

# Collingwood YMCA

Health, Fitness, & Aquatics

June 29 - September 7, 2026

2026 Summer Schedule



MONDAY										
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby		
6:00am	Pickleball 6:00-8:30				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 (0-5yrs)	Group Cycle 9:15-10:15	Swim Lessons & Private Swim Lessons 8:55-10:35					
9:30am			YKids (5-12yrs) 9:00-10:30						Stay and Play (0-5yrs)	
10:00am	On the Move 10:45-11:30	MetaPwr 10:30-11:00	Yoga 1:00-12:00	YKids (5-12yrs) 10:45-12:00	AquaFit 10:45-11:30		Hot Tub 10:45-12:45			
10:30am										
11:00am										
11:30am	Group Power 12:00-12:45	MetaFit 12:00-12:30	Care 12:30-4:30		Lane Swim 11:45-12:45	Open Swim 11:45-12:45				
12:00pm										
12:30pm	Beginner Pickleball 1:15-3:30				Camp Swim 1:00-3:00					
1:00pm										
1:30pm										
2:00pm										
2:30pm										
3:00pm	Youth Basketball (10-17yrs) 3:30-6:30	Youth Wellness 1 & 2 4:00-5:00 (10-13yrs)			Closed 3:00-4:00					
3:30pm										
4:00pm										
4:30pm	Basketball (18+) 6:30-8:45				2 Lane Swim & Open Swim 4:00-5:00	Open Swim 4:00-5:00	Hot Tub 4:00-8:30			
5:00pm										
5:30pm										
6:00pm					Open Swim 5:15-6:30					
6:30pm										
7:00pm										
7:30pm										
8:00pm										
8:30pm										
9:00pm					Lane Swim 6:45-8:30	Open Swim 6:45-8:30				

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

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## TUESDAY

	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Cardio & Strength								
6:30am	6:15-6:45								
7:00am									
7:30am	Pickleball				Lane Swim 6:00-9:15	Open Swim 6:00-9:15	Hot Tub 6:00-12:45 *Hot Tub closes at 10am July 14, 28 & August 11 <sup>th</sup>		
8:00am	7:15-9:00								
8:30am									
9:00am									
9:30am	Cardio & Strength								
10:00am	9:30-10:30								
10:30am	Core & Stretch		Yoga	Stay and Play (0-5yrs)  YKids (5-12yrs) 9:00-11:30					
11:00am	10:45-11:30		10:30-11:30						
11:30am						AquaFit			
12:00pm									
12:30pm	Pickleball	MetaPwr							
1:00pm	11:45-1:45	12:00-12:30			Lane Swim	Open Swim			
1:30pm			Pulmonary Rehab		11:45-12:45	11:45-12:45		Silver Club 12:00- 2:00	
2:00pm	On the Move - Chair Fitness		12:30-3:30						
2:30pm	2:15-3:00								
3:00pm									
3:30pm						Camp Swim			
4:00pm						1:00-3:00			
4:30pm									
5:00pm									
5:30pm			Beginner Tai Chi (No Pre- Requisite)						
6:00pm	Group Power		5:00-6:00						
6:30pm	5:45-6:45								
7:00pm									
7:30pm			Pilates						
8:00pm	Pickleball		7:00-7:45						
8:30pm	7:15-8:45				Lane Swim	Open Swim	Hot Tub		
9:00pm					7:00-8:30	7:00-8:30	7:00-8:30		

