



# Fall 2021

Tuesday September 7th - Friday December 31st, 2021

200 Hume Street, P.O. Box 592  
Collingwood ON, L9Y 4E8  
Phone: (705) 445-5705  
email: collingwood@sm.ymca.ca  
www.ymcaofsimcoemuskoka.ca

Drop In Fitness (13yrs +)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NO bookings required. Class size limited to 24 people (Gym) 15 people (Pool).</b>							
Aquafit	Pool	10:45am-11:30am	10:45am-11:30am	10:45am-11:30am	7:10pm-7:55pm	10:45am-11:30am	
Cardio & Strength	Gym	9:15am-10:15am <small>(until 40Oct21)</small>	8:00am-9:00am <small>(until 50Oct21)</small> 6:00pm-7:00pm <small>(until 50Oct21)</small>		9:15am-10:15am <small>(until 70Oct21)</small> 6:00pm-7:00pm <small>(until 70Oct21)</small>	9:15am-10:15am <small>(until 80Oct21)</small>	9:30am-10:30am <small>(until 90Oct21)</small>
Cycle	Gym	6:15am-7:00am 8:00am-8:45am		9:15am-10:15am			8:00am-8:45am <small>(starts 160Oct21)</small>
GROUP POWER	Gym	9:15am-10:15am <small>(starts 180Oct21)</small>	8:00am-9:00am <small>(starts 120Oct21)</small> 6:00pm-7:00pm <small>(starts 120Oct21)</small>	8:00am-9:00am <small>(starts 130Oct21)</small>	9:15am-10:15am <small>(starts 140Oct21)</small> 6:00pm-7:00pm <small>(starts 140Oct21)</small>	9:15am-10:15am <small>(starts 150Oct21)</small>	9:30am-10:30am <small>(starts 160Oct21)</small>
HIIT	Gym				8:00am-8:45am		
Legs, Tums, Bum	Gym					8:00am-8:45am	
On The Move	Gym	10:45am-11:30am		10:45am-11:30am		10:45am-11:30am	
On The Move - Chair Fitness	Gym		2:15pm-3:00pm		2:15pm-3:00pm		
Strength	Gym			8:00am-9:00am <small>(until 60Oct21)</small>			
Yoga	Gym	12:00pm-1:00pm	9:15am-10:15am	12:00pm-1:00pm <small>(starts 130Oct21)</small> 7:00pm-8:00pm <small>(starts 130Oct21)</small>	10:45am-11:45am		
Drop In Fitness (10-13yrs +)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>No booking required. Class size limited to 24 people (Gym) 15 people (Pool).</b>							
Youth Bootcamp	Gym		5:15pm-5:45pm				
Youth Water Polo	Pool & Mushroom Area			7:15pm-8:15pm			
Youth HIIT	Gym				5:15pm-5:45pm		
Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>No booking required. Room capacity limits apply.</b>							
Badminton	Gym		7:15pm-8:45pm		7:15pm-8:45pm		
Pickleball	Gym	1:30pm-3:15pm	6:00am-7:30am <small>NEW</small> 12:00pm-1:45pm	12:00pm-3:15pm <small>(until 60Oct21)</small> 1:15pm-3:15pm <small>(starts 130Oct21)</small>	6:00am-7:30am <small>NEW</small> 12:00pm-1:45pm	12:00pm-3:15pm	
Open / Family Gym	Gym						11:00am-1:00pm
Conditioning Room	Conditioning Room	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-6:45pm	7:00am-2:45pm
Cardio Fitness Area	Foyer	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-8:45pm	6:00am-6:45pm	7:00am-2:45pm
Youth Basketball <small>0-17 years (Youth under 10 years required active adult supervision)</small>	Gym	3:30pm-5:30pm	3:30pm-5:00pm	3:30pm-5:30pm <small>(until 60Oct21)</small> 3:30pm-5:00pm <small>(starts 130Oct21)</small>	3:30pm-5:00pm	3:30pm-5:00pm	
Adult Basketball <small>13+ years</small>	Gym	5:30pm-8:45pm		5:30pm-8:45pm <small>(until 60Oct21)</small> 5:00pm-6:30pm <small>(starts 130Oct21)</small>		5:00pm-6:45pm	1:00pm-2:45pm
AQUATIC PROGRAMS							
PRE-BOOKED	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>On-line booking required. Lane Swim limited to 1 person per lane or two from same household.</b>							
Lane Swim	Lap Pool <small>(Pool must be fully vacated in between booking times)</small>	6:00am-6:50am <small>upd</small> 7:00am-7:45am 8:00am-8:45am 9:00am-9:45am 12:15pm-1:00pm 1:15pm-2:00pm	6:00am-6:50am <small>upd</small> 7:00am-7:45am 8:00am-8:45am 12:15pm-1:00pm 1:15pm-2:00pm	6:00am-6:50am <small>upd</small> 7:00am-7:45am 8:00am-8:45am 12:15pm-1:00pm 1:15pm-2:00pm	6:00am-6:50am <small>upd</small> 7:00am-7:45am 8:00am-8:45am 12:15pm-1:00pm 1:15pm-2:00pm	6:00am-6:50am <small>upd</small> 7:00am-7:45am 8:00am-8:45am 9:00am-9:45am 12:15pm-1:00pm 1:15pm-2:00pm	7:00am-7:50am <small>upd</small> 8:00am-8:45am
Self Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>No booking required. Room capacity limits apply.</b>							
Open / Family Swim	Pool & Mushroom Area <small>(*Mushroom pool only) (Pool must be fully vacated in between booking times)</small>	9:00am-9:45am * 12:15pm-1:00pm * 4:00pm-4:45pm	12:15pm-1:00pm * 7:15pm-8:45pm	12:15pm-1:00pm *	12:15pm-1:00pm * 8:10pm-8:45pm	9:00am-9:45am * 12:15pm-1:00pm * 5:00pm-5:45pm	1:30pm-2:45pm



