

# Collingwood YMCA

Health, Fitness, & Aquatics

January 1 - March 17

2024 Winter Schedule



MONDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am				Group Cycle 6:15-7:00				
6:30am					Lane Swim 6:00-7:45	Family Swim 6:00-7:45	Hot Tub 6:00-7:45	
7:00am			Yoga 7:00-8:00					
7:30am								
8:00am								
8:30am								
9:00am	Group Power 9:15-10:15	MetaPwr 9:15-9:45	Stay and Play 9:00-10:30	Group Cycle 9:15-10:15	Lane Swim 8:00-10:30	Family Swim 8:00-10:30	Hot Tub 8:00-10:30	
9:30am								
10:00am								
10:30am	On the Move 10:45-11:30		Yoga 10:45-11:45	Stay and Play 10:30-11:30	Aquafit 10:45-11:30		Hot Tub 10:45-11:30	
11:00am								
11:30am								
12:00pm	Group Power 12:00-1:00				Lane Swim 11:45-2:00	Family Swim 11:45-2:00	Hot Tub 11:45-2:00	
12:30pm								
1:00pm								
1:30pm	Beginner Pickleball 1:15-2:45							
2:00pm								
2:30pm								
3:00pm			Care 1:15-5:15		CLOSED	CLOSED	CLOSED	
3:30pm	Youth Basketball 3:00-4:45							
4:00pm				Assistant Swim Instructor 4:00-5:00 on land	Open & Lane Swim-2lanes 4:00-5:00	Family Swim 4:00-5:00	Hot Tub 4:00-5:00	Art Spark (\$) 4:00-5:00 3-5yrs 5:00-6:00 6-12yrs
4:30pm								
5:00pm	Private Booking 5:00-6:30				Assistant Swim Instructor 5:00-6:00 in pool Lifesaving Fitness 6:00-7:00 Bronze Star 6:15-7:30 Junior Lifeguard Club 6:30-7:30			
5:30pm								
6:00pm				Group Cycle 5:45-6:45				
6:30pm								
7:00pm	Basketball (18+) 6:45-8:45							
7:30pm								
8:00pm					Lane Swim 7:45-8:30	Family Swim 7:45-8:30	Hot Tub 7:45-8:30	
8:30pm								
9:00pm								

Drop-In Fitness 13+ Child and Youth Registered Programs Self-Directed

Drop-In Aquatics

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2024 Winter Schedule



TUESDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength 6:15-6:45							
6:30am					Lane Swim 6:00-7:45	Family Swim 6:00-7:45	Hot Tub 6:00-7:45	
7:00am	Pickleball 7:15-9:00							
7:30am								
8:00am			Meditation 8:15 - 9:00		Lane Swim 8:00-9:00	Family Swim 8:00-9:00	Hot Tub 8:00-9:00	
8:30am								
9:00am			Zumba 9:15-10:15	Stay and Play (MPR B) 9:00-11:30	Swim Lessons			
9:30am	Cardio & Strength 9:30-10:30							
10:00am								
10:30am	Core & Stretch 10:40-11:25		Yoga 10:30-11:30		Aquafit 10:45-11:30		Hot Tub 10:45 -11:30	
11:00am								
11:30am								
12:00pm	Pickleball 11:45-1:45	Metafit 12:00-12:30			Lane Swim 11:45-2:00	Family Swim 11:45-2:00	Hot Tub 11:45-2:00	Silver Club 12:00-2:00
12:30pm			Pulmonary Rehab 12:30-3:30					
1:00pm								
1:30pm					CLOSED			
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm								
3:00pm								
3:30pm	Youth Basketball 3:30-5:30				Swim Lessons 4:00-6:45			
4:00pm								
4:30pm								
5:00pm				Y Kids 5:15-7:15				
5:30pm								
6:00pm	Group Power 5:45-6:45							
6:30pm								
7:00pm	Pickleball 7:15-8:45		Yoga 7:00-8:00		Open Swim 6:45-7:30	Family Swim 6:45-8:30	Hot Tub 6:45-8:30	
7:30pm								
8:00pm					Lane swim 7:30-8:30			
8:30pm								
9:00pm								

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WEDNESDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Pickleball 6:00-7:30				Lane Swim 6:00-7:45 Masters 6:00-7:00	Family Swim 6:00-7:45	Hot Tub 6:00-7:45	
6:30am								
7:00am			Yin Meditation 7:00-8:00					
7:30am								
8:00am	Group Power 8:00-9:00		Cardio Vascular Rehab 8:00-4:30					
8:30am								
9:00am		Metapwr 9:15-9:45		Group Cycle 9:30-10:30	Lane Swim 8:00-10:30	Family Swim 8:00-10:30	Hot Tub 8:00-10:30	
9:30am	Yoga 9:30-10:30							
10:00am								
10:30am	On the Move 10:45-11:45				Aquafit 10:45-11:30		Hot Tub 10:45-11:30	
11:00am								
11:30am								
12:00pm		Metafit 12:00-12:30			Lane Swim 11:45-2:00	Family Swim 11:45-2:00	Hot Tub 11:45-2:00	
12:30pm								
1:00pm	Pickleball 1:15-2:45				CLOSED			
1:30pm								
2:00pm								
2:30pm					Swim Lessons 4:00-7:10			
3:00pm	Youth Basketball 3:00-5:15							
3:30pm				Youth Leaders 4:00-5:30				
4:00pm				Grade 9-10 Intermediate Grade 11-12 Advanced				
4:30pm								
5:00pm								
5:30pm	Basketball Fundamentals (\$) 5:30-6:30 3-5 yrs							
6:00pm			Pilates 6:00-7:00	Group cycle 5:45-6:45				
6:30pm	Basketball Fundamentals (\$) 6:45-7:45 6-12 yrs							
7:00pm								
7:30pm								
8:00pm	Basketball (18+) 7:45-8:45				Lane Swim 7:15-8:30	Family Swim 7:15-8:30	Hot Tub 7:00-8:30	
8:30pm								
9:00pm								

