

# Midland YMCA

Health, Fitness, & Aquatics

September 7 - January 4

2026 Fall Schedule



| MONDAY  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
|---------|---------------------------------------------------------------|------------------------------------|------------------------------------------|---------------------------------------------|-----------------------------------------------------|-----------------------------------------|------------------------------------------|---------------------------------------|
|         | Gym A                                                         | Gym B                              | Yoga Studio                              | MPR                                         | Pool                                                |                                         |                                          |                                       |
| 6:00am  | Open Gym<br>6:00-8:45am                                       | Open Gym<br>6:00-7:45am            |                                          |                                             | Leisure Swim<br>6:15-9:00am<br>(2 lanes)            | Lane Swim<br>6:15-9:00am<br>(4 lanes)   |                                          |                                       |
| 6:30am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 7:00am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 7:30am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 8:00am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 8:30am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 9:00am  | Group Power<br>9:15-10:15am                                   |                                    |                                          | Child Minding \$<br>0-5 yrs<br>9:00-12:00pm | Lane/Leisure<br>Swim<br>9:00-10:00am<br>(2/2 lanes) | ALP<br>9:00-10:00am<br>(2 lanes)        |                                          |                                       |
| 9:30am  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 10:00am | Yoga<br>10:30-11:15am                                         |                                    | Y Thrive<br>10:15-11:15am                |                                             | Aquafit<br>10:15-11:00am                            |                                         |                                          |                                       |
| 10:30am |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 11:00am | On The Move<br>11:30-12:15pm                                  |                                    | Y Thrive<br>11:30-12:30pm                |                                             | Open Swim<br>11:15-12:15pm<br>(3 lanes)             | Lane Swim<br>11:15-12:15pm<br>(3 lanes) |                                          |                                       |
| 11:30am |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 12:00pm |                                                               |                                    | Stability Ball<br>12:30-1:15pm           |                                             | Aquafit<br>12:30-1:15pm                             |                                         |                                          |                                       |
| 12:30pm |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 1:00pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 1:30pm  | Pickleball<br>12:30-2:30pm                                    |                                    |                                          |                                             |                                                     |                                         | Leisure Swim<br>1:30-2:45pm<br>(2 lanes) | Lane Swim<br>1:30-2:45pm<br>(4 lanes) |
| 2:00pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 2:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 3:00pm  | Open Gym<br>3:00-4:00pm                                       |                                    | Private Booking<br>3:00-3:45pm           |                                             |                                                     |                                         |                                          |                                       |
| 3:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 4:00pm  | Y Kids<br>3-5 yrs & 6-9 yrs<br>4:00-7:00pm                    | GBI Hockey Training<br>4:00-5:00pm | Swim Lessons<br>4:00-6:50pm              |                                             |                                                     |                                         |                                          |                                       |
| 4:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 5:00pm  |                                                               | Open Gym<br>5:15-6:00pm            |                                          |                                             |                                                     |                                         |                                          |                                       |
| 5:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 6:00pm  |                                                               | Zumba<br>6:15-7:00pm               |                                          |                                             | Pilates<br>5:30-6:30pm                              |                                         |                                          |                                       |
| 6:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 7:00pm  | Youth Basketball<br>Drills & Skills<br>12+ yrs<br>7:15-8:30pm | Open Gym<br>7:15-8:45pm            | Yoga<br>7:00-7:45pm<br>*starts Sept 14th | Aquafit<br>7:00-7:45pm                      | Lane Swim<br>7:00-7:45pm<br>(2 lanes)               |                                         |                                          |                                       |
| 7:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 8:00pm  |                                                               |                                    |                                          | Masters Swim<br>7:55-8:45pm<br>(6 lanes)    |                                                     |                                         |                                          |                                       |
| 8:30pm  |                                                               |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |
| 9:00pm  | Closed                                                        |                                    |                                          |                                             |                                                     |                                         |                                          |                                       |