# Fall 2021 - AQUATICS

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## Parent and Tot (3-36 months)

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Splasher/Bubbler	Pool & Mushroom Area		4:00pm-4:30pm	9:15am-9:45am NEW 10:00am-10:30am	10:45am-11:15am 4:00pm-4:30pm		9:15am-9:45am 12:15pm-12:45pm

## Pre-School (3-5 years) Bobber, Floater, Glider, Diver, Surfer, Dipper

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bobber/Floater	Pool & Mushroom Area		10:00am-10:30am 5:30pm-6:00pm	4:00pm-4:30pm 6:15pm-6:45pm	9:15am-9:45am 5:30pm-6:00pm		10:45am-11:15am
Glider/Diver	Pool & Mushroom Area		6:15pm-6:45pm	5:30pm-6:00pm	6:15pm-6:45pm		9:35am-10:05am 11:30am-12:00pm
Surfer/Dipper	Pool & Mushroom Area		4:45pm-5:15pm	4:45pm-5:15pm 5:50pm-6:20pm	4:45pm-5:15pm		10:00am-10:30am 11:05am-11:35am

## Child (6-12 years) Otter, Seal, Dolphin, Swimmer, Star 1-4

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Otter/Seal	Pool & Mushroom Area		4:55pm-5:25pm 6:25pm-6:55pm	4:55pm-5:25pm	4:55pm-5:25pm 6:25pm-6:55pm		10:10am-10:40am 11:50am-12:20pm
Dolphin/Swimmer	Pool & Mushroom Area		4:10pm-4:40pm 5:05pm-5:35pm	5:40pm-6:10pm	4:10pm-4:40pm 5:05pm-5:35pm		9:25am-9:55am 10:20am-10:50am
Star 1/2	Pool & Mushroom Area		5:40pm-6:10pm	4:20pm-4:50pm 6:25pm-6:55pm	5:40pm-6:10pm		10:55am-11:25am 12:35pm-1:05pm
Star 3/4	Pool & Mushroom Area		4:20pm-4:50pm 5:50pm-6:20pm	5:05pm-5:35pm	4:20pm-4:50pm 5:50pm-6:20pm		11:40am-12:10pm

## Child Leadership (8-12 years) Star 5/6/7

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Star 5/6/7	Pool & Mushroom Area			4:10pm-4:40pm			12:25pm-12:55pm

## Adult Swim Lessons (13+)

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Swim Lessons (13+) \$	Pool & Mushroom Area		9:15am-9:45am NEW		10:00am-10:30am NEW		

## Aquatic Certification Programs

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YMCA LSS Bronze Star \$ 12+ yrs	Pool & Mushroom Area					4:00pm-5:00pm (13Sep-14Dec)	
Bronze Medallion & Emergency 1st Aid \$ 13+ yrs	Pool & Mushroom Area	4:00pm-6:00pm (13Sep-14Dec) On land 4:00pm-4:45pm					
YMCA Bronze Cross & Bronze Medallion \$	Pool & Mushroom Area					5:00pm-7:00pm (13Sep-14Dec) On land 4:00pm-4:45pm	

## Club and Sport Programs

Level	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Lifeguard \$ 8-15yrs	Pool & Mushroom Area	6:00pm-7:00pm (13Sep-14Dec)					
Lifesaving Sport Fundamentals \$ 8-12yrs	Pool & Mushroom Area	7:00pm-8:00pm (13Sep-14Dec)					

### Hours of Operation

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

Friday: 6:00am-7:00pm

Saturday: 7:00am - 3:00pm

Statutory Days: CLOSED

Thanksgiving Day: Monday 11th October

Christmas Day: Saturday 25th December

Boxing Day: Sunday 26th December

New Years Day: Saturday 1st January

### YMCA of Simcoe/Muskoka: Mission Statement

The YMCA is dedicated to the growth of all persons in spirit, mind & body, and to their sense of belonging to each other and the global community.

### YMCA of Simcoe/Muskoka: Vision Statement

The YMCA inspires people to reach their full potential.

### YMCA of Simcoe/Muskoka: Core Values

Caring, Honesty, Inclusiveness, Respect, Responsibility