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		
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	8:00am-9:00am * * NEW 9:30am-10:30am ** ** UPDATED	
MetaPower NEW	Fitness Studio		10:30am-11:00am					
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-11:30am NEW	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 Starts 10Jan		8:00am-8:45am Starts 12Jan			
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 12:00pm-12:45pm * * MENS ONLY 7:00pm-8:00pm	10:00am-11:00am		

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 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-4:30pm 4:30pm-5:30pm (GIRLS ONLY)	2:30pm-6:00pm		12:00pm-12:45pm (10-12 yrs GIRLS ONLY)
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, GIRLS ONLY $64/8 sessions

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.

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		12:00pm - 1:45pm	6:00am - 7:30am 12:15pm - 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		4:30pm - 6:00pm 13+ yrs			1:00pm - 2:45pm 13+ yrs	

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 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 7:30pm-8:30pm	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 7:30pm-8:30pm	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 ** 7:30pm-8:30pm	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**

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.

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					

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.

Aquatic Certification Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LSS Bronze Medallion & Emergency 1st Aid ($) (13+ yrs)	Pool & Mushroom Area					4:00pm-6:30pm 13Jan-10Mar in pool 5:00pm-6:30pm		
LSS Bronze Cross & Standard 1st Aid ($)	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 $ (14 yrs + prerequisites)	Pool & Mushroom Area	4:00pm-6:00pm 9Jan-13Feb in pool 4:45pm-6:00pm						
LSS Bronze Star $ (12+ yrs)	Pool & Mushroom Area	6:00pm-7:15pm 9Jan-6Mar in pool 6:00pm-7:15pm						
LSS 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		

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, 10:00am-3:00pm

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