

Collingwood YMCA

Health, Fitness, & Aquatics

March 23 - June 30

2026 Spring 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 6:00-10:00	Open Swim 6:00-10:00	Hot Tub 6:00-1:45		
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					
9:30am									
10:00am					Open Swim 10:15-10:45				
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	MetaFit 12:00-12:30							
12:30pm					Lane Swim 11:45-1:45	Open Swim 11:45-1:45			
1:00pm									
1:30pm	Beginner Pickleball 1:15-3:30		Care 12:30-4:30		Closed 1:45-3:15				
2:00pm									
2:30pm									
3:00pm	Youth Basketball (10-17yrs) 3:30-6:30				Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00		
3:30pm		Youth Wellness 1 & 2 4:00-5:00 (10-13 yrs)		Advanced Aquatics 4:00-5:30					
4:00pm					Advanced Aquatics 4:15 - 7:00				
4:30pm									
5:00pm									
5:30pm									
6:00pm									
6:30pm	Basketball (18+) 6:30-9:45		Nia 7:00-8:00 Mar 23 - Apr 27						
7:00pm									
7:30pm									
8:00pm						Lane Swim 7:15-8:30	Open Swim 7:15-8:30	Hot Tub 7:15-8:30	
8:30pm									
9:00pm									
9:30pm									

Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Drop-In Aquatics

During Stay and Play/ Y Kids

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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	Pickleball 7:15-9:00				Lane Swim 6:00-10:00	Open Swim 6:00-10:00	Hot Tub 6:00-1:45		
7:30am									
8:00am									
8:30am									
9:00am			Zumba	Stay and Play (0-5 yrs) 9:00-11:30					
9:30am	Cardio & Strength 9:30-10:30		9:15-10:15						
10:00am						Open Swim 10:15-10:45			
10:30am	Core & Stretch		Yoga						
11:00am	10:45-11:30		10:30-11:30		Aquafit 10:45-11:30 (Participant Lead Social Aquafit Mar 31-May 5)				
11:30am									
12:00pm	Pickleball 11:45-1:45	Metafit 12:00-12:30						Silver Club 12:00-2:00	
12:30pm			Pulmonary Rehab 12:30-3:30		Lane Swim 11:45-1:45	Open Swim 11:45-1:45			
1:00pm									
1:30pm					Closed 1:45-3:15				
2:00pm	On the Move - Chair Fitness 2:15-3:00								
2:30pm									
3:00pm									
3:30pm					Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00		
4:00pm				Art Spark(\$) 4:00-5:00 (3-5 yrs)	Swim Lessons/ Private Lessons (\$) 4:15-7:00				
4:30pm	Soccer Fundamentals(\$) (ages 6-12) 4:00-5:00								
5:00pm			Beginner Tai Chi (No Pre- Requisite) 5:00-6:00	Y Kids (3-9 yrs) 5:00-7:00 Stay and Play (0-3yrs) 5:00-7:00					
5:30pm									
6:00pm	Group Power 5:45-6:45								
6:30pm									
7:00pm	Pickleball 7:15-9:45				Open Swim 7:00-7:40		Hot Tub 7:00-8:30		
7:30pm			Pilates 7:00-7:45						
8:00pm						Lane Swim 7:45-8:30	Open Swim 7:45-8:30		
8:30pm									
9:00pm									
9:30pm									

