Collingwood YMCA

Health, Fitness, & Aquatics

September 8 - January 3

2026 Fall Schedule

Shine On

MONDAY

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

Collingwood YMCA

Health, Fitness, & Aquatics

September 8 - January 3

2026 Fall Schedule

Shine On

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 ($) (0-5yrs) 9:00-11:30				
9:30am	Group Active 9:30-10:30							
10:00am								
10:30am	Core & Stretch 10:45-11:30		Yoga 10:30-11:30		Open Swim 10:15-10:45			
11:00am					AquaFit 10:45-11:30			
11:30am								
12:00pm	Pickleball 11:45-1:45	MetaPwr 12:00-12:30			Lane Swim 11:45-1:45	Open Swim 11:45-1:45		Silver Club 12:00-2:00
12:30pm			Pulmonary Rehab 12:30-3:30					
1:00pm								
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00				Closed 1:45-3:15			
2:30pm								
3:00pm								
3:30pm					Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
4:00pm	Y Kids (3-9yrs) 4:00-5:00			Childminding ($) (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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Drop-In Aquatics

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Collingwood YMCA

Health, Fitness, & Aquatics

September 8- January 3

2026 Fall Schedule

Shine On

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								
10:30am				Parent & Tot Social (Family participation) 10:30-11:30	Open Swim 10:15-10:45		Hot Tub 10:15-1:45	
11:00am	On the Move 10:45-11:45				AquaFit 10:45-11:30			
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							
1:30pm				Restorative Yoga 1:30-2:30				
2:00pm					Closed 1:45-3:15			
2:30pm								
3:00pm	Youth Basketball (10-17yrs) 3:00-5:30							
3:30pm					Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
4:00pm								
4:30pm		Youth Wellness 2 4:30-5:30 (10-13yrs)			Swim Lessons 4:15-7:00			
5:00pm			Intermediate Tai Chi 5:00-6:00 (Pre-Requsite Beginner Tai Chi)					Childminding($) (0-5) 5:00-7:00 (Starting October 14)
5:30pm		Turf Time 5:45-6:30		Group Cycle 5:45-6:45 (Starting October 14)				
6:00pm	Group Active 5:45-6:45 (Starting October 14)							
6:30pm								
7:00pm	Basketball (18+) 7:00-8:45							
7:30pm					Lane Swim 7:15-8:30	Open Swim 7:15-8:30	Hot Tub 7:15-8:30	
8:00pm								
8:30pm								
9:00pm								

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

Drop-In Aquatics

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Collingwood YMCA

Health, Fitness, & Aquatics

September 8 - January 3

2026 Fall Schedule

Shine On

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 ($) (0-5yrs) 9:00-11:30				
9:30am	Cardio & Strength 9:30-10:30		Yoga 9:30-10:30					
10:00am		MetaPwr 10:00-10:30			Open Swim 10:15-10:45			
10:30am	Core & Stretch 10:45-11:30							
11:00am					AquaFit 10:45-11:30			
11:30am								
12:00pm	Group Power 12:00-12:45	MetaPwr 12:00-12:30			Lane Swim 11:45-1:45	Open Swim 11:45-1:45		
12:30pm			Care 12:30-4:30					
1:00pm	Adult Basketball 1:15-2:00							
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00				Closed 1:45-3:15			
2:30pm								
3:00pm								
3:30pm					Lane Swim 3:15-4:00	Open Swim 3:15-4:00	Hot Tub 3:15-4:00	
4:00pm	Y Kids (3-9yrs) 4:00-5:00			Art Spark (3-5yrs, 6-12yrs) 4:00-5:00	Swim Lessons 4:15-7:00			
4:30pm								
5:00pm			Advanced Tai Chi (Pre-Requisite Intermediate Tai chi) 5:00-6:00					
5:30pm		MetaFit 5:45-6:15		Y Kids (3-9yrs) 4:00-7:00				
6:00pm	Group Power 5:45-6:45							
6:30pm				Childminding ($) (0-3yrs) 4:00-7:00				
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								

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

Drop-In Aquatics

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Collingwood YMCA

Health, Fitness, & Aquatics

September 8- January 3

2026 Fall Schedule

Shine On

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					Lane Swim 7:00-9:00	Open Swim 7:00-9:00		
7:30am								
8:00am	Cardio & Strength 8:00-8:45							
8:30am								
9:00am	Group Power 9:15-10:15		Childminding ($) (0-5yrs) 9:00-10:30	Group Cycle 9:15-10:15	Lane Swim (2 Lanes) 9:00-10:00 Adult Drop in Lessons 9:15-10:00			
9:30am								
10:00am					Open Swim 10:15-10:45			
10:30am	On the Move 10:45-11:45			Childminding ($) (0-5yrs) 10:30-12:00				
11:00am			Zumba 10:45-11:45		AquaFit 10:45-11:30			
11:30am								
12:00pm	Metafit 12:00-12:30				Lane Swim 11:45-1:45	Open Swim 11:45-1:45		
12:30pm			Cancer Support Centre 12:45-2:00					
1:00pm	Pickleball 12:30-3:00							
1:30pm								
2:00pm					Closed 1:45-3:15			
2:30pm								
3:00pm	Youth Basketball (10-17yrs) 3:00-5:30			Advanced Aquatics 3:00-6:00				
3:30pm					Lane Swim 3:15-5:15 Private Lessons ($) 4:00-5:10	Open Swim 3:15-5:15 Private Lessons ($) 4:00-5:10	Hot Tub 3:15-5:15	
4:00pm								
4:30pm								
5:00pm								
5:30pm					Advanced Aquatics 5:30-7:30			
6:00pm								
6:30pm								
7:00pm								
7:30pm	Basketball (18+) 7:30-8:45							
8:00pm					Lane Swim 7:30-8:30	Open Swim 7:30-8:30	Hot Tub 7:30-8:30	
8:30pm								
9:00pm								

Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Drop-In Aquatics

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Collingwood YMCA

Health, Fitness, & Aquatics

September 8 -January 3

2026 Fall Schedule

Shine On

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				Swim Lessons 9:00-12:25			
9:30am			Childminding ($) (0-3yrs) 7:45-10:30	Group Cycle 9:30-10:15				
10:00am	Family Particpation Preschool + Family Gym (0-10yrs) 10:15-12:00							
10:30am				Childminding ($) (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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Drop-In Aquatics

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Collingwood YMCA

Health, Fitness, & Aquatics

September 8 - January 3

2026 Fall Schedule

Shine On

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	Hot Tub 7:00-2:30	
7:30am								
8:00am								
8:30am								
9:00am								
9:30am				Yoga 9:30-10:30 (Starting October 18)				
10:00am								
10:30am	Open Gym (Family Particpation) 10:00-11:00				Lane Swim (2 Lanes) Adult Drop in Lessons 10:15-11:00	Open Swim 10:15-11:00		
11:00am				Restorative Yoga 11:00-12:00 (Starting October 18)				
11:30am	Youth + Family Basketball (10-17yrs) 11:00-1:00				Open Swim 11:15-2:30			
12:00pm								
12:30pm								
1:00pm	Basketball (18+) 1:00-2:45							
1:30pm								
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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Drop-In Aquatics

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September 8 - January 3
2026 Fall Schedule

Contact Information & Hours

Monday - Friday: 6:00am-9:00pm
Saturday & Sunday: 7:00am-5:00pm
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

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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 · Corps à cœur ·

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.

Supported by Jumpstart Bon départ Avec le soutien de

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