

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	Swim Lessons 4:00-6:50pm	
3:00pm	Open Gym 2:45-3:45pm	Open Gym 2:45-6:00pm					
3:30pm							Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm
4:00pm	Zumba 6:15-7:00pm						
4:30pm							
5:00pm	Open Gym 7:15-8:45pm						
5:30pm		Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)				
6:00pm	Masters Swim 7:55-8:45pm (6 lanes)						
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

Classes subject to change. Please check our website for the most up to date schedule. For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



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					Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
1:00pm	Open Gym 1:30-3:45pm	Open Gym 1:30-5:00pm			Swim Lessons 4:00-6:50pm	
1:30pm						
2:00pm			Y Thrive 3:00-4:00pm	Lifelong Leader (Youth Leadership) Wolves Gr. 9/10 3:30-5:30pm (March 24-June 30)		
2:30pm			Outdoor Explorers \$ 3-5 yrs 4:15-5:15pm			
3:00pm			Outdoor Explorers \$ 6-9 yrs 5:30-6:30pm	YOUTH WELLNESS 4:00-5:00		
3:30pm	Youth Badminton 13-17 yrs 4:00-6:00pm	Cycle 5:15-6:00pm			Adult Drop In Swim Lesson 7:00-7:30pm	
4:00pm						
4:30pm	Youth Volleyball 9-13 yrs 6:15-7:15pm	Open Gym 6:15-8:45pm	TRX 6:15-6:45pm		Open Swim 7:30-8:30pm (3 lanes)	Lane Swim 7:00-8:45pm (3 lanes)
5:00pm						
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
 Classes subject to change. Please check our website for the most up to date schedule.
 For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



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		Stay n' Play 0-5 yrs 9:00-12:00pm	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						
8:30am							
9:00am	Cycle 9:15-10:00am *last class June 24th						
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	Y Thrive 1:30-2:30pm	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							Leisure Swim 11:45am-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 12:30-4:00pm			Lifelong Leaders (Youth Leadership) Turtles Gr. 5/6 Eagles Gr. 7/8 4:30-6:00pm (March 25-June 24)	Leisure Swim 1:30-2:30pm (2 lanes)	Lane Swim 1:30-2:30pm (4 lanes)	
1:30pm							
2:00pm							
2:30pm					Open Gym 4:00-5:00pm		Swim Lessons 4:00-6:50pm
3:00pm							
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	HIIT 5:15-6:00pm			Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)	
4:30pm							
5:00pm							
5:30pm		Family Zumba 6:15-7:00pm					
6:00pm							
6:30pm	Open Gym 7:15-8:15pm				Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)	
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm	Closed						

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

Drop-In Aquatics

Classes subject to change. Please check our website for the most up to date schedule. For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



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		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		Workout Club 11:30-12:30pm *Session 1&2		Aquafit 10:15-11:00am	
10:30am							
11:00am	On The Move: Chair Yoga 11:30-12:15pm					Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)
11:30am							
12:00pm							
12:30pm	Pickleball 12:30-2:30pm				Swim to Survive 12:30-2:30pm (private booking)		
1:00pm							
1:30pm							
2:00pm							
2:30pm					Open Gym 2:45-5:00pm		
3:00pm							
3:30pm							
4:00pm	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)	Swim Lessons 4:00-6:50pm
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		Lane Swim 7:00-7:30pm (4 lanes)	
6:30pm							
7:00pm							
7:30pm	Volleyball 13+ yrs 7:15-8:45pm		Yoga 7:00-7:45pm			Masters Swim 7:45-8:45pm	
8:00pm							
8:30pm	Closed						
9:00pm	Closed						

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

Drop-In Aquatics

Classes subject to change. Please check our website for the most up to date schedule. For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28
2026 Spring Schedule



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	

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

Classes subject to change. Please check our website for the most up to date schedule. For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



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			Family Swim 12:15-1:30pm (4 lanes)	Lane Swim 12:15-2:30pm (2 lanes)
12:00pm						
12:30pm		Open Gym 2:00-2:45pm			Disc Golf 12:30-2:00pm	
1:00pm						
1:30pm	Closed					
2:00pm	Closed					
2:30pm	Closed					
3:00pm	Closed					

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

Classes subject to change. Please check our website for the most up to date schedule. For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28
2026 Spring Schedule



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					Yoga 9:00-10:00am	
10:30am					Sensory Swim 10:45-11:45am	
11:00am						
11:30am						
12:00pm	Sensory Friendly Gym 11:45-12:45pm			Aquatic Leadership 11:30-2:30pm (on land)	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 Program	
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed					

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

Classes subject to change. Please check our website for the most up to date schedule.
For more information, please contact your Membership Services Desk.

Midland YMCA

Health, Fitness, & Aquatics

March 23 - June 28

2026 Spring Schedule



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 10, 2026