

Collingwood YMCA

Health, Fitness, & Aquatics

September 8 - January 3

2026 Fall Schedule



MONDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am	Pickleball 6:00-7:30			Group Cycle 6:15-7:00 (Starts October 5 th)	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 (Starts October 5 th)					
8:30am									
9:00am	Group Power 9:15-10:15		Childminding (\$) (0-5yrs) 9:00-10:30	Group Cycle 9:15-10:15	Open Swim 10:15-10:45		Hot Tub 6:00-1:45		
9:30am		Turf Time 9:30-10:15							
10:00am									
10:30am	On the Move 10:45-11:30	MetaPwr 10:30-11:00	Yoga 11:00-12:00	Childminding (\$) (0-5yrs) 10:30-12:00	AquaFit 10:45-11:30				
11:00am									
11:30am									
12:00pm	Group Power 12:00-12:45	MetaFit 12:00-12:30	Care 12:30-4:30		Lane Swim 11:45-1:45	Open Swim 11:45-1:45			
12:30pm									
1:00pm	Beginner Pickleball 1:15-3:30								
1:30pm									
2:00pm						Closed 1:45-3:15			
2:30pm									
3:00pm									
3:30pm	Youth Basketball (10-17yrs) 3:30-4:45					Lane Swim 3:15-5:15	Open Swim 3:15-5:15	Hot Tub 3:15-5:15	
4:00pm		Youth Wellness 1 4:30-5:30 (10-13yrs)			Advanced Aquatics 4:00-5:30	Private Lessons (\$) 4:00-5:10	Private Lessons (\$) 4:00-5:10		
4:30pm									
5:00pm	Floor Hockey Fundamentals				Advanced Aquatics 5:15-7:15				
5:30pm	(6-9 yrs) 5:00-5:45								
6:00pm									
6:30pm	(10-12yrs) 6:00-6:45			Group Cycle 5:45-6:45 (Starts October 14 th)					
7:00pm	Basketball (18+) 7:00-8:45		Yoga 6:45-8:00		Lane Swim 7:30-8:30		Open Swim 7:30-8:30	Hot Tub 7:30-8:30	
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.

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 6:00-10:00	Open Swim 6:00-10:00	Hot Tub 6:00-1:45			
6:30am										
7:00am	Pickleball 7:15-9:00									
7:30am										
8:00am										
8:30am										
9:00am			Zumba 9:15-10:15	Childminding (\$) (0-5yrs) 9:00-11:30						
9:30am	Group Active 9:30-10:30									
10:00am										
10:30am	Core & Stretch 10:45-11:30		Yoga 10:30-11:30			Open Swim 10:15-10:45				
11:00am						AquaFit 10:45-11:30				
11:30am										
12:00pm	Pickleball 11:45-1:45	MetaPwr 12:00-12:30			Lane Swim 11:45-1:45	Open Swim 11:45-1:45		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				Closed 1:45-3:15					
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	Y Kids (3-9yrs) 4:00-5:00			Childminding (\$) (0-5yrs) Y Kids (3-9yrs) 4:00-7:00	Swim Lessons 4:15-7:00			Outdoor Explorers 4:15-5:15		
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		Open Swim 7:00-7:40		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										



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WEDNESDAY									
	Gym	Fitness Studio	Yoga Studio	MPR	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					Lane Swim 7:00-9:00	Open Swim 7:00-9:00			
7:30am									
8:00am	Group Power 8:00-9:00		Cardio Vascular Rehab 8:00-4:30						
8:30am									
9:00am					Swim Lessons 9:15-10:00				
9:30am	Yoga 9:30-10:30	Turf Time 9:30-10:15		Group Cycle 9:30-10:15					
10:00am				Parent & Tot Social (Family participation) 10:30-11:30	Open Swim 10:15-10:45		Hot Tub 10:15-1:45		
10:30am					AquaFit 10:45-11:30				
11:00am	On the Move 10:45-11:45								
11:30am									
12:00pm	MetaPwr 12:00-12:45				Yoga 12:00-1:00	Lane Swim 11:45-1:45	Open Swim 11:45-1:45		
12:30pm									
1:00pm	Pickleball 1:15-2:45				Restorative Yoga 1:30-2:30	Closed 1:45-3:15			
1:30pm									
2:00pm									
2:30pm									
3:00pm	Youth Basketball (10-17yrs) 3:00-5:30					Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
3:30pm									
4:00pm						Swim Lessons 4:15-7:00			
4:30pm		Youth Wellness 2 4:30-5:30 (10-13yrs)							
5:00pm			Intermediate Tai Chi 5:00-6:00 (Pre-Requisite Beginner Tai Chi)					Childminding(\$) (0-5) 5:00-7:00 (Starting October 14th)	
5:30pm									
6:00pm	Group Active 5:45-6:45 (Starts October 14 th)	Turf Time 5:45-6:30		Group Cycle 5:45-6:45 (Starting October 14 th)					
6:30pm									
7:00pm	Basketball (18+) 7:00-8:45				Lane Swim 7:15-8:30	Open Swim 7:15-8:30	Hot Tub 7:15-8:30		
7:30pm									
8:00pm									
8:30pm									
9:00pm									

