

Collingwood YMCA

Health, Fitness, & Aquatics

September 2-January 4
2025 Fall Schedule



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 6:00-9:00	Open Swim 6:00-9:00	Hot Tub 6:00-2:00		
6:30am									
7:00am									
7:30am									
8:00am				Group Cycle 8:00-8:45					
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	Lane Swim (2 Lanes) 9:15-10:15 Adult Swim Lessons 9:15-10:00				
9:30am					Open Swim 10:15-10:45				
10:00am									
10:30am	On the Move 10:45-11:30 🧘	MetaPwr 🧘 10:30-11:00		Stay and Play (0-5 yrs) 10:45-12:00	Aquafit 10:45-11:30 🧘				
11:00am			Yoga 11:00-12:00						
11:30am									
12:00pm	Group Power 12:00-12:45				Lane Swim 11:45-2:00	Open Swim 11:45-2:00			
12:30pm									
1:00pm									
1:30pm	Beginner Pickleball 1:15-3:30		Care 1:15-5:15		Closed 2:00-3:00				
2:00pm									
2:30pm									
3:00pm	Youth Basketball (10-17yrs) 3:30-6:30					Lane Swim 3:15-5:00	Open Swim 3:15-5:00	Hot Tub 3:15-5:00	
3:30pm									
4:00pm				Advanced Aquatics 4:00-5:15					
4:30pm									
5:00pm									
5:30pm				Group Cycle 5:45-6:45	Advanced Aquatics 5:00 - 7:30				
6:00pm		MetaFit 5:45-6:15		Begins October 20th					
6:30pm	Basketball (18+) 6:30-9:45								
7:00pm						Open Swim 7:45-8:15	Hot Tub 7:45-9:30		
7:30pm									
8:00pm									
8:30pm						Lane Swim 8:30-9:30		Open Swim 8:30-9:30	
9:00pm									
9:30pm									

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

Collingwood YMCA

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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							
6:30am	6:15-6:45							
7:00am								
7:30am	Pickleball				Lane Swim	Open Swim		
8:00am	7:15-9:00				6:00-10:15	6:00-10:15		
8:30am								
9:00am			Zumba					
9:30am	Cardio & Strength		9:15-10:15					
10:00am	9:30-10:30							
10:30am	Core & Stretch		Yoga	Stay and Play	Open Swim		Hot Tub	
11:00am	10:45-11:30		10:30-11:30	(0-5 yrs)	10:15-10:45		6:00-2:00	
11:30am				9:00-12:00		Aquafit		YThrive
12:00pm						10:45-11:30		12:00-1:00
12:30pm	Pickleball	Metafit			Lane Swim	Open Swim		Silver Club
1:00pm	11:45-1:45	12:00-12:30			11:45-2:00	11:45-2:00		12:00-2:00
1:30pm			Pulmonary Rehab					
2:00pm			12:30-3:30					
2:30pm	On the Move - Chair Fitness				Closed			
3:00pm	2:15-3:00				Lane Swim	Open Swim	Hot Tub	
3:30pm					3:15-4:00	3:15-4:00	3:15-4:00	
4:00pm	Sport Fundamentals							
4:30pm	(ages 3-5) 4:00-4:45 & Basketball Fundamentals							
5:00pm	(ages 6-12) 4:00-5:00		Beginner Tai Chi					
5:30pm			5:00-6:00	Y Kids	Swim Lessons			
6:00pm			Ends November 25	(3-9 yrs)	Private Lessons			
6:30pm	Group Power			5:00-7:00	4:15-7:00			
7:00pm	5:45-6:45			Stay and Play				
7:30pm				(0-3yrs)				
8:00pm	Pickleball			5:00-7:00	Open Swim		Hot Tub	
8:30pm	7:15-9:45				7:15-8:15		7:15-9:30	
9:00pm					Lane Swim			
9:30pm					8:30-9:30			

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

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				Masters 6:00-7:00		Hot Tub 6:00-9:00		
6:30am									
7:00am					Lane Swim 7:00-9:00	Open Swim 7:00-9:00			
7:30am									
8:00am	Group Power 8:00-9:00		Cardio Vascular Rehab 8:00-4:30	Group Cycle 8:00-8:45					
8:30am				Group Cycle 8:00-8:45					
9:00am				Group Cycle 9:30-10:15	Swim Lessons 9:15-10:00				
9:30am	Yoga 9:30-10:30	Turf Time 9:30-10:15			Open Swim 10:15-10:45		Hot Tub 10:15-2:00		
10:00am									
10:30am	On the Move 10:45-11:45				Aquafit 10:45-11:30			YThrive 11:00-12:00	
11:00am									
11:30am	Cardio & Strength 12:00-12:45	Metafit 12:00-12:30			Lane Swim 11:45-2:00	Open Swim 11:45-2:00			
12:00pm									
12:30pm									
1:00pm	Pickleball 1:15-2:45								
1:30pm									
2:00pm					Restorative Yoga 2:00-3:00	Closed			
2:30pm									
3:00pm	Youth Basketball (10-17 yrs) 3:00-5:15					Lane Swim (2 Lanes)/ Youth Drop In Lessons 3:15-4:00		Hot Tub 3:15-4:00	
3:30pm									
4:00pm									
4:30pm									
5:00pm									
5:30pm	Cardio and Strength 5:45-6:30	Turf Time 5:45-6:30			Group Cycle 5:45-6:45 Begins October 15th	Swim Lessons 4:15-7:00			HopOn (6-13yrs) 5:30-6:30 This Cycling Program will take place offsite, see desk for details
6:00pm									
6:30pm									
7:00pm	Basketball (18+) 7:15-9:45				Open Swim 7:15-8:15		Hot Tub 7:15-9:30		
7:30pm									
8:00pm									
8:30pm					Lane Swim 8:30-9:30				
9:00pm									
9:30pm									

