

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		Cycle 8:00-8:45am					
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		Y Thrive 10:15-11:15am			Aquafit 10:15-11:00am	
10:30am							
11:00am	On The Move 11:30-12:15pm		Y Thrive 11:30-12:30pm		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							
12:00pm			Stability Ball 12:30-1:15pm *starts July 13th		Aquafit 12:30-1:15pm		
12:30pm	Pickleball 12:30-2:30pm						
1:00pm					YMCA Camp Swim 1:30 - 2:30pm		
1:30pm					Private Booking 3:00-3:45pm		
2:00pm							
2:30pm							
3:00pm	Open Gym 2:45-3:45pm	Open Gym 2:45-4:00pm					
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					This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7		
5:00pm							
5:30pm			Open Gym 5:30-6:00pm	Pilates 5:30-6:30pm			
6:00pm				Y Thrive 6:00-7:00pm			
6:30pm		Zumba 6:15-7:00pm					
7:00pm	Open Gym 7:15-8:45pm				Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)	
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						

- 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					YMCA Camp Swim 1:30 - 2:30pm		
12:30pm	Cycle 12:30-1:15pm				Closed for Pool Maintenance		
1:00pm							
1:30pm	Open Gym 1:30-3:45pm	Open Gym 1:30-4:00pm					
2:00pm							
2:30pm				Y Thrive 3:00-4:00pm			
3:00pm							
3:30pm				Camp 4:00-5:00pm	Outdoor Explorers 3-5 years 4:30-5:15pm		Swim Lessons 4:00-6:50pm
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	Cycle 5:15-6:00pm		Outdoor Explorers 6-12 years 5:30-6:30pm	Youth Wellness 4:00-5:00	This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7	
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm	Youth Volleyball 10+ yrs 7:30-8:45pm	Open Gym 6:15-8:45pm	TRX 6:15-6:45pm		Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm (3 lanes)	
7:00pm							
7:30pm							Open Swim 7:30-8:30pm (3 lanes)
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				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	Open Gym 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)				
9:00am											
9:30am											
10:00am	Pilates 10:15-11:15am					Y Thrive 11:30-12:30pm		Aquafit 10:15-11:00am			
10:30am											
11:00am											
11:30am	On The Move 11:30-12:15pm							Swim Lessons 11:15am-12:15pm (4 lanes) *August 5 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)		
12:00pm											
12:30pm								Aquafit 12:30-1:15pm			
1:00pm	Open Gym 12:30-4:00pm									YMCA Camp Swim 1:30 - 2:30pm	
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	Camp 4:00-5:30pm	Open Gym 4:00-5:00pm			Social Butterflies 3-5 years 4:15-5:00pm	Open Swim 4:00pm-5:15pm (6 lanes)					
4:30pm		HIIT 5:15-6:00pm								Art Spark 6-12 years 5:15-6:15pm	
5:00pm											
5:30pm	Open Gym 5:30-6:15pm	Family Zumba 6:15-7:00pm		Family Swim 5:30-6:45pm (6 lanes)							
6:00pm											
6:30pm	All Sports 6-9 years 6:30-7:30pm			Family Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm (2 lanes)						
7:00pm											
7:30pm	All Sports 10-13 years 7:30-8:30pm	Open Gym 7:15-8:45pm			Leisure Swim 7:45-8:45pm (2 lanes)	Lane Swim 7:45-8:45pm (4 lanes)					
8:00pm											
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		Stability Ball 9:30-10:15am *starts July 16th		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	Yoga 10:30-11:15am *starts July 16th			
10:30am						
11:00am					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	On The Move 11:30-12:15pm					
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						
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			Outdoor Explorers 3-5 years 4:30-5:15pm			
4:00pm	Open Gym 4:00-4:30pm	Camp 4:00-5:00pm	Outdoor Explorers 6-12 years 5:30-6:30pm		Swim Lessons 4:00-6:50pm This time slot becomes Open Swim/Lane Swim from Aug 24-Sept 7	
4:30pm	Basketball Fundamentals 6-9 years 4:30-5:30pm					
5:00pm						
5:30pm						
6:00pm	Basketball Fundamentals 10-13 years 5:45-6:45pm	Cycle 5:15-6:00pm	Pilates 5:15-6:00pm			
6:30pm						
7:00pm		Open Gym 6:15-8:45pm	Yoga 6:15-7:00pm			
7:30pm	Youth Volleyball 10+ yrs 7:15-8:45pm					
8:00pm						
8:30pm					Open Swim 7:00-8:00pm (3 lanes)	Lane Swim 7:00-8:45pm (3 lanes)
9:00pm	Closed					

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FRIDAY						
	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					Swim Lessons 11:15-12:15pm (4 lanes) *August 7 th this becomes an Open Swim	Lane Swim 11:15-12:15pm (2 lanes)
11:30am	On The Move 11:30-12:15pm					
12:00pm						
12:30pm						
1:00pm	Open Gym 12:30-5:00pm	Open Gym 12:30-4:00pm			Aquafit 12:30-1:15pm	
1:30pm						
2:00pm						
2:30pm						
3:00pm						
3:00pm	All Sports Ages 6-9 years 5:15-6:45pm	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)
3:30pm						
4:00pm						
4:30pm						
5:00pm		All Sports Ages 10-13 years 6:30-7:30pm				Family Swim 6:00-7:15pm (4 lanes)
5:30pm						
6:00pm						
6:30pm	Closed					
7:00pm	Closed					
7:30pm	Closed					
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									
2:30pm									
3:00pm	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

Updated July 2, 2026