Drop-In Fitness



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

September 7 - January 4

2026 Fall Schedule



| TUESDAY |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
|---------|---------------------------------------------|------------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------|--|
|         | Gym A                                       | Gym B                              | Yoga Studio                   | MPR                                                                                                                             | Pool                                                |                                       |  |
| 6:00am  | Open Gym<br>6:00-8:45am                     | Strictly Strength<br>6:15-7:15am   |                               |                                                                                                                                 | Leisure Swim<br>6:15-9:00am<br>(2 lanes)            | Lane Swim<br>6:15-9:00am<br>(4 lanes) |  |
| 6:30am  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 7:00am  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 7:30am  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 8:00am  |                                             | Open Gym<br>7:45-9:00am            |                               |                                                                                                                                 |                                                     |                                       |  |
| 8:30am  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 9:00am  | Step<br>9:15-10:15am                        |                                    | Core & Stretch<br>8:45-9:30am | Creative Play \$<br>Little Artists<br>0-5 yrs<br>9:15-10:00am                                                                   | Lane/Leisure<br>Swim<br>9:00-10:00am<br>(2/2 lanes) | ALP<br>9:00-10:00am<br>(2 lanes)      |  |
| 9:30am  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 10:00am | Parent & Tot<br>Social Gym<br>10:15-11:15am | Zumba<br>10:30-11:15am             | Yoga<br>9:45-10:45am          |                                                                                                                                 | Aquafit<br>10:15-11:00am                            |                                       |  |
| 10:30am |                                             |                                    | Y Thrive<br>10:30-11:30am     |                                                                                                                                 |                                                     |                                       |  |
| 11:00am |                                             |                                    |                               |                                                                                                                                 | On The Move<br>11:30-12:15pm                        |                                       |  |
| 11:30am |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 12:00pm |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 12:30pm | Cycle<br>12:30-1:15pm                       |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 1:00pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 1:30pm  | Open Gym<br>1:30-3:45pm                     | Open Gym<br>1:30-3:45pm            |                               |                                                                                                                                 |                                                     |                                       |  |
| 2:00pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 2:30pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 3:00pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 3:30pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 4:00pm  | Y Kids<br>3-5 yrs & 6-9 yrs<br>4:00-7:00pm  | GBI Hockey Training<br>4:00-5:00pm | Y Thrive<br>3:00-4:00pm       | Lifelong Leaders<br>(Youth Leadership)<br>Wolves Gr 9/10<br>Bears Gr 11/12<br>3:00-5:00pm<br>*Sept. 15, 2026 -<br>June 15, 2027 | Lane Swim<br>3:00-3:45pm<br>(3 lanes)               | Lane Swim<br>3:00-3:45pm<br>(3 lanes) |  |
| 4:30pm  |                                             | HIIT<br>5:30-6:15pm                | Youth Wellness<br>4:00-5:00pm |                                                                                                                                 |                                                     |                                       |  |
| 5:00pm  |                                             |                                    |                               |                                                                                                                                 | Art Spark \$<br>6-9 yrs<br>4:30-5:15pm              | Swim Lessons<br>4:00-6:50pm           |  |
| 5:30pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 6:00pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 6:30pm  |                                             | Open Gym<br>6:30-8:45pm            | Y Thrive<br>6:00-7:00pm       |                                                                                                                                 |                                                     |                                       |  |
| 7:00pm  | TRX<br>6:30-7:00pm                          |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 7:30pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 8:00pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 8:30pm  |                                             |                                    |                               |                                                                                                                                 |                                                     |                                       |  |
| 9:00pm  | Closed                                      |                                    |                               |                                                                                                                                 |                                                     |                                       |  |

