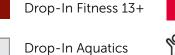
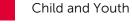
Health, Fitness, & Aquatics

September 2-January 4 2025 Fall Schedule

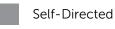


6:00am Group Cycle G:15-7:00 G:00-9:00 G:00-9:	
6:30am 7:00am 7:00am 7:30am 8:00am 8:00am 9:30am 9:00am 10:30am 10:30am 11:30am 12:00pm 12:30pm 1:30pm 12:00pm 12:30pm 13:30pm 13:30pm 14:35-3:30 15:30pm 15:30pm 15:30pm 16:00-9:00 16:00-9:	obby
7:00am	
7:30am 8:00am 8:00am 9:00am 9:30am Group Power 9:15-10:15 On the Move 11:30am 12:00pm 12:30pm 1:30pm 2:00pm 1:30pm 2:00pm 1:30pm 2:00pm 1:30pm 2:00pm 1:15-3:30 Group Power 1:15-5:15 Group Cycle 8:00-9:00 Group Cycle 9:15-10:15 Adult Swim (2 Lanes) 9:15-10:15 Adult Swim Lessons 9:15-10:15 Open Swim 10:45-11:30 Topen Swim 11:45-2:00 Closed 2:00-3:00 Group Power 1:15-5:15	
8:00am 8:30am 9:00am 9:30am Group Power 9:30-10:15 On the Move 11:30am 12:30pm 12:30pm 1:30pm 1:30pm 2:00pm 2:00pm 2:00pm 2:00pm 1:30pm 2:00pm 2:00pm 1:30pm 2:00pm 1:15-3:30 Group Power 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 Adult Swim Lessons 9:15-10:15 Adult Swim Lessons 9:15-10:00 Open Swim 10:15-10:45 Yoga 11:00-12:00 11:45-2:00 11:45-2:00 Care 1:15-3:30 Care 1:15-5:15	
8:30am 9:00am Group Power 9:15-10:15 10:00am 10:30am On the Move 11:30am 12:30pm 12:30pm 1:30pm 2:00pm Beginner Pickleball 2:30pm 3:00pm Reginner Pickleball 2:30pm 3:00pm	
9:30am Group Power 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:30-10:15 9:15-10:15 Adult Swim Lessons 9:15-10:00 Hot Tub 6:00-2:00 10:30am On the Move 10:45-11:30 10:30-11:00 Yoga 11:00-12:00 10:45-12:00 10:45-11:30 10:45-13:00 12:00pm Group Power 12:00-12:45 Lane Swim 11:45-2:00 11:45-2:00 11:45-2:00 1:30pm 2:00pm Beginner Pickleball 1:15-3:30 Care 1:15-5:15 C	
9:30am 9:15-10:15 9:30-10:15 9:30-10:15 9:00-10:30 Group Cycle 9:15-10:00 Hot Tub 6:00-2:00 10:00am 10:30am On the Move 10:45-11:30 10:30-11:00 Yoga 11:00-12:00 11:30am 12:00pm Group Power 12:00-12:45 11:30pm Beginner Pickleball 2:30pm	
10:30am	
On the Move 10:45-11:30	
11:00am	
11:30am 11:00-12:00 12:00pm Croup Power 12:00-12:45 1:00pm 11:45-2:00 1:30pm Closed 2:00-3:00 2:30pm Care 1:15-5:15	hrive 0-12:00
12:30pm	
12:30pm 12:00-12:45 Lane Swim 11:45-2:00 Open Swim 11:45-2:00 1:30pm Closed 2:00-3:00 Care 1:15-5:15 Care 1:15-5:15	
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2:00pm Beginner Pickleball 2:30pm 1:15-3:30 3:00pm Care 1:15-5:15 Closed 2:00-3:00	
2:30pm 1:15-3:30 Care 1:15-5:15 Care 1:15-5:15	
3:00pm Care 1:15-5:15	
1.13 3.13	
3:30pm	
4:00pm Lane Swim Open Swim Hot Tub	
4:30pm Youth Basketball Advanced 3:15-5:00 3:15-5:00 3:15-5:00	
5:00pm (10-17yrs) 4:00-5:15	
5:30pm Group Cycle	
6:00pm MetaFit 5:45-6:45 Begins Advanced Aquatics	
6:30pm 5:45-6:15 October 20th 5:00 - 7:30	
7:00pm	
7:30pm Basketball Open Swim	
8:00pm (18+) 7:45-8:15 Hot Tub	
8:30pm	
9:00pm 9:30pm 8:30-9:30	









Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



6:00am 6:30am 7:00am 7:30am 8:00am 8:30am 9:00am 9:30am 10:00am 11:30am 11:30am 12:00pm	Gym A and/or B Cardio & Strength 6:15-6:45 Pickleball 7:15-9:00 Cardio & Strength 9:30-10:30 Core & Stretch 10:45-11:30	Fitness Studio	Yoga Studio Zumba 9:15-10:15	MPR A and/or B	Pool Lane Swim 6:00-10:15	Mushroom Pool Open Swim 6:00-10:15	Hot Tub	Lobby
6:30am 7:00am 7:30am 8:00am 8:30am 9:00am 9:30am 10:00am 11:30am 11:200pm 12:30pm	Pickleball 7:15-9:00 Cardio & Strength 9:30-10:30							
7:00am 7:30am 8:00am 8:30am 9:00am 9:30am 10:00am 11:30am 11:30am 12:00pm	Pickleball 7:15-9:00 Cardio & Strength 9:30-10:30							
7:30am 8:00am 8:30am 9:00am 9:30am 10:00am 11:00am 11:30am 12:00pm	7:15-9:00 Cardio & Strength 9:30-10:30							
8:00am 8:30am 9:00am 9:30am 10:00am 11:00am 11:30am 12:00pm	7:15-9:00 Cardio & Strength 9:30-10:30							
8:30am 9:00am 9:30am 10:00am 11:00am 11:30am 12:00pm 12:30pm	Cardio & Strength 9:30-10:30 Core & Stretch				6:00-10:15	6:00-10:15		
9:00am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm	9:30-10:30 Core & Stretch							
9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm	9:30-10:30 Core & Stretch							1
10:00am 10:30am 11:00am 11:30am 12:00pm	9:30-10:30 Core & Stretch		9:15-10:15					
10:30am 11:00am 11:30am 12:00pm	Core & Stretch						Hot Tub	
11:30am 11:30am 12:00pm 12:30pm				Stay and Play	· ·	Swim	6:00-2:00	
11:30am 12:00pm 12:30pm	10:45-11:30		Yoga	(0-5 yrs)	10:15-	-10:45		
12:00pm 12:30pm			10:30-11:30	9:00-12:00	Agu	uafit 💩		
12:30pm						-11:30		YThrive 12:00-1:0
		Motofit						
4.00	Pickleball	Metafit 12:00-12:30			Lane Swim	Open Swim		Silver Clu
1:00pm	11:45-1:45				11:45-2:00	11:45-2:00		12:00-2:0
1:30pm			Pulmonary					
2:00pm			Rehab			Cl. I		
2:30pm	On the Move -		12:30-3:30			Closed		
3:00pm	Chair Fitness 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							
	(ages 3-5) 4:00-4:45 & Basketball Fundamentals							
	(ages 6-12) 4:00-5:00		Beginner					
5:30pm			Tai Chi 5:00-6:00 Ends November 25	Y Kids (3-9 yrs) 5:00-7:00	Private	essons Lessons -7:00		
6:00pm			3.7.7.5	Stay and Play				
6:30pm	Group Power 5:45-6:45			(0-3yrs) 5:00-7:00				
7:00pm					Open	Swim		
7:30pm						-8:15	Llot Tub	
8:00pm	Pickleball						Hot Tub 7:15-9:30	
8:30pm	7:15-9:45					Swim	7.13 3.30	
9:00pm					8:30	-9:30		
9:30pm Dr		_	and Youth		stered Progr			



Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



			W	EDNESDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Pickleball				Masters 6:00-7:00			
6:30am	6:00-7:30				5.55			
7:00am							Hot Tub	
7:30am					Lane Swim	Open Swim	6:00-9:00	
8:00am	Group Power			Group Cycle	7:00-9:00	7:00-9:00		
8:30am	8:00-9:00			8:00-8:45				
9:00am				Group Cycle	Swim Lessons 9:15-10:00			
9:30am	Yoga	Turf Time		9:30-10:15				
0:00am	9:30-10:30	9:30-10:15				Swim		
.0:30am	On the Move				10:15-	-10:45		\
.1:00am	10:45-11:45		Cardio			uafit -11:30		YThrive 11:00-12:0
l1:30am	Cardio & Strength		Vascular		10.10	11.00	Hot Tub	
2:00pm	12:00-12:45	Metafit	Rehab				10:15-2:00	
2:30pm		12:00-12:30	8:00-4:30		Lane Swim	Open Swim		
L:00pm					11:45-2:00	11:45-2:00		
1:30pm	Pickleball							
2:00pm	1:15-2:45			Restorative Yoga		Closed		
2:30pm				2:00-3:00				
3:00pm						n (2 Lanes)/	Hot Tub	
3:30pm	Youth Basketball					In Lessons -4:00	3:15-4:00	
4:00pm	(10-17 yrs)				3.13	1.00		
4:30pm	3:00-5:15							
5:00pm								
5:30pm								HopOn
6:00pm	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			(6-13yrs) 5:30-6:30 This Cyclir Program w take place offsite, sed
6:30pm								
7:00pm						6 :		
7:30pm	D					Swim -8:15		
3:00pm	Basketball (18+)				7.13	0.13	Hot Tub	
3:30pm	7:15-9:45						7:15-9:30	
9:00pm						Swim		
9:30pm					8:30	-9:30		



Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



	rall scriedule		TH	URSDAY				
	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	Family Swim		
8:00am	7:15-8:45				6:00-10:15	6:00-10:15		
8:30am								
9:00am								
9:30am	Cardio & Strength		Yoga 👵					
10:00am	9:30-10:30		9:30-10:30	Stay and Play	Open Swim		Hot Tub 6:00-2:00	
10:30am	Core & Stretch			(0-5 yrs)	10:15-10	-10:45	0.00-2.00	
11:00am	10:45-11:30			9:00-12:00	Aqı	uafit		
11:30am					10:45	-11:30		
12:00pm	Croup Dower							
12:30pm	Group Power 12:00-12:45				Lane Swim	Family Swim		
1:00pm	Adult Basketball				11:45-2:00	11:45-2:00		YThrive
1:30pm	1:15-2:00							12:00-3:00
2:00pm	On the Move - Chair Fitness					Closed		
2:30pm	2:15-3:00		CARE			Ciosed		
3:00pm			1:15-5:15		Lane Swim	Open Swim	Hot Tub	
3:30pm	V 5			Art Spark (\$)	3:15-4:00	3:15-4:00	3:15-4:00	
4:00pm	Youth Basketball (10-17 yrs)			(6-12 yrs) 4:00-5:00				
4:30pm	3:30-5:30			4.00-5.00				
5:00pm				Y Kids	6			YThrive
5:30pm				(3-9 yrs)	Swim Lessons/ Youth Drop in Lessons 4:15-7:00			5:00-6:00
6:00pm				5:00-7:00				
6:30pm	Group Power 5:45-6:30 🐈	MetaFit 6:45-7:15		Stay and Play (0-3yrs) 5:00-7:00				
7:00pm		<u> </u>			_			
7:30pm						Swim -8:15		
8:00pm	Pickleball				7.13	0.13	Hot Tub 7:15-9:30	
8:30pm	7:00-9:45				Lane	Swim	7.13-9.30	
9:00pm					8:30	-9:30		
9:30pm								
	Drop-In Fitness 13	5+ C	hild and Youth	R	egistered Pro	ograms	Self-Dire	ected



