

Midland YMCA

Health, Fitness, & Aquatics

June 28 - September 7
2026 Summer Schedule



MONDAY							
	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	Pool		
6:00am	Open Gym 6:00-8:45am	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							
8:30am		Cycle 8:00-8:45am					
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		Y Thrive 10:15-11:15am			Aquafit 10:15-11:00am	
10:30am							
11:00am						Swim Lessons 11:15-12:15pm (4 lanes) *August 4 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)
11:30am	On The Move 11:30-12:15pm		Y Thrive 11:30-12:30pm				
12:00pm					Aquafit 12:30-1:15pm		
12:30pm							
1:00pm							
1:30pm	Pickleball 12:30-2:30pm				YMCA Camp Swim 1:30 - 2:30pm		
2:00pm							
2:30pm							
3:00pm	Open Gym 2:45-3:45pm	Open Gym 2:45-4:00pm			Private Booking 3:00-3:45pm		
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Camp 4:00 - 5:30pm			Disc Golf 8+ years 4:30-5:30pm	Swim Lessons 4:00-6:50pm	
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm		Zumba 6:15-7:00pm					
7:00pm			Pilates 5:30-6:30pm		This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7		
7:30pm				Y Thrive 6:00-7:00pm	Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)	
8:00pm	Open Gym 7:15-8:45pm				Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)	
8:30pm							
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				
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	Y Thrive 10:30-11:30am		Swim Lessons 11:15-12:15am (4 lanes) *August 4 th this becomes an Open Swim	Lane Swim 11:15-1:15pm (2 lanes)	
10:30am							
11:00am							
11:30am	On The Move 11:30-12:15pm				Lane Swim 12:30-1:15pm (4 lanes)		
12:00pm							
12:30pm	Cycle 12:30-1:15pm						
1:00pm					YMCA Camp Swim 1:30 - 2:30pm		
1:30pm	Open Gym 1:30-3:45pm	Open Gym 1:30-4:00pm			Closed for Pool Maintenance		
2:00pm							
2:30pm							
3:00pm			Y Thrive 3:00-4:00pm		Swim Lessons 4:00-6:50pm This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7		
3:30pm			Outdoor Explorers 3-5 years 4:30-5:15pm				
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Camp 4:00-5:00pm	Outdoor Explorers 6-12 years 5:30-6:30pm	Youth Wellness 4:00-5:00			
4:30pm					Cycle 5:15-6:00pm		
5:00pm							
5:30pm							
6:00pm							
6:30pm					Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm (3 lanes)	
7:00pm	Youth Volleyball 10+ yrs 7:30-8:45pm	Open Gym 6:15-8:45pm	TRX 6:15-6:45pm				
7:30pm							
8:00pm							Open Swim 7:30-8:30pm (3 lanes)
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				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				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)			
8:30am											
9:00am	Open Gym 9:15-10:00am										
9:30am											
10:00am	Pilates 10:15-11:15am						Aquafit 10:15-11:00am	Swim Lessons 11:15am-12:15pm (4 lanes) *August 5 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)		
10:30am											
11:00am											
11:30am	On The Move 11:30-12:15pm		Aquafit 12:30-1:15pm	YMCA Camp Swim 1:30 - 2:30pm					Leisure Swim 3:00-4:00pm (2 lanes)	Lane Swim 3:00-4:00pm (4 lanes)	
12:00pm											
12:30pm											
1:00pm	Open Gym 12:30-4:00pm										Social Butterflies 3-5 years 4:15-5:00pm
1:30pm											
2:00pm											
2:30pm											
3:00pm											
3:30pm											
4:00pm	Camp 4:00-5:30pm				Open Gym 4:00-5:00pm		Family Swim 5:30-6:45pm (6 lanes)				
4:30pm					HIIT 5:15-6:00pm						
5:00pm			Family Zumba 6:15-7:00pm								
5:30pm	Open Gym 5:30-6:15pm		Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)							
6:00pm	All Sports 6-9 years 6:30-7:30pm										
6:30pm	All Sports 10-13 years 7:30-8:30pm				Open Gym 7:15-8:45pm						
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		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								
10:00am	Family Gym 10:15-11:15am	Zumba 10:30-11:15am			Aquafit 10:15-11:00am			
10:30am								
11:00am	On The Move 11:30-12:15pm						Swim Lessons 11:15-12:15am (4 lanes) *August 6 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)
11:30am								
12:00pm								
12:30pm								
1:00pm	Pickleball 12:30-2:30pm		Y Thrive 12:45-1:45pm		YMCA Camp Swim 1:30 -2:30pm			
1:30pm								
2:00pm	Open Gym 2:45-5:00pm				Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)		
2:30pm								
3:00pm								
3:30pm	Open Gym 4:00-4:30pm	Camp 4:00-5:00pm	Outdoor Explorers 3-5 years 4:30-5:15pm		Swim Lessons 4:00-6:50pm This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7			
4:00pm								
4:30pm	Basketball Fundamentals 6-9 years 4:30-5:30pm		Outdoor Explorers 6-12 years 5:30-6:30pm					
5:00pm								
5:30pm	Basketball Fundamentals 10-13 years 5:45-6:45pm	Cycle 5:15-6:00pm	Pilates 5:15-6:00pm					
6:00pm								
6:30pm								
7:00pm	Youth Volleyball 10+ yrs 7:15-8:45pm	Open Gym 6:15-8:45pm	Yoga 6:15-7:00pm		Open Swim 7:00-8:00pm (3 lanes)	Lane Swim 7:00-8:45pm (3 lanes)		
7:30pm								
8:00pm								
8:30pm								
9:00pm	Closed							

