

Collingwood YMCA








Health, Fitness, & Aquatics

June 30 -August 31 , 2025

2025 Summer Schedule



MONDAY

MONDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Pickleball 6:00-8:30			Group Cycle 6:15-7:00	Lane Swim 6:00-8:45	Open Swim 6:00-8:45	Hot Tub 6:00-8:45	
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	Group Power 9:15-10:15 	Turf Time 9:30-10:15 	Stay and Play (0-5 yrs) 9:00-10:30	Group Cycle 9:15-10:15 	Swim Lessons 9:00-10:40			
9:30am								
10:00am								
10:30am	On the Move 10:45-11:30 	MetaPwr 10:30-11:00 	Yoga 10:45-11:45 	Stay and Play (0-5 yrs) 10:45-12:00	Aquafit 10:45-11:30 			YThrive 11:00-12:00
11:00am								
11:30am							Hot Tub 10:45-12:45	
12:00pm	Group Power 12:00-12:45				Lane Swim 11:45-12:45	Open Swim 11:45-12:45		
12:30pm								
1:00pm								
1:30pm	Beginner Pickleball 1:15-2:45		Care 1:15-5:15		Camp Swim 1:00-3:00			
2:00pm								
2:30pm								
3:00pm	Youth Basketball (10-17 yrs) 3:00-6:00							
3:30pm						Open Swim 3:30-4:30		Hot Tub 3:30-4:30
4:00pm								
4:30pm					Swim Lessons 4:45-6:45			
5:00pm								
5:30pm								
6:00pm	Basketball (18+) 6:00-8:45	MetaFit 5:45-6:15						
6:30pm								
7:00pm							Open Swim 6:45-7:30	
7:30pm								
8:00pm					Lane Swim 7:45-8:30			
8:30pm								
9:00pm								

Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed

Drop-In Aquatics



During Stay and Play/ Y Kids

For more information, please contact
your Membership Services Desk

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2025 Summer Schedule



TUESDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength 6:15-6:45				Lane Swim 6:00-8:45	Open Swim 6:00-8:45	Hot Tub 6:00-8:45	
6:30am								
7:00am	Pickleball 7:15-9:00							
7:30am								
8:00am								
8:30am								
9:00am			Zumba 9:15-10:15 🧘	YKids (3-9 yrs) MPR A 9:00-12:00 Stay and Play (0-5 yrs) MPR B 9:00-12:00	Swim Lessons 9:00-10:40			
9:30am	Cardio & Strength 9:30-10:30 🧘							
10:00am								
10:30am	Core & Stretch 10:45-11:30 🧘		Yoga 10:30-11:30 🧘					
11:00am					Aquafit 10:45-11:30 🧘		Hot Tub 10:45-12:45	
11:30am								YThrive 12:00-1:00
12:00pm	Pickleball 11:45-1:45	Metafit 12:00-12:30	Pulmonary Rehab 12:30-3:30		Lane Swim 11:45-12:45	Open Swim 11:45-12:45	Silver Club 12:00-2:00	
12:30pm								
1:00pm						Camp Swim 1:00-3:00		
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm								
3:00pm								
3:30pm	Youth Basketball (10-17 yrs) 3:30-5:30			Outdoor Explorers (6-12 yrs) 3:45-4:45	Open Swim 3:30-4:30		Hot Tub 3:30-4:30	
4:00pm								
4:30pm					Swim Lessons 4:45-6:45			
5:00pm			Intermediate Tai Chi 5:00-6:00					
5:30pm				Y Kids (3-9 yrs) 5:00-7:00				
6:00pm	Group Power 5:45-6:45							
6:30pm								
7:00pm	Pickleball 7:15-8:45				Open Swim 6:45-7:30		Hot Tub 6:45-8:30	
7:30pm								
8:00pm					Lane swim 7:45-8:30			
8:30pm								
9:00pm								

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Drop-In Aquatics During Stay and Play/ Y Kids

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WEDNESDAY

	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Pickleball 6:00-7:30				Lane Swim 6:00-8:45	Family Swim 6:00-8:45	Hot Tub 6:00-8:45		
6:30am									
7:00am									
7:30am									
8:00am	Group Power 8:00-9:00		Cardio Vascular Rehab 8:00-4:30						
8:30am									
9:00am				Group Cycle 9:30-10:15	Swim Lessons 9:00-10:40				
9:30am	Yoga 9:30-10:30	Turf Time 9:30-10:15							
10:00am									
10:30am	On the Move 10:45-11:45				Aquafit 10:45-11:30				
11:00am								YThrive 11:00-12:00	
11:30am									
12:00pm	Cardio & Strength 12:00-12:45	Metafit 12:00-12:30				Lane Swim 11:45-12:45	Open Swim 11:45-12:45	Hot Tub 10:45-12:45	
12:30pm									
1:00pm	Pickleball 1:15-2:45				Camp Swim 1:00-3:00				
1:30pm									
2:00pm				Restorative Yoga 2:00-3:00					
2:30pm									
3:00pm	Youth Basketball (10-17 yrs) 3:00-5:15								
3:30pm					Open Swim 3:30-4:30		Hot Tub 3:30-4:30		
4:00pm									
4:30pm					Swim Lessons 4:45-6:45				
5:00pm									
5:30pm		Turf Time 5:45-6:30							
6:00pm									
6:30pm	Basketball (18+) 7:45-8:45				Open Swim 6:45-7:30		Hot Tub 6:45-8:30		
7:00pm									
7:30pm					Lane Swim 7:45-8:30				
8:00pm									
8:30pm									
9:00pm									