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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							
6:30am								
7:00am	Pickleball 7:15-8:45							
7:30am								
8:00am								
8:30am								
9:00am								
9:30am	Cardio & Strength 9:30-10:30 		Yoga 9:30-10:30 					
10:00am								
10:30am	Core & Stretch 10:45-11:30 			Stay and Play (0-5 yrs) 9:00-12:00				
11:00am								
11:30am								
12:00pm								
12:30pm	Group Power 12:00-12:45							
1:00pm	Adult Basketball 1:15-2:00							
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							
4:00pm								
4:30pm								
5:00pm								
5:30pm								
6:00pm	Group Power 5:45-6:30 							
6:30pm								
7:00pm		MetaFit 6:45-7:15 						
7:30pm								
8:00pm	Pickleball 7:00-9:45							
8:30pm								
9:00pm								
9:30pm								

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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				Masters 6:00-7:00		Hot Tub 6:00-2:00	
6:30am								
7:00am								
7:30am					Lane Swim 7:00-9:00	Open Swim 7:00-9:00		
8:00am	Cardio & Strength 8:00-8:45							
8:30am			Stay and Play (0-5yrs) 8:30-10:30	Group Cycle 9:15-10:15	Lane Swim (2 Lanes) 9:15-10:15			
9:00am	Group Power 9:15-10:15				Adult Drop in Lessons 9:15-10:00			
9:30am					Open Swim 10:15-10:45			
10:00am					Aquafit 10:45-11:30			
10:30am	On the Move 10:45-11:45		Zumba 10:45-11:45					
11:00am								
11:30am								
12:00pm	Pickleball 12:00-2:15	Metafit 12:00-12:30			Lane Swim 11:45-2:00	Open swim 11:45-2:00		
12:30pm								
1:00pm								
1:30pm								
2:00pm					Closed			YThrive 2:00-4:00
2:30pm	Youth Basketball (10-17 yrs) 2:30-4:30				Lane Swim 3:15-4:00	Open Swim 3:15-4:00		
3:00pm					Lane Swim (2 lanes)/ Youth Drop in Lessons 4:00-5:00		Hot Tub 3:15-5:00	
3:30pm								
4:00pm		Youth Wellness 1 & 2 (10-13 yrs) 4:00-5:00		Advanced Aquatics 4:00-5:30				
4:30pm								
5:00pm	Volleyball Fundamentals (10-13 yrs) 5:00-6:00							
5:30pm					Advanced Aquatics 5:00-7:00			
6:00pm	Youth Volleyball (10-17) 6:00-8:00							
6:30pm								
7:00pm								
7:30pm					Open Swim 7:15-8:15		Hot Tub 7:15-9:30	
8:00pm	Basketball (18+)							
8:30pm					Lane Swim 8:30-9:30			
9:00pm								
9:30pm								



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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								
7:30am					Lane Swim 7:00-8:45	Family Swim 7:00-8:45	Hot Tub 7:00-8:45	
8:00am	Group Power 8:00-9:00		Ykids (3-9) 7:45-10:30 Stay and Play (0-3 yrs) 7:45-10:30					
8:30am								
9:00am	Cardio & Strength 9:15-10:00							YThrive 9:00-10:00
9:30am				Group Cycle 9:30-10:15				
10:00am	Open Gym (Family Participation) 10:15-11:15							
10:30am								
11:00am	Move It \$ (3-5) 11:15-12:00		Chair Fit 11:15-12:00					
11:30am								
12:00pm	Move It \$ (6-12) 12:00-1:00							
12:30pm					Adult and Youth Drop in Lessons 12:15-1:00			
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00							YThrive 12:00-3:00
1:30pm								
2:00pm	Adult basketball (18+) 2:00-3:15							
2:30pm								
3:00pm								
3:30pm								
4:00pm	Private Booking							
4:30pm								



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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 7:00-10:00				Lane Swim 7:00-9:00	Family Swim 7:00-9:00	Hot Tub 7:00-2:30		
7:30am									
8:00am									
8:30am									
9:00am						Lane Swim (2 lanes)/ Private Lessons(\$) 9:00-10:30			
9:30am				Yoga 9:30-10:30 Starts October 19					
10:00am	Open Gym (Family Participation) 10:00-11:00				Adult and Youth Drop In Lessons 10:30-11:15				
10:30am									
11:00am	Youth Basketball (10-17yrs) 11:00-1:00			Restorative Yoga Starts October 19					
11:30am					Open Swim 11:30-2:30				
12:00pm									
12:30pm									
1:00pm									
1:30pm	Basketball (18+) 1:00-2:45								
2:00pm									
2:30pm					Private Booking 2:45-4:30				
3:00pm	Private Booking								
3:30pm									
4:00pm									
4:30pm									



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Contact Information & Hours

Monday - Friday: 6:00am-10:00pm

Saturday - Sunday: 7:00am-5:00pm

Thanks Giving Monday / New Years Day 10-3pm

Christmas Eve / New years Eve 6:00am -3pm

Closed Christmas Day and Boxing Day

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