



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

Masks are optional but recommended.

| Drop-In Fitness (13+) Staff Directed | Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------|----------------------------------|---|---------------------------------|-------------------------------------|---|------------------|--------|
| No bookings required (except Gravity). Class sizes differ depending on class location. | | | | | | | | |
| Aquafit | 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 | | |
| Cardio Strength | Gym | | 6:15am - 7:00am 9:15am-10:15am | | 6:15am - 7:00am | 8:00am-8:45am | 8:00am-8:45am | |
| Cycle | 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 | | |
| Cycle & Core | Fitness Studio | | | | 6:00pm-6:45pm | | | |
| Gravity (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 | | |
| Group Power | 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 | |
| MetaPower NEW | Fitness Studio | | 10:00am-10:30am | | | | | |
| MetaFit NEW | Fitness Studio | 7:15pm-7:45pm | 12:00pm-12:30pm | | 10:00am-10:30am 7:15pm-7:45pm | 12:00pm-12:30pm | | |
| On The Move | Gym | 10:45am - 11:30am | | 10:45am - 11:45am | | 10:45am - 11:30am | | |
| On The Move (Chair Fitness) | Gym | | 2:15pm - 3:00pm | | 2:15pm - 3:00pm | | | |
| Strength Development NEW | Gym | | 8:00am-8:45am | | 8:00am-8:45am | | | |
| Total Fit | Gym | | | | 9:15am-10:00am | | | |
| Wellness | Cndt. Room | 3:00pm-5:00pm | 12:00pm-2:00pm | | 9:00am-10:30am 3:00pm-5:00pm | | | |
| Yoga | 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 |
| Youth Volleyball 8-12yrs | Gym | | | 6:15pm-7:00pm | | | | |
| Youth Inner Tube Water Polo 10-17yrs | Pool | | | 7:15pm-8:15pm | | | | |
| Y Kids 4-10 years | MRP A&B | | 5:45pm-7:15pm | | 5:45pm-7:15pm | | | |
| Childminding \$ 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 |
| All Sports | Gym A | | | | | | 11:00-11:30 (5-7 yrs) 11:45-12:15 (8-12yrs) | |
| Family Gym 0 - 5 Years | Gym B | | | | | | 11:00am-12:30pm (equipment provided) | 10:00am-11:00am (equipment provided) |
| Youth Basketball 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 |
| Youth Leaders Leaders in training (Gr 5-6) Jr Leaders (Gr 7-8) | MRP A&B | | | | | 5:00pm-6:30pm | | |
| Youth Leaders Intermediate (Gr 9-10) Advanced (Gr 11-12) | MRP A&B | | | 5:00pm-6:30pm | | | | |
| Youth Basketball 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 |
|------------------------------------|---------------|-------------------------|------------------|------------------------------------|-----------------|-------------------------------------|----------------------------|----------------|
| Badminton | Gym | | 7:15pm - 8:45pm | | 7:15pm - 8:45pm | | | |
| Pickleball (All Levels) | 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 |
| Pickleball (Beginners) | Gym | 1:15pm - 2:45pm | | | | | | |
| Conditioning Room | 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 |
| Volleyball | Gym | | | 7:00pm - 8:45pm | | 6:00pm-7:45pm | | |
| Adult Basketball | 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 |
|---|--|---|---|--|---|---|-------------------------------------|-------------------------------------|
| No booking required. Room capacity limits apply. | | | | | | | | |
| Masters Swim | | | | 6:00am-7:00am | | | | |
| Lane Swim | 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 |
| Hot Tub | 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 |
| Open/Family Swim | 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 | | 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 | | 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 | | 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 |
|--|----------------------|--|---------|-----------|----------|--|----------|--------|
| Bronze Medallion & Emergency 1st Aid (\$) (13+ yrs) | Pool & Mushroom Area | | | | | 4:00pm-6:30pm 13Jan-10Mar in pool 5:00pm-6:30pm | | |
| YMCA Bronze Cross & Standard 1st Aid (\$) | Pool & Mushroom Area | 4:00pm-7:00pm 27Feb-29May | | | | | | |
| Junior Lifeguard \$ (8-12 yrs) | Pool & Mushroom Area | 6:15pm-7:15pm 9Jan-6Mar in pool 6:15pm-7:15pm | | | | | | |
| YMCA Swim Assistant Instructor \$ (15 yrs + prerequisites) | Pool & Mushroom Area | 4:00pm-6:00pm 9Jan-13Feb in pool 4:45pm-6:00pm | | | | | | |
| Bronze Star \$ (12+ yrs) | Pool & Mushroom Area | 6:00pm-7:15pm 9Jan-6Mar in pool 6:00pm-7:15pm | | | | | | |
| National Lifeguard Pool (15+ yrs) | 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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Notes:

Youth under 10 years require active adult supervision.

Hours of Operation:

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

Friday: 6:00am - 8:00pm

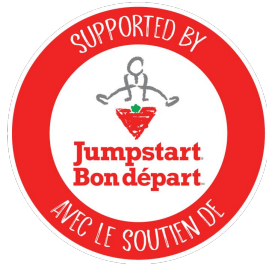
Saturday: 7:00am - 3:00pm

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