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	Gym A	Gym B	Studio/MPR2	Youth Zone/ MPR1	Pool			
6:00am	Open Gym 6:00-9:00am					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	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								
10:30am								
10:30am	Yoga 10:30-11:15am					Aquafit 10:15-11:00am		
11:00am								
11:30am								
12:00pm								
12:30pm								
12:30pm	On The Move 11:30-12:15pm					Swim Lessons 11:15-12:15pm (4 lanes) *August 7 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)	
1:00pm								
1:30pm								
2:00pm								
2:30pm								
2:30pm	Open Gym 12:30-5:00pm		Open Gym 12:30-4:00pm				YMCA Camp Swim 1:30 - 2:30pm	
3:00pm								
3:30pm								
4:00pm								
4:30pm								
4:30pm	Camp 4:00-5:30pm		Social Butterflies 3-5 yrs 4:15-5:00pm				Leisure Swim 3:00-4:00pm (2 lanes)	Lane Swim 3:00-4:00pm (4 lanes)
5:00pm								
5:30pm								
6:00pm								
6:30pm								
5:30pm	All Sports Ages 6-9 years 5:15-6:45pm		Camp 4:00-5:30pm		Art Spark 6-12 years 5:15-6:15		Open Swim 4:15-5:45pm (4 lanes)	Lane Swim 4:00-7:15pm (2 lanes)
6:00pm								
6:30pm								
7:00pm								
7:30pm								
6:30pm	All Sports Ages 10-13 years 6:30-7:30pm		Open Gym 5:30-7:45pm				Family Swim 6:00-7:15pm (4 lanes)	
7:00pm								
7:30pm								
8:00pm								
8:00pm								
8:00pm	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 7:00-9:15am			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 9:00-11:45am	Strictly Strength 9:30-10:15am			Swim Lessons 9:00-12:00pm This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7	
9:30am						
10:00am						
10:30am						
11:00am	3v3 Basketball League 12+ years 12:15-2:45pm	Open Gym 10:30-2:45pm	Y Thrive 12:30-1:30pm		Family Swim 12:15-1:30pm (4 lanes)	Lane Swim 12:15-2:30pm (2 lanes)
11:30am						
12:00pm						
12:30pm						
1:00pm					Open Swim 1:45-2:30pm (4 lanes)	
1:30pm						
2:00pm						
2:30pm						
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			Family Swim 9:00-10:40am	Lane Swim 9:00-10:40am (2 lanes)
9:30am									
10:00am									
10:30am					Sensory Swim 10:45-11:45am				
11:00am									
11:30am									
12:00pm					Sensory Friendly Gym 11:45-12:45pm		Open Swim 12:00-1:30pm (6 lanes)		
12:30pm									
1:00pm	Open Gym 12:45-2:45pm		Closed						
1:30pm									
2:00pm	Closed								
2:30pm									
3:00pm	Closed		Closed						

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Contact Information & Hours

Monday - Thursday: 6:00am-9:00pm
Friday 6:00am-8:00pm
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