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WEDNESDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Pickleball 6:00-7:30				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	Group Power 8:00-9:00		Cardio Vascular Rehab 8:00-4:30						
8:30am									
9:00am						Swim Lessons & Private Swim Lessons 8:55-10:35			
9:30am	Yoga 9:30-10:30	Turf Time 9:30-10:15			Group Cycle 9:30-10:15				
10:00am									
10:30am									
11:00am	On the Move 10:45-11:45					AquaFit 10:45-11:30			
11:30am								Hot Tub 10:45-12:45	
12:00pm	Cardio & Strength 12:00-12:45				Yoga 12:00-1:00	Lane Swim 11:45-12:45	Open Swim 11:45-12:45		
12:30pm									
1:00pm	Pickleball 1:15-2:45								
1:30pm									
2:00pm					Restorative Yoga 2:00-3:00	Camp Swim 1:00-3:00			
2:30pm									
3:00pm	Youth Basketball (10-17yrs) 3:00-6:30								
3:30pm									
4:00pm						Closed 3:00-4:00			
4:30pm						2 Lane Swim & Open Swim 4:00-5:00	Open Swim 4:00-5:00		
5:00pm									
5:30pm			Intermediate Tai Chi (Pre-Requisite Beginner Tai Chi)		Open Swim 5:15-6:30				
6:00pm		Turf Time 5:45-6:30					Hot Tub 4:00-8:30		
6:30pm									
7:00pm									
7:30pm	Basketball (18+) 6:30-8:45				Lane Swim 6:45-8:30	Open Swim 6:45-8:30			
8:00pm									
8:30pm									
9:00pm									

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THURSDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Cardio & Strength				Lane Swim 6:00-9:15	Open Swim 6:00-9:15	Hot Tub 6:00-12:45 *Hot Tub closes at 10am July 16, 30 <sup>th</sup> & August 13 <sup>th</sup>		
6:30am	6:15-6:45								
7:00am	Pickleball 7:15-8:45								
7:30am									
8:00am									
8:30am									
9:00am				Stay and Play (0-5yrs)	Open Swim & Private Swim Lessons 9:30-10:40				
9:30am	Cardio & Strength		Yoga 9:30-10:30		*Pool closes at 10am July 16, 30 <sup>th</sup> & August 13 <sup>th</sup>				
10:00am	9:30-10:30								
10:30am	Core & Stretch			YKids (5-12yrs) 9:00-11:30	AquaFit 10:45-11:30				
11:00am	10:45-11:30								
11:30am									
12:00pm	Group Power	MetaPwr	Care 12:30-4:30		Lane Swim	Open Swim			
12:30pm	12:00-12:45	12:00-12:30			11:45-12:45	11:45-12:45			
1:00pm	Adult Basketball					Camp Swim 1:00-3:00			
1:30pm	1:15-2:00								
2:00pm	On the Move - Chair Fitness								
2:30pm	2:15-3:00								
3:00pm					Closed 3:00-4:00				
3:30pm									
4:00pm	Summer Sampler (July 9-30)		Advanced Tai Chi (Pre-Requisite Intermediate Tai chi)	Y Kids (3-9yrs) 4:00-7:00 Stay and Play (0-3yrs) 4:00-7:00	Swim Lessons 4:00-6:45				
4:30pm	4:00-4:45								
5:00pm	Floor Hockey (August 6-27) 4:00-4:45								
5:30pm		MetaFit							
6:00pm	Group Power	5:45-6:15							
6:30pm	5:45-6:30								
7:00pm									
7:30pm	Pickleball 7:00-8:45				Lane Swim	Open Swim	Hot Tub		
8:00pm					7:00-8:30	7:00-8:30	7:00-8:30		
8:30pm									
9:00pm									

