

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



Drop-In Fitness



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics

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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						
9:00am	Step 9:15-10:15am		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)		
9:30am								
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								
11:00am			Y Thrive 10:30-11:30am		Open Swim 11:15-1:15pm (3 lanes)	Lane Swim 11:15-1:15pm (3 lanes)		
11:30am	On The Move 11:30-12:15pm							
12:00pm								
12:30pm	Cycle 12:30-1:15pm							
1:00pm								
1:30pm	Open Gym 1:30-3:45pm							
2:00pm								
2:30pm								
3:00pm		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)		
3:30pm								
4:00pm	GBI Hockey Training 4:00-5:00pm *starts October 6th	Youth Wellness 4:00-5:00pm	Swim Lessons 4:00-6:50pm					
4:30pm								
5:00pm		HIIT 5:30-6:15pm				Art Spark \$ 6-9 yrs 4:30-5:15pm		
5:30pm								
6:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:00pm		Open Gym 6:30-8:45pm	Y Thrive 6:00-7:00pm	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)	
6:30pm								
7:00pm		TRX 6:30-7:00pm			Open Swim 7:30-8:30pm (3 lanes)			
7:30pm						Youth Volleyball 12+ yrs 7:15-8:45pm		
8:00pm								
8:30pm								
9:00pm	Closed							

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

Drop-In Aquatics

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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						
3:30pm						
4:00pm	Basketball Fundamentals \$ 3-5 yrs 4:30-5:00pm	GBI Hockey Training 4:00-5:00pm *starts October 7th	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	
4:30pm						
5:00pm						
5:30pm						
6:00pm	Basketball Fundamentals \$ 6-9 yrs 5:15-6:00pm	Cycle 5:15-6:00pm			Family Aquafit 7:00-7:45pm	Lane Swim 7:00-8:45pm (2 lanes)
6:30pm						
7:00pm	Basketball Fundamentals \$ 10-12 yrs 6:15-7:15pm	Family Zumba 6:15-7:00pm				
7:30pm	Open Gym 7:30-8:45pm					
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 10:00-11:00am		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	Open Gym 2:45-3:45pm						
2:30pm							
3:00pm							
3:30pm							
4:00pm	Soccer Fundamentals \$ 3-5 yrs 4:30-5:00pm	GBI Hockey Training 4:00-5:00pm *starts October 8th			Sensory Swim Lessons 4:00-5:10pm		
4:30pm							
5:00pm	Soccer Fundamentals \$ 6-9 yrs 5:05-5:50pm	GBI Hockey Training 5:15-6:15pm *starts October 8th			Pilates 5:15-6:00pm	Youth Wellness 4:00-5:00pm	
5:30pm							
6:00pm	Soccer Fundamentals \$ 10-13 yrs 5:55-6:55pm	Open Gym 6:30-8:45pm	Yoga 6:15-7:15pm		Family Swim 5:20-6:20pm (6 lanes)		
6:30pm							
7:00pm			Open Swim 6:30-7:40pm (4 lanes)		Lane Swim 6:30-7:40pm (2 lanes)		
7:30pm	Masters Swim 7:45-8:45pm (6 lanes)						
8:00pm							
8:30pm							
9:00pm	Closed						



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FRIDAY

FRIDAY							
	Gym A	Gym B	Yoga Studio	MPR	Pool		
6:00am	Open Gym 6:00-7:45am	Cycle 6:15-7:15am *starts Sept 11th			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				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	Group Power 9:15-10:15am				Aquafit 10:15-11:00am		
10:30am	Yoga 10:30-11:15am				Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm (4 lanes)	
11:00am							
11:30am	On The Move 11:30-12:15pm				Leisure Swim 11:15-12:15pm (2 lanes)	Aquafit 12:30-1:15pm	
12:00pm							
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							
4:00pm			Special Olympics Guppy 4:15- 5:00pm				
4:30pm			Open Gym 12:30-7:45pm	Open Gym 12:30-7:45pm	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							
6:00pm				Open Swim 6:30-7:30pm	Lane Swim 6:30-8:00pm (2 lanes)		
6:30pm							
7:00pm							
7:30pm							
8:00pm			Closed				
8:30pm							
9:00pm							



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SATURDAY						
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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		Cycle 8:30-9:15am *starts October 17th				
8:30am						
9:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am	Strictly Strength 9:30-10:30am			Swim Lessons 9:00-12:00pm	
9:30am						
10:00am						
10:30am		Open Gym 10:45-11:30am				
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			Open Swim 1:45-2:30pm (4 lanes)			
1:30pm						
2:00pm	Open Gym 2:00-2:45pm					
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	Reserved for Birthday Parties					
1:30pm						
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