

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					
10:00am	On the Move 10:45-11:30	MetaPwr 10:30-11:00	Yoga 1:00-12:00	Stay and Play (0-5yrs)	AquaFit 10:45-11:30		Hot Tub 10:45-12:45	
10:30am				YKids (5-12yrs) 10:45-12:00				
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								
1:00pm								
1:30pm								
2:00pm	Beginner Pickleball 1:15-3:30				Camp Swim 1:00-3:00			
2:30pm								
3:00pm								
3:30pm	Youth Basketball (10-17yrs) 3:30-6:30	Youth Wellness 1 & 2 4:00-5:00 (10-13yrs)			Closed 3:00-4:00			
4:00pm								
4:30pm								
5:00pm	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	
5:30pm								
6:00pm								
6:30pm	Basketball (18+) 6:30-8:45				Open Swim 5:15-6:30			
7:00pm								
7:30pm								
8:00pm								
8:30pm								
9:00pm								

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

For more information, please contact your Membership Services Desk.

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TUESDAY									
	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 14, 28 & August 11 th		
6:30am	6:15-6:45								
7:00am									
7:30am	Pickleball								
8:00am	7:15-9:00								
8:30am									
9:00am									
9:30am	Cardio & Strength				Open Swim 9:30-10:40				
10:00am	9:30-10:30			Stay and Play (0-5yrs)	Private Swim Lessons 9:30-10:40				
10:30am	Core & Stretch 10:45-11:30		Yoga 10:30-11:30	YKids (5-12yrs) 9:00-11:30	*Pool closes at 10am July 14, 28 & August 11 th				
11:00am					AquaFit 10:45-11:30				
11:30am									
12:00pm		MetaPwr 12:00-12:30			Lane Swim 11:45-12:45	Open Swim 11:45-12:45			
12:30pm	Pickleball 11:45-1:45		Pulmonary Rehab 12:30-3:30					Silver Club 12:00- 2:00	
1:00pm					Camp Swim 1:00-3:00				
1:30pm					Closed 3:00-4:00				
2:00pm	On the Move - Chair Fitness 2:15-3:00								
2:30pm									
3:00pm									
3:30pm									
4:00pm								Outdoor Explorers 4:00- 4:45	
4:30pm									
5:00pm			Beginner Tai Chi (No Pre- Requisite) 5:00-6:00	Y Kids (3-9yrs) 4:00-7:00	Swim Lessons 4:00-6:45				
5:30pm				Stay and Play (0-3yrs) 4:00-7:00					
6:00pm	Group Power 5:45-6:45								
6:30pm									
7:00pm			Pilates 7:00-7:45		Lane Swim 7:00-8:30	Open Swim 7:00-8:30	Hot Tub 7:00-8:30		
7:30pm	Pickleball 7:15-8:45								
8:00pm									
8:30pm									
9:00pm									

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WEDNESDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am									
6:30am	Pickleball 6:00-7:30								
7:00am					Lane Swim 6:00-8:45	Open Swim 6:00-8:45	Hot Tub 6:00-8:45		
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									
1:30pm	Pickleball 1:15-2:45								
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				Intermediate Tai Chi (Pre-Requisite Beginner Tai Chi)					
5:30pm		Turf Time 5:45-6:30			Open Swim 5:15-6:30				
6:00pm							Hot Tub 4:00-8:30		
6:30pm									
7:00pm									
7:30pm	Basketball (18+) 6:30-8:45								
8:00pm					Lane Swim 6:45-8:30	Open Swim 6:45-8:30			
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 th & August 13 th		
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				*Pool closes at 10am July 16, 30 th & August 13 th				
10:00am	9:30-10:30								
10:30am	Core & Stretch			YKids (5-12yrs)	AquaFit 10:45-11:30				
11:00am	10:45-11:30			9:00-11:30					
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				Closed 3:00-4:00				
3:00pm									
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)								
5:30pm	4:00-4:45	MetaFit	5:00-6:00						
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 st & August 14 th	
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						Open Swim 10:15-10:45		
10:00am	On the Move 10:45-11:30			Stay and Play (0-5yrs)	*Pool closes at 10am July 17, 31 st & August 14 th			
10:30am					AquaFit 10:45-11:30			
11:00am					YKids (5-12yrs) 10:45-12:00	Lane Swim 11:45-12:45	Open Swim 11:45-12:45	
11:30am								
12:00pm	Metafit 12:00-12:30							
12:30pm	Pickleball 12:30-3:00				Camp Swim 1:00-3:00			
1:00pm					Closed 3:00-4:00			
1:30pm								
2:00pm								
2:30pm	Youth Basketball (10-17yrs) 3:00-5:30				Open Swim 4:00-5:45			
3:00pm								
3:30pm								
4:00pm				Advanced Aquatics 4:00-5:30				
4:30pm								
5:00pm								
5:30pm								
6:00pm	Open Gym 6:00-7:45						Hot Tub 4:00-7:30	
6:30pm					Lane Swim 6:00-7:30	Open Swim 6:00-7:30		
7:00pm								
7:30pm								

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	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby
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			Stay and Play (0-3yrs) 7:45-10:30	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							
10:00am				Chair Fit 11:15-12:00	Stay and Play (0-3yrs) 10:45-11:30			
10:30am	Family Participation Preschool + Family Gym (0-10yrs) 10:15-12:00							
11:00am				Available for Private Booking/Birthday Parties	Y Kids (3-9yrs) 10:45-11:30	Open Swim 11:45-1:15	Hot Tub 11:45-2:30	
11:30am								
12:00pm	Open Gym 12:00-1:00		See Front Desk for more information		Lane Swim 1:30-2:30	Open Swim 1:30-2:30		
12:30pm								
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00							
1:30pm								
2:00pm	Adult Basketball (18+) 2:00-2:45							
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								
10:30am	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		
11:00am								
11:30am	Youth + Family Basketball (10-17yrs) 11:00-1:00				Open Swim 11:15-1:15			
12:00pm								
12:30pm								
1:00pm	Basketball (18+) 1:00-2:45				Available for Private Booking/Birthday Parties			
1:30pm								
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

(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