Drop-In Fitness
  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

September 7 - January 4

2026 Fall Schedule



| WEDNESDAY |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
|-----------|---------------------------------------------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------|------------------------------------------|---------------------------------------|
|           | Gym A                                                   | Gym B                              | Yoga Studio                                                                                                                    | MPR                                         | Pool                                                |                                          |                                       |
| 6:00am    | Open Gym<br>6:00-7:45am                                 | Cycle<br>6:15-7:15am               |                                                                                                                                |                                             | Leisure Swim<br>6:15-9:00am<br>(2 lanes)            | Lane Swim<br>6:15-9:00am<br>(4 lanes)    |                                       |
| 6:30am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 7:00am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 7:30am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 8:00am    | Strictly Strength<br>8:00-9:00am                        |                                    |                                                                                                                                | Child Minding \$<br>0-5 yrs<br>9:00-12:00pm | Lane/Leisure<br>Swim<br>9:00-10:00am<br>(2/2 lanes) | ALP<br>9:00-10:00am<br>(2 lanes)         |                                       |
| 8:30am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 9:00am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 9:30am    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 10:00am   | Pilates<br>10:15-11:15am                                |                                    |                                                                                                                                | Line Dance<br>10:30-11:15am                 | Aquafit<br>10:15-11:00am                            |                                          |                                       |
| 10:30am   |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 11:00am   |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 11:30am   | On The Move<br>11:30-12:15pm                            |                                    |                                                                                                                                |                                             | Adult Drop In<br>Swim Lessons<br>11:15-11:45pm      | Lane Swim<br>11:15-12:15pm<br>(4 lanes)  |                                       |
| 12:00pm   |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 12:30pm   |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 1:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 1:30pm    | Open Gym<br>12:30-3:45pm                                |                                    |                                                                                                                                |                                             | Aquafit<br>12:30-1:15pm                             |                                          |                                       |
| 2:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 2:30pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 3:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 3:30pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 4:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 4:30pm    | Basketball<br>Fundamentals \$<br>3-5 yrs<br>4:30-5:00pm | GBI Hockey Training<br>4:00-5:00pm | Lifelong Leaders<br>(Youth Leadership)<br>Turtles Gr 5/6<br>Eagles Gr 7/8<br>3:30-5:00pm<br>*Sept. 16, 2026 -<br>June 16, 2027 | Swim Lessons<br>4:00-6:50pm                 |                                                     |                                          |                                       |
| 5:00pm    | Basketball<br>Fundamentals \$<br>3-5 yrs<br>5:15-6:00pm | Cycle<br>5:15-6:00pm               |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 5:30pm    | Basketball<br>Fundamentals \$<br>3-5 yrs<br>6:15-7:15pm |                                    |                                                                                                                                |                                             |                                                     | Family Zumba<br>6:15-7:00pm              |                                       |
| 6:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 6:30pm    | Open Gym<br>7:30-8:45pm                                 |                                    |                                                                                                                                |                                             | Family Aquafit<br>7:00-7:45pm                       |                                          | Lane Swim<br>7:00-8:45pm<br>(2 lanes) |
| 7:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 7:30pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 8:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |
| 8:30pm    |                                                         |                                    | Closed                                                                                                                         |                                             |                                                     | Leisure Swim<br>7:45-8:45pm<br>(2 lanes) | Lane Swim<br>7:45-8:45pm<br>(2 lanes) |
| 9:00pm    |                                                         |                                    |                                                                                                                                |                                             |                                                     |                                          |                                       |

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September 7 - January 4

2026 Fall Schedule



| THURSDAY |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
|----------|-------------------------------------------------------|---------------------------------------|--------------------------------|----------------------------------------------------------------|-----------------------------------------------------|----------------------------------------|--|--|
|          | Gym A                                                 | Gym B                                 | Yoga Studio                    | MPR                                                            | Pool                                                |                                        |  |  |
| 6:00am   | Open Gym<br>6:00-8:45am                               | Strictly Strength<br>6:15-7:15am      |                                |                                                                | Leisure Swim<br>6:15-9:00am<br>(2 lanes)            | Lane Swim<br>6:15-9:00am<br>(4 lanes)  |  |  |
| 6:30am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 7:00am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 7:30am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 8:00am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 8:30am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 9:00am   | Step<br>9:15-10:15am                                  |                                       | Stability Ball<br>9:30-10:15am | Creative Play \$<br>Sensory Seekers<br>0-5 yrs<br>9:15-10:00am | Lane/Leisure<br>Swim<br>9:00-10:00am<br>(2/2 lanes) | ALP<br>9:00-10:00am<br>(2 lanes)       |  |  |
| 9:30am   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 10:00am  | Parent & Tot Social<br>Gym<br>10:15-11:15             | Zumba<br>10:30-11:15am                | Yoga<br>10:30-11:15am          |                                                                | Aquafit<br>10:15-11:00am                            |                                        |  |  |
| 10:30am  |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 11:00am  |                                                       |                                       |                                |                                                                | Swim Lessons<br>11:15-11:45am                       | Lane Swim<br>11:15-1:30pm<br>(4 lanes) |  |  |
| 11:30am  | On The Move<br>11:30-12:15pm                          |                                       |                                |                                                                |                                                     |                                        |  |  |
| 12:00pm  |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 12:30pm  |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 1:00pm   | Pickleball<br>12:30-2:30pm                            |                                       | Y Thrive<br>12:45-1:45pm       |                                                                |                                                     |                                        |  |  |
| 1:30pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 2:00pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 2:30pm   | Open Gym<br>2:45-3:45pm                               |                                       |                                |                                                                |                                                     |                                        |  |  |
| 3:00pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 3:30pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 4:00pm   | Soccer<br>Fundamentals \$<br>3-5 yrs<br>4:30-5:00pm   | GBI Hockey<br>Training<br>4:00-5:00pm |                                |                                                                | Sensory Swim Lessons<br>4:00-5:10pm                 |                                        |  |  |
| 4:30pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 5:00pm   | Soccer<br>Fundamentals \$<br>6-9 yrs<br>5:05-5:50pm   | GBI Hockey<br>Training<br>5:15-6:15pm | Pilates<br>5:15-6:00pm         | Youth Wellness<br>4:00-5:00pm                                  |                                                     |                                        |  |  |
| 5:30pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 6:00pm   | Soccer<br>Fundamentals \$<br>10-13 yrs<br>5:55-6:55pm | Open Gym<br>6:30-8:45pm               | Yoga<br>6:15-7:00pm            |                                                                | Family Swim<br>5:20-6:20pm<br>(6 lanes)             |                                        |  |  |
| 6:30pm   |                                                       |                                       |                                |                                                                | Open Swim<br>6:30-7:40pm<br>(4 lanes)               | Lane Swim<br>6:30-7:40pm<br>(2 lanes)  |  |  |
| 7:00pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 7:30pm   | Youth Volleyball<br>12+<br>7:15-8:45pm                |                                       |                                |                                                                | Masters Swim<br>7:45-8:45pm<br>(6 lanes)            |                                        |  |  |
| 8:00pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 8:30pm   |                                                       |                                       |                                |                                                                |                                                     |                                        |  |  |
| 9:00pm   | Closed                                                |                                       |                                |                                                                |                                                     |                                        |  |  |