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THURSDAY

THURSDAY										
	Gym	Fitness Studio	Yoga Studio	MPR	Pool	Mushroom Pool	Hot Tub	Lobby		
6:00am	Cardio & Strength 6:15-6:45				Lane Swim 6:00-10:00	Open Swim 6:00-10:00	Hot Tub 6:00-1:45			
6:30am										
7:00am	Pickleball 7:15-8:45									
7:30am										
8:00am										
8:30am										
9:00am				Childminding (\$) (0-5yrs) 9:00-11:30				Open Swim 10:15-10:45		
9:30am	Cardio & Strength 9:30-10:30	MetaPwr 10:00-10:30	Yoga 9:30-10:30							
10:00am										
10:30am	Core & Stretch 10:45-11:30									
11:00am					AquaFit 10:45-11:30					
11:30am										
12:00pm	Group Power 12:00-12:45	MetaPwr 12:00-12:30	Care 12:30-4:30		Lane Swim 11:45-1:45	Open Swim 11:45-1:45				
12:30pm										
1:00pm	Adult Basketball 1:15-2:00									
1:30pm										
2:00pm	On the Move - Chair Fitness 2:15-3:00				Closed 1:45-3:15					
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	Y Kids (3-9yrs) 4:00-5:00	Art Spark (Starting Oct 29 th) 4:00-5:00		Y Kids (3-9yrs) 4:00-7:00 Childminding (\$) (0-3yrs) 4:00-7:00	Swim Lessons 4:15-7:00					
4:30pm										
5:00pm		Advanced Tai Chi (Pre-Requisite Intermediate Tai chi) 5:00-6:00								
5:30pm		MetaFit 5:45-6:15								
6:00pm	Group Power 5:45-6:45									
6:30pm										
7:00pm	Pickleball 7:00-8:45				Open Swim 7:00-7:40		Hot Tub 7:00-8:30			
7:30pm										
8:00pm					Lane Swim 7:45-8:30					
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				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		Childminding (\$) (0-5yrs) 9:00-10:30	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				Childminding (\$) (0-5yrs) 10:30-12:00	AquaFit 10:45-11:30						
10:30am	On the Move 10:45-11:45										
11:00am											
11:30am			Zumba 10:45-11:45		Lane Swim 11:45-1:45	Open Swim 11:45-1:45					
12:00pm	Metafit 12:00-12:30										
12:30pm											
1:00pm	Pickleball 12:30-3:00		Cancer Support Centre 12:45-2:00		Closed 1:45-3:15						
1:30pm											
2:00pm											
2:30pm	Youth Basketball (10-17yrs) 3:00-5:30			Advanced Aquatics 3:00-6:00							
3:00pm											
3:30pm						Lane Swim 3:15-5:15	Open Swim 3:15-5:15	Hot Tub 3:15-5:15			
4:00pm											
4:30pm					Private Lessons (\$) 4:00-5:10	Private Lessons (\$) 4:00-5:10					
5:00pm											
5:30pm											
6:00pm				Advanced Aquatics 5:30-7:30							
6:30pm											
7:00pm											
7:30pm	Basketball (18+) 7:30-8:45										
8:00pm											
8:30pm											
9:00pm											



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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 7:00-8:45		
7:30am									
8:00am	Group Power 8:00-9:00		Y Kids (3-9yrs) 7:45-10:30						
8:30am									
9:00am	Cardio & Strength 9:15-10:00		Childminding (\$) (0-3yrs) 7:45-10:30		Swim Lessons 9:00-12:25				
9:30am				Group Cycle 9:30-10:15					
10:00am	Family Participation Preschool + Family Gym (0-10yrs) 10:15-12:00		Childminding (\$) (0-3yrs) 7:45-10:30						
10:30am				Childminding (\$) (0-3yrs) 10:45-12:00					
11:00am			Chair Fit 11:15-12:00	Y Kids (3-9yrs) 10:45-12:00					
11:30am									
12:00pm	Open Gym 12:00-1:00								
12:30pm			Available for Private Booking/Birthday Parties See Front Desk for more information			Open Swim 12:30-3:15	Hot Tub 12:30-4:30		
1:00pm	Youth Basketball (10-17yrs) 1:00-2:00								
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	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 (\$) 9:00-10:10	Open Swim 7:00-11:00 Private Lessons (\$) 9:00-10:10		
7:30am								
8:00am								
8:30am								
9:00am								
9:30am								
10:00am								Yoga 9:30-10:30
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	Hot Tub 7:00-2:30	
11:00am				Restorative Yoga 11:00-12:00				
11:30am	Youth + Family Basketball (10-17yrs) 11:00-1:00				Open Swim 11:15-2:30			
12:00pm								
12:30pm								
1:00pm								
1:30pm	Basketball (18+) 1:00-2:45							
2:00pm								
2:30pm								
3:00pm	Available For Private Booking				Available for Priavte Booking/Birthday Parties			
3:30pm								
4:00pm								
4:30pm								



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Contact Information & Hours

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

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

Thanks Giving: 10:00am-3:00pm

Christmas Eve: 6:00am - 3:00pm

Christmas Day: Closed

Boxing Day: Closed

New Years Eve: 6:00am-3:00pm

New Years Day: 10:00am-3:00pm

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