



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Winter Schedule - Monday 2nd January - Sunday 12th March, 2023

- Schedule is subject to change -

Programs and sessions requiring registration must be booked in advance online at [YMCAOnlinePortal.ca](http://YMCAOnlinePortal.ca)

Masks are optional but recommended.

Drop-In Fitness (13+) Staff Directed	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>No bookings required (except Gravity). Class sizes differ depending on class location.</b>								
<b>Aquafit</b>	Pool	10:45am-11:30am	10:45am-11:30am	10:45am-11:30am	10:45am-11:30am 6:45pm-7:30pm	10:45am-11:30am		
<b>Cardio Strength</b>	Gym		6:15am - 7:00am 9:15am-10:15am		6:15am - 7:00am	8:00am-8:45am	8:00am-8:45am	
<b>Cycle</b>	Fitness Studio	9:30am-10:30am 5:45pm-6:45pm		9:30am-10:30am 5:45pm-6:45pm		6:15am-7:00am 9:30am-10:30am		
<b>Cycle &amp; Core</b>	Fitness Studio				6:00pm-6:45pm			
<b>Gravity</b> (booking required)	Yoga Studio		8:00am-8:30am 8:40am-9:10am 9:20am-9:50am			8:00am-8:30am 8:40am-9:10am 9:20am-9:50am		
<b>Group Power</b>	Gym	9:15am-10:15am 12:00pm-1:00pm	6:00pm - 7:00pm	8:00am-9:00am	12:00pm - 1:00pm 6:00pm - 7:00pm	9:15am - 10:15am	9:15am - 10:15am	
<b>MetaPower NEW</b>	Fitness Studio		10:30am-11:00am					
<b>MetaFit NEW</b>	Fitness Studio	7:15pm-7:45pm	12:00pm-12:30pm		10:00am-10:30am 7:15pm-7:45pm	12:00pm-12:30pm		
<b>On The Move</b>	Gym	10:45am - 11:30am		10:45am - 11:45am		10:45am - 11:30am		
<b>On The Move</b> (Chair Fitness)	Gym		2:15pm - 3:00pm		2:15pm - 3:00pm			
<b>Strength Development NEW</b>	Gym		8:00am-8:45am Starts 10Jan		8:00am-8:45am Starts 12Jan			
<b>Total Fit</b>	Gym				9:15am-10:00am			
<b>Wellness</b>	Cndt. Room	3:00pm-5:00pm	12:00pm-2:00pm		9:00am-10:30am 3:00pm-5:00pm			
<b>Yoga</b>	Yoga Studio / Gym +	9:30am-10:30am 12:00pm-1:00pm	10:00am-11:00am 7:00pm-8:00pm	9:30am-10:30am +	9:30am-10:30am 7:00pm-8:00pm	10:00am-11:00am		



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Drop In Fitness								
Child & Youth (Staff Directed)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Volleyball</b> 8-12yrs	Gym			6:15pm-7:00pm				
<b>Youth Inner Tube Water Polo</b> 10-17yrs	Pool			7:15pm-8:15pm				
<b>Y Kids</b> 4-10 years	MRP A&B		5:45pm-7:15pm		5:45pm-7:15pm			
<b>Childminding \$</b> 0-3 years	MRP A	9:00am-10:30am	9:00am-10:30am		9:00am-10:30am			
Child & Youth (Self Directed)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>All Sports</b>	Gym A						11:00-11:30 (5-7 yrs) 11:45-12:15 (8-12yrs)	
<b>Family Gym</b> 0 - 5 Years	Gym B						11:00am-12:30pm (equipment provided)	10:00am-11:00am (equipment provided)
<b>Youth Basketball</b> 0 - 17 Years	Gym	3:00pm-5:00pm	3:30pm-5:30pm	3:00pm-4:30pm	3:30pm-5:30pm	2:30pm-6:00pm		
Registered Programs (see ages listed)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Leaders</b> Leaders in training (Gr 5-6) Jr Leaders (Gr 7-8)	MRP A&B					5:00pm-6:30pm		
<b>Youth Leaders</b> Intermediate (Gr 9-10) Advanced (Gr 11-12)	MRP A&B			5:00pm-6:30pm				
<b>Youth Basketball</b> 10-12 years								11:00am-12:00pm 8Jan-26Feb, \$64/8 sessions



