



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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 9:15am-10:15am	8:00am-8:45am		
<b>Cycle</b>	Fitness Studio	9:30am-10:30am		9:30am-10:30am		6:15am-7:00am 9:30am-10:30am		
<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	8:00am-9:00am 9:30am-10:30am	
<b>MetaPower</b>	Fitness Studio		10:45am-11:15am					
<b>MetaFit</b>	Fitness Studio	7:15pm-7:45pm	12:00pm-12:30pm	12:00pm-12:30pm	9:30am-10:00am 6:00pm-6:30pm	12:00pm-12:30pm		
<b>On The Move</b>	Gym	10:45am - 11:30am	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		11:15am-12:00pm	
<b>Wellness</b>	Cndt. Room	3:00pm-5:00pm	12:00pm-2:00pm		9:00am-10:30am 3:00pm-5:00pm			
<b>Seated Tai Chi</b>	Yoga Studio					11:30am-12:30pm <b>NEW</b> starts May12		
<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 12:00pm-12:45pm * * MENS ONLY 5:30pm-6:30pm ** ** starts March 30	10:00am-11:00am		
<b>Yin Meditation</b>	Yoga Studio			7:00am-8:00am <b>NEW</b> starts May3				



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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								
Child & Youth (Staff Directed)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Volleyball</b> 8-12yrs	Gym			6:15pm-7:30pm				
<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			
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-11:30am (equipment provided)
<b>Youth Basketball</b> 0 - 17 Years	Gym	3:00pm-5:00pm	3:30pm-5:30pm	3:00pm-4:30pm	3:30pm-4:30pm 4:30pm-5:50pm (GIRLS ONLY)	2:30pm-6:00pm		11:45am-12:45pm (10-12 yrs GIRLS ONLY)
Registered Programs (see ages listed)	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Leaders</b> <small>Leaders in training (Gr 5-6) Jr Leaders (Gr 7-8)</small>	MRP A&B					4:00pm-6:00pm		
<b>Youth Leaders</b> <small>Intermediate (Gr 9-10) Advanced (Gr 11-12)</small>	MRP A&B			5:00pm-6:30pm				
<b>Tai Chi</b>	Yoga Studio	6:45pm-8:00pm Starts May 1		6:45pm-8:00pm Starts May 3 NEW				
<b>Childminding \$</b> 0-3 years	MRP A	9:00am-10:30am 10:30am-11:30am	9:00am-10:30am 10:30am-11:30am		9:00am-10:30am 10:30am-11:30am			



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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.

Self Directed 13+ Years	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Badminton</b>	Gym				7:15pm - 8:45pm			
<b>Pickleball (All Levels)</b>	Gym		7:15am-8:45am * * starts Apr11 12:00pm - 1:45pm 7:15pm-8:45pm	6:00am - 7:30am 12:15pm - 2:45pm	7:15am-8:45am * * starts Apr13 10:30am-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>Adult Basketball</b>	Gym	7:00pm-8:45pm * * 18+yrs		4:30pm - 6:00pm 13+ yrs 7:30pm-8:45pm * * 18+ yrs		6:00pm-7:45pm * * 18+ yrs	1:00pm - 2:45pm 13+ yrs	



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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 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 7:15pm-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	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 * *ends 24Apr 7:15pm-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	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 ** + + ends 24Apr 7:15pm-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 **	7:00am- 8:45am 12:15pm-2:30pm **	8:00am-10:00am 10:00am-12:30pm**



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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.

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	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 4:00pm-4:30pm 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 9:40am-10:10am 10:20am-10:50am	
Glider/Diver	Pool & Mushroom Area		4:40pm-5:10pm	4:40pm-5:10pm 5:20pm-5:50pm	4:00pm-4:30pm 6:00pm-6:30pm		9:00am-9:30am	
Surfer/Jumper	Pool & Mushroom Area						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	4:00pm-4:30pm 4:40pm-5:10pm 6:00pm-6:30pm	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 6:40pm-7:10pm	4:40pm-5:10pm 5:20pm-5:50pm		9:00am-9:30am 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

Spring Schedule - Monday 13th March - Sunday 2nd July, 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.

Aquatic Certification Programs	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior Lifeguard \$ (8-12 yrs)</b>	Pool & Mushroom Area					6:30pm-7:30pm 24Mar-26May		
<b>LSS Bronze Star \$ (12+ yrs)</b>	Pool & Mushroom Area					6:30pm-7:45pm 24Mar-26May		
<b>LSS Bronze Medallion &amp; Emergency 1st Aid (\$) (13+ yrs)</b>	Pool & Mushroom Area					4:00pm-6:30pm 24Mar-26May		
<b>LSS Bronze Cross &amp; Standard 1st Aid (\$)</b>	Pool & Mushroom Area	4:00pm-7:00pm 27Feb-29May						
<b>LSS National Lifeguard Pool (15+ yrs)</b>	Pool & Mushroom Area					16-18 Jun & 23-25 Jun, 2023 Friday 4:00pm-8:00pm, Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm RECERT: Sunday 25 June, 12:30am-5:00pm		
<b>Standard First Aid</b>	MRP A&B					Saturday 10th June & Sunday 11th June, 2023 9:00am-5:00pm RECERT: Sunday 11 June, 9:00am-5:00pm		



# Collingwood YMCA: Health, Fitness, & Aquatics Centre

Spring Schedule - Monday 13th March - Sunday 2nd July, 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.

## 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

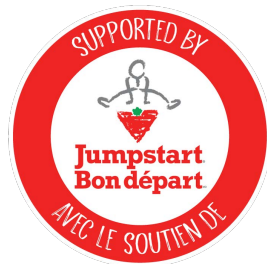
## Statutory Days:

Friday: April 7th, 2023 - Good Friday

Monday: April 10th, 2023 - Staff Wellness Day

Monday: May 22nd, 2023 - Victoria Day

Saturday: July 1st, 2023 - Canada 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