

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

Classes subject to change. Please check our website for the most up to date schedule.

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TUESDAY								
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength 6:15-6:45				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								
7:00am	Pickleball 7:15-9:00							
7:30am								
8:00am								
8:30am								
9:00am				Stay and Play (0-5yrs) YKids (5-12yrs) 9:00-11:30	Open Swim 9:30-10:40 Private Swim Lessons 9:30-10:40 *Pool closes at 10am July 14, 28 & August 11 th			
9:30am	Cardio & Strength 9:30-10:30							
10:00am								
10:30am	Core & Stretch 10:45-11:30		Yoga 10:30-11:30					
11:00am								
11:30am								
12:00pm	Pickleball 11:45-1:45	MetaPwr 12:00-12:30				Open Swim 11:45-12:45	Silver Club 12:00-2:00	
12:30pm								
1:00pm			Pulmonary Rehab 12:30-3:30					
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm								
3:00pm								
3:30pm								
4:00pm				Y Kids (3-9yrs) 4:00-7:00 Stay and Play (0-3yrs) 4:00-7:00	Swim Lessons 4:00-6:45		Outdoor Explorers 4:00-4:45	
4:30pm								
5:00pm			Beginner Tai Chi (No Pre-Requisite) 5:00-6:00					
5:30pm	Group Power 5:45-6:45							
6:00pm								
6:30pm								
7:00pm	Pickleball 7:15-8:45		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								
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	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					AquaFit 10:45-11:30			
11:00am	On the Move 10:45-11:45							
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				Camp Swim 1:00-3:00			
1:30pm				Restorative Yoga 1:30-2:30				
2:00pm								
2:30pm					Closed 3:00-4:00			
3:00pm	Youth Basketball (10-17yrs) 3:00-6:30							
3:30pm								
4:00pm								
4:30pm					2 Lane Swim & Open Swim 4:00-5:00	Open Swim 4:00-5:00	Hot Tub 4:00-8:30	
5:00pm			Intermediate Tai Chi (Pre-Requisite Beginner Tai Chi)		Open Swim 5:15-6:30			
5:30pm								
6:00pm		Turf Time 5:45-6:30						
6:30pm		Basketball (18+) 6:30-8:45						
7:00pm								
7:30pm					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 6:15-6:45				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									
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 *Pool closes at 10am July 16, 30 th & August 13 th				
9:30am	Cardio & Strength 9:30-10:30		Yoga 9:30-10:30						
10:00am				YKids (5-12yrs) 9:00-11:30	AquaFit 10:45-11:30				
10:30am	Core & Stretch 10:45-11:30								
11:00am									
11:30am									
12:00pm	Group Power 12:00-12:45	MetaPwr 12:00-12:30			Lane Swim 11:45-12:45	Open Swim 11:45-12:45			
12:30pm									
1:00pm	Adult Basketball 1:15-2:00					Camp Swim 1:00-3:00			
1:30pm									
2:00pm	On the Move - Chair Fitness 2:15-3:00								
2:30pm									
3:00pm					Closed 3:00-4:00				
3:30pm									
4:00pm	Summer Sampler (July 9-30) 4:00-4:45				Swim Lessons 4:00-6:45				
4:30pm									
5:00pm	Floor Hockey (August 6-27) 4:00-4:45		Advanced Tai Chi (Pre-Requisite Intermediate Tai chi) 5:00-6:00				Y Kids (3-9yrs) 4:00-7:00 Stay and Play (0-3yrs) 4:00-7:00		
5:30pm		MetaFit 5:45-6:15							
6:00pm	Group Power 5:45-6:30								
6:30pm									
7:00pm	Pickleball 7:00-8:45				Lane Swim 7:00-8:30	Open Swim 7:00-8:30	Hot Tub 7:00-8:30		
7:30pm									
8:00pm									
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					*Pool closes at 10am July 17, 31 st & August 14 th			
10:30am	On the Move 10:45-11:30			Stay and Play (0-5yrs)				
11:00am				YKids (5-12yrs) 10:45-12:00	AquaFit 10:45-11:30			
11:30am								
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				Advanced Aquatics 4:00-5:30	Open Swim 4:00-5:45		Hot Tub 4:00-7:30	
4:30pm								
5:00pm								
5:30pm								
6:00pm	Open Gym 6:00-7:45				Lane Swim 6:00-7:30	Open Swim 6:00-7:30		
6:30pm								
7:00pm								
7:30pm								



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