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Self Directed 13+ Years	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Badminton</b>	Gym		7:15pm - 8:45pm		7:15pm - 8:45pm			
<b>Pickleball (All Levels)</b>	Gym		11:15am - 1:45pm	6:00am - 7:30am 1:15pm - 2:45pm	10:15am-11:30am	6:00am - 7:30am 12:00pm - 2:15pm		8:00am-9:45am
<b>Pickleball (Beginners)</b>	Gym	1:15pm - 2:45pm						
<b>Conditioning Room</b>	Cndt. Room	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 8:45pm	6:00am - 7:45pm	7:00am - 2:45pm	8:00am-12:45pm
<b>Volleyball</b>	Gym			7:00pm - 8:45pm		6:00pm-7:45pm		
<b>Adult Basketball</b>	Gym	7:00pm-8:45pm 18+yrs	10:30am-11:15am	4:30pm - 6:00pm 13+ yrs			1:00pm - 2:45pm 13+ yrs	



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Drop In Aquatics 13+ Years	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>No booking required. Room capacity limits apply.</b>								
<b>Masters Swim</b>				6:00am-7:00am				
<b>Lane Swim</b>	Lap Pool	6:00am-7:45am 8:00am-10:30am 11:45am- 2:00pm	6:00am-7:45am 8:00am-9:00am 11:45am- 2:00pm 7:30pm-8:30pm	7:00am-7:45am 8:00am-10:30am 11:45am-2:00pm	6:00am-7:45am 8:00am-9:00am 11:45am- 2:00pm 7:30pm-8:30pm	6:00am-7:45am 8:00am-10:30am 11:45am- 2:00pm 6:45pm-7:30pm	7:00am- 8:45am	8:00am-10:00am
<b>Hot Tub</b>	Hot Tub	6:00am-7:45am 8:00am-10:30am 10:45am- 11:30am 11:45am- 2:00pm 4:00pm-4:45pm	6:00am-7:45am 8:00am-9:00am 10:45am- 11:30am 11:45am- 2:00pm 6:45pm-7:30pm 7:30pm-8:30pm	7:00am-7:45am 8:00am-10:30am 10:45am-11:30am 11:45am-2:00pm	6:00am-7:45am 8:00am-9:00am 10:45am- 11:30am 11:45am-2:00pm 6:45pm-7:30pm 7:30pm- 8:30pm	6:00am-7:45am 8:00am-10:30am 10:45am- 11:30am 11:45am- 2:00pm 4:00pm- 5:00pm 6:45pm-7:30pm	7:00am- 8:45am 12:15pm-2:30pm	8:00am-10:00am 10:30am-12:30pm
<b>Open/Family Swim</b>	Mushroom Pool Only ** Pool & Mushroom	6:00am-7:45am 8:00am-10:30am 11:45am- 2:00pm 4:00pm-4:45pm **	6:00am-7:45am 8:00am-9:00am 11:45am- 2:00pm 6:45pm-7:30pm ** 7:30pm-8:30pm	7:00am-7:45am 8:00am-10:30am 11:45am-2:00pm	6:00am-7:45am 8:00am-9:00am 11:45am- 2:00pm 7:30pm-8:30pm	6:00am-7:45am 8:00am-10:30am 11:45am- 2:00pm 4:00pm-5:00pm ** 6:45pm-7:30pm	7:00am- 8:45am 12:15pm-2:30pm **	8:00am-10:00am 10:30am-12:30pm**