Drop-In Fitness



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2026 Fall Schedule



| FRIDAY  |                                           |       |                                          |                                       |                                                 |                                         |
|---------|-------------------------------------------|-------|------------------------------------------|---------------------------------------|-------------------------------------------------|-----------------------------------------|
|         | Gym A                                     | Gym B | Yoga Studio                              | MPR                                   | Pool                                            |                                         |
| 6:00am  | Open Gym<br>6:00-7:45am                   |       |                                          |                                       | Leisure Swim<br>6:15-9:00am<br>(2 lanes)        | Lane Swim<br>6:15-9:00am<br>(4 lanes)   |
| 6:30am  |                                           |       |                                          |                                       |                                                 |                                         |
| 7:00am  |                                           |       |                                          |                                       |                                                 |                                         |
| 7:30am  |                                           |       |                                          |                                       |                                                 |                                         |
| 8:00am  | Cycle<br>8:00-8:45am<br>*starts Sept 11th |       |                                          |                                       | Leisure Swim<br>9:00-10:00am<br>(2/2 lanes)     | ALP<br>9:00-10:00am<br>(2 lanes)        |
| 8:30am  |                                           |       |                                          |                                       |                                                 |                                         |
| 9:00am  | Group Power<br>9:15-10:15am               |       |                                          |                                       |                                                 |                                         |
| 9:30am  |                                           |       |                                          |                                       |                                                 |                                         |
| 10:00am | Yoga<br>10:30-11:15am                     |       |                                          |                                       | Aquafit<br>10:15-11:00am                        |                                         |
| 10:30am |                                           |       |                                          |                                       |                                                 |                                         |
| 11:00am | On The Move<br>11:30-12:15pm              |       |                                          |                                       | Adult Drop In<br>Swim Lessons<br>11:15-11:45am  | Lane Swim<br>11:15-12:15pm<br>(4 lanes) |
| 11:30am |                                           |       |                                          |                                       |                                                 |                                         |
| 12:00pm |                                           |       |                                          |                                       | Leisure Swim<br>11:15-12:15pm<br>(2 lanes)      |                                         |
| 12:30pm |                                           |       |                                          |                                       |                                                 |                                         |
| 1:00pm  | Open Gym<br>12:30-7:45pm                  |       |                                          |                                       | Aquafit<br>12:30-1:15pm                         |                                         |
| 1:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 2:00pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 2:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 3:00pm  |                                           |       | Leisure Swim<br>3:00-4:00pm<br>(2 lanes) | Lane Swim<br>3:00-4:00pm<br>(4 lanes) |                                                 |                                         |
| 3:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 4:00pm  |                                           |       | Special Olympics Guppy<br>4:15- 5:00pm   |                                       |                                                 |                                         |
| 4:30pm  |                                           |       |                                          |                                       | Social Butterflies \$<br>3-5 yrs<br>4:30-5:00pm |                                         |
| 5:00pm  |                                           |       | Special Olympics<br>5:00-6:15PM          |                                       |                                                 |                                         |
| 5:30pm  |                                           |       |                                          |                                       | Paint n' Create \$<br>6-12 yrs<br>5:15-6:15pm   |                                         |
| 6:00pm  |                                           |       | Open Swim<br>6:30-7:30pm                 | Lane Swim<br>6:30-8:00pm<br>(2 lanes) |                                                 |                                         |
| 6:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 7:00pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 7:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 8:00pm  |                                           |       | Closed                                   |                                       |                                                 |                                         |
| 8:30pm  |                                           |       |                                          |                                       |                                                 |                                         |
| 9:00pm  |                                           |       |                                          |                                       |                                                 |                                         |



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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# Midland YMCA

## Health, Fitness, & Aquatics

September 7 - January 4  
2026 Fall Schedule



| SATURDAY |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
|----------|----------------------------------------------------|----------------------------------------------|-------------|-----|------------------------------------------|---------------------------------------|------------------------------------------|----------------------------------------|
|          | Gym A                                              | Gym B                                        | Yoga Studio | MPR | Pool                                     |                                       |                                          |                                        |
| 7:00am   | Open Gym<br>7:00-8:45am                            | Open Gym<br>7:00-7:45am                      |             |     | Leisure Swim<br>7:15-8:45am<br>(2 lanes) | Lane Swim<br>7:15-8:45pm<br>(4 lanes) |                                          |                                        |
| 7:30am   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 8:00am   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 8:30am   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 9:00am   | Y Kids<br>3-5 yrs & 6-9 yrs<br>9:00-11:30am        | Cycle<br>8:30-9:15am<br>*starts October 17th |             |     |                                          |                                       | Swim Lessons<br>9:00-12:00pm             |                                        |
| 9:30am   |                                                    | Group Power<br>9:30-10:30am                  |             |     |                                          |                                       |                                          |                                        |
| 10:00am  |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 10:30am  |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 11:00am  |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 11:30am  |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 12:00pm  | Pickleball<br>11:45-1:45pm<br>*starts October 17th |                                              |             |     |                                          |                                       | Family Swim<br>12:15-1:30pm<br>(4 lanes) | Lane Swim<br>12:15-2:30pm<br>(2 lanes) |
| 12:30pm  |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 1:00pm   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 1:30pm   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 2:00pm   | Open Gym<br>2:00-2:45pm                            |                                              |             |     | Open Swim<br>1:45-2:30pm<br>(4 lanes)    |                                       |                                          |                                        |
| 2:30pm   |                                                    |                                              |             |     |                                          |                                       |                                          |                                        |
| 3:00pm   | Closed                                             |                                              |             |     |                                          |                                       |                                          |                                        |



Drop-In Fitness



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# Midland YMCA

## Health, Fitness, & Aquatics

September 7 - January 4  
2026 Fall Schedule



| SUNDAY  |                                            |                          |                              |     |                                          |                                       |
|---------|--------------------------------------------|--------------------------|------------------------------|-----|------------------------------------------|---------------------------------------|
|         | Gym A                                      | Gym B                    | Yoga Studio                  | MPR | Pool                                     |                                       |
| 7:00am  | Open Gym<br>7:00-10:15am                   | Open Gym<br>7:00-10:15am |                              |     | Leisure Swim<br>7:15-8:45am<br>(2 lanes) | Lane Swim<br>7:15-8:45am<br>(4 lanes) |
| 7:30am  |                                            |                          |                              |     |                                          |                                       |
| 8:00am  |                                            |                          |                              |     |                                          |                                       |
| 8:30am  |                                            |                          |                              |     |                                          |                                       |
| 9:00am  |                                            |                          | Yoga<br>9:00-10:00am         |     |                                          |                                       |
| 9:30am  |                                            |                          |                              |     |                                          |                                       |
| 10:00am |                                            |                          | Swim Lessons<br>9:00-10:40am |     |                                          |                                       |
| 10:30am | Sensory Swim<br>10:45-11:45am<br>(6 lanes) |                          |                              |     |                                          |                                       |
| 11:00am | Sensory Friendly Gym<br>10:30-11:30am      |                          |                              |     |                                          |                                       |
| 11:30am |                                            |                          |                              |     |                                          |                                       |
| 12:00pm | Open Gym<br>11:30-1:15pm                   | Open Gym<br>11:30-2:45pm |                              |     |                                          |                                       |
| 12:30pm |                                            |                          |                              |     |                                          |                                       |
| 1:00pm  | Reserved for<br>Birthday Parties           |                          |                              |     |                                          |                                       |
| 1:30pm  |                                            |                          |                              |     |                                          |                                       |
| 2:00pm  |                                            |                          |                              |     |                                          |                                       |
| 2:30pm  |                                            |                          |                              |     |                                          |                                       |
| 3:00pm  | Closed                                     |                          |                              |     |                                          |                                       |



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# Midland YMCA

Health, Fitness, & Aquatics

September 7 - January 4

2026 Fall Schedule



## Contact Information & Hours

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

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

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**midland.hfa@sm.ymca.ca**

**(705) 526-7828**



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