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FRIDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Pickleball 6:00-7:30				Lane Swim 6:00-9:00	Open Swim 6:00-9:00	Hot Tub 6:00-12:45 *Hot Tub closes at 10am July 17, 31 <sup>st</sup> & August 14 <sup>th</sup>		
6:30am									
7:00am									
7:30am									
8:00am	Cardio & Strength 8:00-8:45								
8:30am			Stay and Play (0-5yrs)  YKids (5-12yrs) 8:30-10:30						
9:00am	Group Power 9:15-10:15			Group Cycle 9:15-10:15	Lane Swim (2 Lanes) 9:00-10:00 Adult Drop in Lessons 9:15-10:00				
9:30am									
10:00am					Open Swim 10:15-10:45				
10:30am	On the Move 10:45-11:30			Stay and Play (0-5yrs)	*Pool closes at 10am July 17, 31 <sup>st</sup> & August 14 <sup>th</sup>				
11:00am									
11:30am				YKids (5-12yrs) 10:45-12:00	AquaFit 10:45-11:30				
12:00pm	Metafit 12:00-12:30				Lane Swim 11:45-12:45	Open Swim 11:45-12:45			
12:30pm									
1:00pm	Pickleball 12:30-3:00				Camp Swim 1:00-3:00				
1:30pm									
2:00pm									
2:30pm					Closed 3:00-4:00				
3:00pm	Youth Basketball (10-17yrs) 3:00-5:30								
3:30pm									
4:00pm									
4:30pm				Advanced Aquatics 4:00-5:30	Open Swim 4:00-5:45				
5:00pm									
5:30pm							Hot Tub 4:00-7:30		
6:00pm	Open Gym 6:00-7:45								
6:30pm					Lane Swim 6:00-7:30	Open Swim 6:00-7:30			
7:00pm									
7:30pm									

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SATURDAY								
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7:00am					Lane Swim 7:00-8:45	Open Swim 7:00-8:45	Hot Tub 7:00-11:00	
7:30am								
8:00am	Group Power 8:00-9:00		Y Kids (3-9yrs) 7:45-10:30		3 Lane Swim/Private Lessons Open Swim 9:00-10:15	Adult/Youth Drop In 10:15-11:00		
8:30am								
9:00am					Group Cycle 9:30-10:15	Aqua Sports + Games (6-12yrs) 11:15-12:00		
9:30am	Y Kids Gym (3-9yrs) 9:30-11:00		Stay and Play (0-3yrs) 7:45-10:30					
10:00am						Stay and Play (0-3yrs) 10:45-11:30		
10:30am								
11:00am	Family Participation Preschool + Family Gym (0-10yrs) 10:15-12:00		Chair Fit 11:15-12:00	Y Kids (3-9yrs) 10:45-11:30	Aqua Sports + Games (6-12yrs) 11:15-12:00			
11:30am								
12:00pm	Open Gym 12:00-1:00		Available for Private Booking/Birthday Parties		Open Swim 11:45-1:15			
12:30pm								
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00		See Front Desk for more information		Lane Swim 1:30-2:30	Open Swim 1:30-2:30	Hot Tub 11:45-2:30	
1:30pm								
2:00pm	Adult Basketball (18+) 2:00-2:45		See Front Desk for more information		Lane Swim 1:30-2:30	Open Swim 1:30-2:30	Hot Tub 11:45-2:30	
2:30pm								

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SUNDAY								
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby
7:00am	Pickleball 7:00-10:00				Lane Swim 7:00-11:00	Open Swim 7:00-11:00	Hot Tub 7:00-1:15	
7:30am								
8:00am								
8:30am					Private Lessons (\$) 9:00-10:15	Private Lessons (\$) 9:00-10:15		
9:00am								
9:30am								
10:00am					Lane Swim (2 Lanes) Adult Drop in Lessons 10:15-11:00	Open Swim 10:15-11:00		
10:30am	Open Gym (Family Participation) 10:00-11:00							
11:00am					Open Swim 11:15-1:15			
11:30am	Youth + Family Basketball (10-17yrs)							
12:00pm								
12:30pm	Youth + Family Basketball (10-17yrs) 11:00-1:00							
1:00pm					Available for Private Booking/Birthday Parties			
1:30pm	Basketball (18+) 1:00-2:45							
2:00pm								
2:30pm								

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## Contact Information & Hours

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

Friday - 6:00am-8:00pm

Saturday & Sunday 7:00am-3:00pm

Canada Day - CLOSED

Civic Holiday - CLOSED

Labour Day - CLOSED

[collingwood@sm.ymca.ca](mailto:collingwood@sm.ymca.ca)

(705) 445-5705

### Etiquette

"The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, participants, staff and volunteers all pledge to treat one another with respect and dignity."

Any possible member disputes or issues will be dealt with using a strength-based approach. All staff will encourage members and participants to adhere to the etiquette statement.



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