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Drop-In Aquatics During Stay and Play/ Y Kids

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THURSDAY

	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength 6:15-6:45				Lane Swim 6:00-8:45	Family Swim 6:00-8:45	Hot Tub 6:00-8:45	
6:30am								
7:00am	Pickleball 7:15-8:45							
7:30am								
8:00am								
8:30am								
9:00am				YKids MPR A (3-9 yrs) 9:00-12:00 Stay and Play MPR B (0-5 yrs) 9:00-12:00	Swim Lessons 9:00-10:40			
9:30am	Cardio & Strength 9:30-10:30		Yoga 9:30-10:30					
10:00am								
10:30am	Core & Stretch 10:45-11:30				Aquafit 10:45-11:30			
11:00am								
11:30am					Hot Tub 10:45-12:45			
12:00pm	Bars and Plates 12:00-12:45	MetaPWR 12:00-12:30		Lane Swim 11:45-12:45			Family Swim 11:45-12:45	
12:30pm								
1:00pm	Adult Basketball 1:15-2:00		CARE 1:15-5:15		Camp Swim 1:00-3:00		YThrive 12:00-3:00	
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm								
3:00pm								
3:30pm	Youth Basketball (10-17 yrs) 3:30-5:30			Art Spark (\$) (6-12 yrs) 3:45-4:45	Open Swim 3:30-4:30		Hot Tub 3:30-4:30	
4:00pm								
4:30pm					Swim Lessons 4:45-6:45			
5:00pm								
5:30pm				Y Kids (3-9 yrs) 5:00-7:00				
6:00pm	Group Power 5:45-6:30							
6:30pm								
7:00pm	Pickleball 7:00-8:45	MetaFit 6:45-7:15			Open Swim 6:45-7:30		Hot Tub 6:45-8:30	
7:30pm								
8:00pm					Lane swim 7:45-8:30			
8:30pm								
9:00pm								



Drop-In Fitness 13+



Child and Youth



Registered Programs



Self-Directed



Drop-In Aquatics



During Stay and Play/ Y Kids

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FRIDAY

FRIDAY									
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Pickleball 6:00-7:30				Lane Swim 6:00-8:45	Family Swim 6:00-8:45	Hot Tub 6:00-8:45		
6:30am									
7:00am									
7:30am									
8:00am	Cardio & Strength 8:00-8:45								
8:30am			YKids (3-9 yrs) 8:45-11:45 Stay and Play (0-5) 8:45-11:45						
9:00am	Group Power 9:15-10:15			Group Cycle 9:15-10:15	Swim Lessons 9:00-10:40				
9:30am									
10:00am									
10:30am	On the Move 10:45-11:45				Aquafit 10:45-11:30				
11:00am									
11:30am									
12:00pm	Pickleball 12:00-2:15	Metafit 12:00-12:30			Lane Swim 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 10:45-12:45		
12:30pm									
1:00pm									
1:30pm					Camp Swim 1:00-3:00				
2:00pm									
2:30pm	Youth Basketball (10-17 yrs) 2:30-5:30							YThrive 2:00-4:00	
3:00pm									
3:30pm									
4:00pm		Youth Wellness 1 & 2 (10-13 yrs) 4:00-5:00				Open Swim 3:30-4:30	Hot Tub 3:30-4:30		
4:30pm						Swim Lessons 4:45-6:45			
5:00pm									
5:30pm									
6:00pm	Youth Volleyball (10-17) 5:45-7:45				Open Swim 6:45-7:30		Hot Tub 6:45-7:30		
6:30pm									
7:00pm									
7:30pm									
8:00pm									



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SATURDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
7:00am					Lane Swim 7:00-8:45	Family Swim 7:00-8:45	Hot Tub 7:00-8:45	
7:30am								
8:00am	Group Power 8:00-9:00		Stay and Play (0-5 yrs) 7:45-10:45 Ykids (3-9) 7:45-10:45					
8:30am								
9:00am	Cardio & Strength 9:15-10:00				Shared Pool: Lane Swim (2 lanes only) Open Swim Private Lessons 9:00-11:00			YThrive 9:00-10:00
9:30am				Group Cycle 9:30-10:15				
10:00am	Open Gym (Family Participation) 10:15-12:00							
10:30am								
11:00am			Chair Fit 11:15-12:00					
11:30am					Open Swim 11:15-2:15		Hot Tub 9:00-2:30	
12:00pm	Open Gym 12-1:30							YThrive 12:00-1:00
12:30pm								
1:00pm								
1:30pm								
2:00pm	Adult basketball (18+)							
2:30pm	1:45-2:45							
3:00pm								



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SUNDAY									
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby	
7:00am	Pickleball 7:00-9:30				Lane Swim 7:00-8:45	Family Swim 7:00-8:45	Hot Tub 7:00-1:00		
7:30am									
8:00am									
8:30am									
9:00am	Basketball (18+) 9:30-10:45				Shared Pool: Lane Swim (2 lanes only) Open Swim Private Lessons 9:00-11:00				
9:30am									
10:00am									
10:30am	Youth Basketball (10-17 yrs) 10:45-1:00				Open Swim				
11:00am									
11:30am									
12:00pm									
12:30pm									
1:00pm	Private Booking				Private Booking				
1:30pm									
2:00pm									
2:30pm									
3:00pm									



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Contact Information & Hours

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

Friday - 6:00am - 8:00pm

Saturday: 7:00am-3:00pm

Sunday: 7:00am-3:00pm

collingwood@sm.ymca.ca

(705) 445-5705



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