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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								
7:30am					Lane Swim 7:00-9:00	Open Swim 7:00-9:00		
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 9:30-10:15				
9:00am						Swim Lessons 9:15-10:00		
9:30am	Yoga 9:30-10:30	Turf Time 9:30-10:15						
10:00am						Open Swim 10:15-10:45		
10:30am	On the Move 10:45-11:45							
11:00am						Aquafit 10:45-11:30		
11:30am								Hot Tub 10:15-1:45
12:00pm	Cardio & Strength 12:00-12:45							
12:30pm						Lane Swim 11:45-1:45	Open Swim 11:45-1:45	
1:00pm								
1:30pm	Pickleball 1:15-2:45							
2:00pm				Restorative Yoga 2:00-3:00	Closed 1:45-3:15			
2:30pm								
3:00pm	Youth Basketball (10-17 yrs) 3:00-6:30				Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
3:30pm								
4:00pm								
4:30pm								
5:00pm								
5:30pm								
5:30pm		Turf Time 5:45-6:30	Intermediate Tai Chi (Pre-Requisite Beginner Tai Chi) 5:00-6:00		Swim Lessons 4:15-7:00			
6:00pm								
6:30pm			Yoga 6:15-7:00					Youth Leaders 4:30-6:30
7:00pm	Basketball (18+) 6:30-9:45				Open Swim 7:00-7:40			
7:30pm							Hot Tub 7:00-8:30	
7:30pm								
8:00pm						Lane Swim 7:45-8:30	Open Swim 7:45-8:30	
8:30pm								
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				Lane Swim 6:00-10:00	Open Swim 6:00-10:00		
6:30am								
7:00am	Pickleball 7:15-8:45							
7:30am								
8:00am								
8:30am								
9:00am				Stay and Play (0-5 yrs) 9:00-11:30			Hot Tub 6:00-1:45	
9:30am	Cardio & Strength		Yoga					
10:00am	9:30-10:30		9:30-10:30		Open Swim 10:15-10:45			
10:30am	Core & Stretch				Aquafit 10:45-11:30 (Participant Lead Social Aquafit April 2-May 7)			
11:00am	10:45-11:30							
11:30am								
12:00pm	Group Power 12:00-12:45		Care 12:30-4:30					
12:30pm								
1:00pm	Adult Basketball							
1:30pm	1:15-2:00							
2:00pm	On the Move - Chair Fitness 2:15-3:00				Closed 1:45-3:15			
2:30pm								
3:00pm								
3:30pm	Youth Basketball (10-17 yrs) 3:30-5:30				Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
4:00pm								
4:30pm								
5:00pm			Advanced Tai Chi	Y Kids (3-9 yrs) 4:00-7:00	Swim Lessons 4:15-7:00			Youth Leaders 4:30-6:30
5:30pm			(Pre-Requisite Intermediate Tai Chi)					
6:00pm	Group Power 5:45-6:30	MetaFit 5:45-6:15		Stay and Play (0-3yrs) 4:00-7:00				
6:30pm								
7:00pm	Pickleball 7:00-9:45							
7:30pm					Open Swim 7:00-7:40		Hot Tub 7:00-8:30	
8:00pm								
8:30pm						Lane Swim 7:45-8:30		
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 6:00-1:45	
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								
9:00am	Group Power 9:15-10:15		Stay and Play (0-5yrs) 8:30-11:30	Group Cycle 9:15-10:15	Lane Swim (2 Lanes) 9:00-10:00			
9:30am						Adult Drop in Lessons 9:15-10:00		
10:00am						Open Swim 10:15-10:45		
10:30am	On the Move 10:45-11:45		Zumba 10:45-11:45		Aquafit 10:45-11:30			
11:00am								
11:30am								
12:00pm	Metafit 12:00-12:30							
12:30pm	Pickleball 12:30-3:00				Lane Swim 11:45-1:45	Open swim 11:45-1:45		
1:00pm								
1:30pm					Closed 1:45-3:15			
2:00pm								
2:30pm	Youth Basketball (10-17 yrs) 3:00-5:30				Closed 1:45-3:15			
3:00pm								
3:30pm								
4:00pm								
4:30pm					Lane Swim 3:15-5:00	Open Swim 3:15-5:00	Hot Tub 3:15-5:00	
5:00pm			Rhythm & Stretch 4:30-5:00 (3-5yrs)	Advanced Aquatics 4:00-5:30				
5:30pm					Advanced Aquatics 5:00-7:00			
6:00pm	Youth Volleyball (10-17) Open Gym 6:00-7:45		Rhythm & Stretch 5:00-6:00 (6-12yrs)					
6:30pm								
7:00pm						Open Swim 7:00-7:40		
7:30pm							Hot Tub 7:00-8:30	
8:00pm	Basketball (18+)				Lane Swim 7:45-8:30	Open Swim 7:45-8:30		
8:30pm								
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		Y Kids (3-9) 7:45-10:45 Stay and Play (0-3 yrs) 7:45-10:45					
8:30am								
9:00am	Cardio & Strength 9:15-10:00				Swim Lessons 9:00-12:25			
9:30am				Group Cycle 9:30-10:15				
10:00am								
10:30am	Family Participation Preschool + Family Gym (0-10yrs) 10:15-12:00							
11:00am								
11:30am	Y Kids (3-9yrs) 11:15-12:00		Chair Fit 11:15-12:00					
12:00pm	Open Gym 12:00-1:00							
12:30pm								
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00		Available for Private Booking Please see the Membership Services Desk for more information		Open Swim 12:30-3:15		Hot Tub 12:30-4:30	
1:30pm								
2:00pm	Adult basketball (18+) 2:00-3:15							
2:30pm								
3:00pm								
3:30pm	Available for Private Booking				Lane Swim 3:30-4:30	Open Swim 3:30-4:30		
4:00pm								
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 7:00-11:00 Private Lessons (\$) 9:00-10:15	Open Swim 7:00-11:00 Private Lessons (\$) 9:00-10:15	Hot Tub 7:00-2:30		
7:30am									
8:00am									
8:30am									
9:00am									
9:30am									
10:00am	Open Gym (Family Participation) 10:00-11:00				Lane Swim (2 Lanes) Adult Drop In Lessons 10:15-11:00	Open Swim 10:15-11:00			
10:30am									
11:00am	Youth Basketball (10-17yrs) 11:00-1:00				Open Swim 11:15-2:30				
11:30am									
12:00pm									
12:30pm									
1:00pm	Basketball (18+) 1:00-2:45								
1:30pm									
2:00pm									
2:30pm					Available for Private Booking				
3:00pm	Available for 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

Good Friday - 10:00am-3:00pm

Victoria Day - CLOSED

May 19 - June 30

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

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

Canada Day - CLOSED

Civic Holiday - CLOSED

Labour Day - CLOSED

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