Drop-In Aquatics

Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



				RIDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	D: 11 1 11				Mas			
6:30am	Pickleball 6:00-7:30				6:00-	-7:00		
7:00am								
7:30am					Lane Swim	Open Swim		
8:00am	Cardio & Strength				7:00-9:00	7:00-9:00		
8:30am	8:00-8:45							
9:00am	9.		Stay and Play	P	Lane Swim			
9:30am	Group Power 9:15-10:15		(0-5yrs) 8:30-10:30	Group Cycle 9:15-10:15	9:15- Adult Drop 9:15-:	in Lessons	Hot Tub 6:00-2:00	
10:00am					Open	Swim	0.00-2.00	
10:30am					10:15-			
11:00am	On the Move 10:45-11:45		Zumba 10:45-11:45		Aqu	Aquafit		
11:30am	10.45-11.45		10.45-11.45		10:45	-11:30		
12:00pm		Metafit						
12:30pm		12:00-12:30			Lane Swim 11:45-2:00	Open swim 11:45-2:00		
1:00pm	Pickleball 12:00-2:15				11.45-2.00			
1:30pm	12.00 2.13							
2:00pm						Closed		
2:30pm						Ciosea		
3:00pm	Youth Basketball				Lane Swim	Open Swim		YThrive
3:30pm	(10-17 yrs) 2:30-4:30				3:15-4:00	3:15-4:00		2:00-4:00
4:00pm	2.30 4.30	Youth Wellness			Lane Swim	ı (2 lanes)/	Hot Tub 3:15-5:00	
4:30pm		1 & 2 (10-13 yrs)		Advanced Aquatics 4:00-5:30	Youth Drop 4:00-			
5:00pm	Volleyball	4:00-5:00						
5:30pm	Fundamentals (10-13 yrs) 5:00-6:00				Advanced Aquatics 5:00-7:00			
6:00pm								
6:30pm	Youth Volleyball (10-17)							
7:00pm	6:00-8:00							
7:30pm					Open 7:15-			
8:00pm					7.13	5.10	Hot Tub 7:15-9:30	
8:30pm	Basketball (18+)				Lane		7.23 3.30	
9:00pm	DasketDatt (10 F)				8:30-	-9:30		
9:30pm								



During Stay and Play/ Y Kids

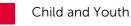
Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule

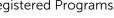


			SA	TURDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
7:00am								
7:30am					Lane Swim	Family Swim	Hot Tub	
8:00am	Group Power				7:00-8:45	7:00-8:45	7:00-8:45	
8:30am	8:00-9:00	₽? U	Ykids					
9:00am	Cardio & Strength		(3-9) 7:45-10:30					YThrive 9:00-10:00
9:30am	9:15-10:00		Stay and Play (0-3 yrs)	Group Cycle				
10:00am	Open Gym (Family Participation)		7:45-10:30	9:30-10:15	Swim I	.essons/		
10:30am	10:15-11:15				Private Swir	n Lessons(\$)		
11:00am	Move It \$ (3-5)		Chair Fit		9:00	-12:15		
11:30am	11:15-12:00		11:15-12:00					
12:00pm	Move It \$							
12:30pm	(6-12) 12:00-1:00				Les	outh Drop in sons -1:00		YThrive
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00							12:00-3:00
1:30pm	1.00-2.00					Swim	Hot Tub 12:15-4:30	
2:00pm	Adult basketball				1:15-3:15			
2:30pm	(18+)							
3:00pm	2:00-3:15							
3:30pm					Lane Swim	n 3:30-4:30		
4:00pm	Private Booking				23.70 377111	1.00		
4:30pm								

Drop-In Fitness 13+









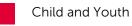
During Stay and Play/ Y Kids

Health, Fitness, & Aquatics

September 2 - January 4 2025 Fall Schedule



	all seriedate		S	UNDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
7:00am								
7:30am	- Pickleball				Lane Swim	Family Swim 7:00-9:00		
8:00am					7:00-9:00			
8:30am	7:00-10:00							
9:00am					Lama Curina (2			
9:30am			Yoga 9:30-10:30		Lane Swim (2 lanes)/ Private Lessons(\$)		Hot Tub 7:00-2:30	
10:00am	Open Gym (Family Participation)		Starts October 19		9:00-10:30			
10:30am	10:00-11:00				Adult and Youth Drop In Lessons			
11:00am				Restorative Yoga	10:30-11:15			
11:30am	Youth Basketball (10-17yrs)			Starts October 19	Open Swim 11:30-2:30			
12:00pm	11:00-1:00							
12:30pm								
1:00pm								
1:30pm	Basketball (18+)							
2:00pm	1:00-2:45							
2:30pm								
3:00pm					Private Booking			
3:30pm	Private Booking				2:45	-4:30		
4:00pm	Thrate Booming							
4:30pm								







Health, Fitness, & AquaticsSeptember 2 - January 4
2025 Fall Schedule



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





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 Lifequard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport