pm	Youth Wellness 4:00-5:00		
4:00pm						
4:30pm	Volleyball 13+ yrs 7:15-8:45pm		Outdoor Explorers \$ 6-9 yrs 5:30-6:30pm	TRX 6:15-6:45pm	Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm (3 lanes)
5:00pm						
5:30pm					Open Swim 7:30-8:30pm (3 lanes)	
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
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 *last class June 3rd			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	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		Aquafit 10:15-11:00am	
10:30am					Adult Drop In Swim Lessons 11:15-11:45am	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 11:45am-12:15pm (2 lanes)	
12:00pm						
12:30pm						
1:00pm	Open Gym 12:30-4:00pm			Y Thrive 1:30-2:30pm	Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)
1:30pm						
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		HIIT 5:15-6:00pm				
5:00pm						
5:30pm		Family Zumba 6:15-7:00pm				
6:00pm						
6:30pm	Open Gym 7:15-8:15pm				Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)
7:00pm						
7:30pm						
8:00pm					Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)
8:30pm						
9:00pm						
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 6:15-7:15am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)
6:30am						
7:00am						
7:30am						
8:00am						
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	Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)				
11:30am	On The Move: Chair Yoga 11:30-12:15pm				Workout Club 11:30-12:30pm *Session 1&2	Leisure Swim 11:45-12:15pm (2 lanes)
12:00pm						
12:30pm	Pickleball 12:30-2:30pm				Swim to Survive 12:30-2:30pm (private booking)	
1:00pm	Open Gym 2:45-5:00pm				Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
1:30pm						
2:00pm	Floor Hockey Fundamentals 6-9 yrs 4:00-5:00pm	Open Gym 4:00-5:00pm	Art Spark 3-5 yrs 4:15-5:00pm 6-9 yrs 5:30-6:30pm	Youth Wellness 4:00-5:00pm	Swim Lessons 4:00-6:50pm	
4:30pm						
5:00pm	Floor Hockey Fundamentals 10-13 yrs 5:05-6:05pm	Cycle 5:15-6:00pm	Pilates 5:15-6:00pm		Lifelong Leaders (Youth Leadership) Bears Gr. 11/12 3:30-5:30pm (March 25-June 25)	Open Swim 5:15-7:30pm (3 lanes)
5:30pm						
6:00pm	Youth Volleyball 9-13 yrs 6:15-7:15pm	Open Gym 6:15-8:45pm	TRX 6:15-6:45pm *last class June 4th	Youth Workplace Prep \$ 12-14 yrs. 6:30-7:30 pm		Swim Lessons 4:00-6:50pm
6:30pm						
7:00pm	Volleyball 13+ yrs 7:15-8:45pm		Yoga 7:00-7:45pm			Lane Swim 7:00-7:30pm (4 lanes)
7:30pm						
8:00pm					Masters Swim 7:45-8:45pm	
8:30pm						
9:00pm	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						
8:00am	Cycle 8:00-8:45am *last class May 15 th					
8:30am	Group Power 9:15-10:15am				Open Swim 9:00-10:00am (2 lanes)	Lane Swim 9:00-10:00am (4 lanes)
9:00am						
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				Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
11:00am						
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 12:30-6:15pm					
1:30pm						
2:00pm						
2:30pm						
3:00pm					Leisure Swim 3:00-4:00pm (2 lanes)	Lane Swim 3:00-4:00pm (4 lanes)
3:30pm						
4:00pm				Social Butterflies 3-5 yrs 4:15-5:15pm	Open Swim 4:15-5:45pm (4 lanes)	Lane Swim 4:00-8:00pm (2 lanes)
4:30pm	Open Gym 12:30-8:45pm					
5:00pm						
5:30pm	Youth Volleyball 12+ yrs 6:30-8:30pm					
6:00pm						
6:30pm						
7:00pm						
7:30pm						
8:00pm						
8:30pm						
9:00pm	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 *this class becomes Strictly Strength 9:30-10:15am as of June 5th			Swim Lessons 9:00-12:00pm	
9:30am						
10:00am						
10:30am		Open Gym 10:45-11:45am				
11:00am						
11:30am	Pickleball 12:00-2:00pm *last class May 16th	Y Thrive 12:30-1:30pm				
12:00pm		Disc Golf 12:30-2:00pm				
12:30pm						
1:00pm	Open Gym 2:00-2:45pm				Family Swim 12:15-1:30pm (4 lanes)	Lane Swim 12:15-2:30pm (2 lanes)
1:30pm						
2:00pm						
2:30pm	Open Gym 2:00-2:45pm				Open Swim 1:45-2:30pm (4 lanes)	
3:00pm					Closed	

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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			Yoga 9:00-10:00am	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						
11:00am						
11:30am	Sensory Friendly Gym 11:45-12:45pm				Open Swim 12:00-1:30pm	Aquatic Leadership 11:45-2:30pm (in water)
12:00pm						
12:30pm						
1:00pm	Open Gym 12:45-2:45pm			Aquatic Leadership 11:30-2:30pm (on land)	Aquatic Leadership Program	
1:30pm						
2:00pm						
2:30pm						
3:00pm	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 June 8, 2026