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Parent and Tot 3 - 36 Months		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Splasher/Bubbler	Pool & Mushroom Area		9:15am - 9:45am 4:00pm-4:30pm	4:00pm-4:30pm	9:15am-9:45am 4:00pm-4:30pm		9:00am-9:30am 11:00am-11:30am		
Pre-school 3 - 5 Years		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bobber/Floater	Pool & Mushroom Area		9:55am-10:25am 4:40pm-5:10pm 5:20pm-5:50pm	4:40pm-5:10pm 5:20pm-5:50pm 6:00pm-6:30pm	4:40pm-5:10pm 4:40pm-5:10pm 5:20pm-5:50pm		9:40am-10:10am 10:20am-10:50am		
Glider/Diver	Pool & Mushroom Area		4:40pm-5:10pm	4:40pm-5:10pm	4:00pm-4:30pm 6:00pm-6:30pm		9:00am-9:30am		
Surfer/Jumper	Pool & Mushroom Area			4:00pm-4:30pm			10:20am-10:50am		
Child 6 - 12 Years		Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Otter/Seal	Pool & Mushroom Area		4:00pm-4:30pm 4:40pm-5:10pm	4:40pm-5:10pm 5:20pm-5:50pm 6:00pm-6:30pm 6:40pm-7:10pm	4:00pm-4:30pm 5:20pm-5:50pm		9:40am-10:10am 11:00am-11:30am 11:40am-12:10pm		
Dolphin/Swimmer	Pool & Mushroom Area		4:00pm-4:30pm 5:20pm-5:50pm 6:00pm-6:30pm	4:00pm-4:30pm 5:20pm-5:50pm 6:40pm-7:10pm	4:40pm-5:10pm 5:20pm-5:50pm		9:00am-9:30am 9:40am-10:10am 11:40am-12:10pm		
Star 1/2	Pool & Mushroom Area		5:20pm-5:50pm	6:00pm-6:30pm 6:40pm-7:10pm	6:00pm-6:30pm		10:20am-10:50am		
Star 3/4	Pool & Mushroom Area		6:00pm-6:45pm				11:00am-11:45am		
Star 5/6	Pool & Mushroom Area		6:00pm-6:45pm						



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Aquatic Certification Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bronze Medallion &amp; Emergency 1st Aid (\$)</b> (13+ yrs)	Pool & Mushroom Area					4:00pm-6:30pm 13Jan-10Mar in pool 5:00pm-6:30pm		
<b>YMCA Bronze Cross &amp; Standard 1st Aid (\$)</b>	Pool & Mushroom Area	4:00pm-7:00pm 27Feb-29May						
<b>Junior Lifeguard \$</b> (8-12 yrs)	Pool & Mushroom Area	6:15pm-7:15pm 9Jan-6Mar in pool 6:15pm-7:15pm						
<b>YMCA Swim Assistant Instructor \$</b> (15 yrs + prerequisites)	Pool & Mushroom Area	4:00pm-6:00pm 9Jan-13Feb in pool 4:45pm-6:00pm						
<b>Bronze Star \$</b> (12+ yrs)	Pool & Mushroom Area	6:00pm-7:15pm 9Jan-6Mar in pool 6:00pm-7:15pm						
<b>National Lifeguard Pool (15+ yrs)</b>	Pool & Mushroom Area					24-26 February & 3-5 March Friday 4:00pm-8:00pm, Saturday 9:00am-7:00pm Sunday 9:00am-5:00pm		



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## Hours of Operation:

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

**Friday:** 6:00am - 8:00pm

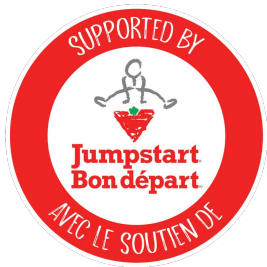
**Saturday:** 7:00am - 3:00pm

**Sundays:** 8:00am - 1:00pm

**Statutory Days:** CLOSED

## Statutory Days:

Monday: February 20th, 2023 - Family Day



**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