

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

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

Drop-In Aquatics

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September 7 - January 4

2026 Fall Schedule



TUESDAY										
	Gym A	Gym B	Yoga Studio	MPR	Pool					
6:00am	Open Gym 6:00-8:45am	Strictly Strength 6:15-7:15am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)				
6:30am										
7:00am										
7:30am										
8:00am										
8:30am		Open Gym 7:45-9:00am	Core & Stretch 8:45-9:30am	Creative Play \$ Little Artists 0-5 yrs 9:15-10:00am	Lane/Leisure Swim 9:00-10:00am (2/2 lanes)	ALP 9:00-10:00am (2 lanes)				
9:00am	Step 9:15-10:15am									
9:30am										
10:00am	Parent & Tot Social Gym 10:15-11:15am	Zumba 10:30-11:15am	Yoga 9:45-10:45am		Aquafit 10:15-11:00am					
10:30am			Y Thrive 10:30-11:30am							
11:00am										
11:30am	On The Move 11:30-12:15pm				Open Swim 11:15-1:15pm (3 lanes)	Lane Swim 11:15-1:15pm (3 lanes)				
12:00pm										
12:30pm	Cycle 12:30-1:15pm									
1:00pm										
1:30pm	Open Gym 1:30-3:45pm	Open Gym 1:30-3:45pm					Y Thrive 3:00-4:00pm	Lifelong Leaders (Youth Leadership) Wolves Gr 9/10 Bears Gr 11/12 3:00-5:00pm *Sept. 15, 2026 - June 15, 2027	Lane Swim 3:00-3:45pm (3 lanes)	Lane Swim 3:00-3:45pm (3 lanes)
2:00pm										
2:30pm										
3:00pm										
3:30pm										
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm	GBI Hockey Training 4:00-5:00pm *starts October 6th	Youth Wellness 4:00-5:00pm	*Sept. 15, 2026 - June 15, 2027	Swim Lessons 4:00-6:50pm					
4:30pm		HIIT 5:30-6:15pm								
5:00pm							Art Spark \$ 6-9 yrs 4:30-5:15pm			
5:30pm		Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm	HIIT 5:30-6:15pm			Art Spark \$ 10-13 yrs 5:30-6:30pm	Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm (3 lanes)		
6:00pm					Open Gym 6:30-8:45pm	Y Thrive 6:00-7:00pm			Art Spark \$ 10-13 yrs 5:30-6:30pm	
6:30pm										
7:00pm	Youth Volleyball 12+ yrs 7:15-8:45pm			TRX 6:30-7:00pm						Open Swim 7:30-8:30pm (3 lanes)
7:30pm										
8:00pm										
8:30pm										
9:00pm	Closed									

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Drop-In Aquatics

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September 7 - January 4

2026 Fall Schedule



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

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THURSDAY								
	Gym A	Gym B	Yoga Studio	MPR	Pool			
6:00am	Open Gym 6:00-8:45am	Strictly Strength 6:15-7:15am			Leisure Swim 6:15-9:00am (2 lanes)	Lane Swim 6:15-9:00am (4 lanes)		
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Step 9:15-10:15am		Core & Stretch 9:00-9:45am	Creative Play \$ Sensory Seekers 0-5 yrs 9:15-10:00am	Lane/Leisure Swim 9:00-10:00am (2/2 lanes)	ALP 9:00-10:00am (2 lanes)		
9:30am								
10:00am	Parent & Tot Social Gym 10:15-11:15	Zumba 10:30-11:15am	Yoga 10:30-11:30am		Aquafit 10:15-11:00am			
10:30am								
11:00am					Swim Lessons 11:15-11:45am	Lane Swim 11:15-1:30pm (4 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					
1:30pm								
2:00pm								
2:30pm	Open Gym 2:45-3:45pm							
3:00pm								
3:30pm								
4:00pm								
4:30pm	Soccer Fundamentals \$ 3-5 yrs 4:30-5:00pm	GBI Hockey Training 4:00-5:00pm *starts October 8th			Sensory Swim Lessons 4:00-5:45pm			
5:00pm	Soccer Fundamentals \$ 6-9 yrs 5:05-5:50pm	GBI Hockey Training 5:15-6:15pm *starts October 8th						
5:30pm	Soccer Fundamentals \$ 10-13 yrs 5:55-6:55pm	GBI Hockey Training 6:30-7:30pm *starts October 8th					Pilates 5:15-6:00pm	Youth Wellness 4:00-5:00pm
6:00pm								
6:30pm			Youth Volleyball 12+ 7:15-8:45pm	Open Gym 7:45-8:45pm			Open Swim 6:00-7:40pm (4 lanes)	Lane Swim 6:00-7:40pm (2 lanes)
7:00pm								
7:30pm								
8:00pm								
8:30pm			Masters Swim 7:45-8:45pm (6 lanes)					
9:00pm	Closed							



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FRIDAY

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



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



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



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September 7 - January 4

2026 Fall Schedule



Contact Information & Hours

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

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

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