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THURSDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength 6:15-6:45							
6:30am					Lane Swim 6:00-7:45	Family Swim 6:00-7:45	Hot Tub 6:00-7:45	
7:00am	Pickleball 7:15-8:45							
7:30am								
8:00am					Lane Swim 8:00-9:00	Family Swim 8:00-9:00	Hot Tub 8:00-9:00	
8:30am								
9:00am				Stay and Play MPR B 9:00-11:30	Lane Swim - 2 lanes 9:15-10:30 Adult Swim Lessons 9:15-10:30			
9:30am	Cardio & Strength 9:30-10:30		Yoga 9:30-10:30					
10:00am								
10:30am	Adult Basketball 10:45-11:30				Aquafit 10:45-11:30		Hot Tub 10:45-11:30	
11:00am								
11:30am								
12:00pm	Group Power 12:00-1:00	MetaPWR 12:00-12:30	Yoga 12:00-1:00		Lane Swim 11:45-2:00	Family Swim 11:45-2:00	Hot Tub 11:45-2:00	
12:30pm								
1:00pm			CARE 1:15-5:15					
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00				CLOSED			
2:30pm								
3:00pm								
3:30pm	Youth Basketball 3:30-5:30							
4:00pm								
4:30pm								
5:00pm								
5:30pm			Yoga 5:30-6:30	Y Kids 5:15-7:15	Swim Lessons 4:00-6:45			
6:00pm	Group Power 5:45-6:45							
6:30pm								
7:00pm	Pickleball 7:15-8:45				Aquafit 6:45-7:30	Family Swim 6:45-8:30	Hot Tub 6:45-8:30	
7:30pm								
8:00pm					Lane swim 7:30-8:30			
8:30pm								
9:00pm								

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FRIDAY										
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby		
6:00am	Pickleball 6:00-7:30				Lane Swim 6:00-7:45	Family Swim 6:00-7:45	Hot Tub 6:00-7:45			
6:30am										
7:00am										
7:30am										
8:00am	Cardio & Strength 8:00-8:45		Zumba 8:00-9:00							
8:30am										
9:00am	Group Power 9:15-10:15			Group Cycle 9:15-10:15	Lane Swim 8:00-10:30	Family Swim 8:00-10:30	Hot Tub 8:00-10:30			
9:30am										
10:00am										
10:30am	On the Move 10:45-11:45		Yoga 10:45-11:45		Aquafit 10:45-11:30		Hot Tub 10:45-11:30			
11:00am										
11:30am										
12:00pm	Pickleball 12:00-2:15	Metafit 12:00-12:30			Lane Swim 11:45-2:00	Family Swim 11:45-2:00	Hot Tub 11:45-2:00			
12:30pm										
1:00pm										
1:30pm										
2:00pm					CLOSED					
2:30pm	Youth Basketball 2:30-6:00									
3:00pm										
3:30pm										
4:00pm			Youth Leaders 4:30-6:00 Grade 5-6 LIT Grade 7-8 Junior Leader	Bronze Medallion 4:10-5:15	Open Swim 4:00-5:00	Family Swim 4:00-5:00	Hot Tub 4:00-5:00			
4:30pm										
5:00pm						Bronze Medallion 5:15-6:40 in pool Swim Instructor 5:15-6:40 in pool				
5:30pm										
6:00pm	Youth Volleyball 6:00-7:45									
6:30pm					Lane Swim 6:45-7:30	Family Swim 6:45-7:30	Hot Tub 6:45-7:30			
7:00pm										
7:30pm										
8:00pm										

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SATURDAY									
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby	
6:00am									
6:30am									
7:00am					Lane Swim 7:00-8:45	Family Swim 7:00-8:45	Hot Tub 7:00-8:45		
7:30am				Stay and Play 7:30-9:15					
8:00am	Group Power 8:00-9:00		Pilates 8:15-9:15						
8:30am									
9:00am					Swim Lessons 9:00-12:15				
9:30am	Group Power 9:30-10:30		Stay and Play 9:15-10:45	Group Cycle 9:30-10:15					
10:00am									
10:30am									
11:00am	Move it (\$) 11:00-12:00 3-5 yrs 6-12yrs		Chair Fit 11:15-12:00						
11:30am									
12:00pm	Family Gym 12:15-1:30				Open Swim 12:15-2:30				
12:30pm									
1:00pm									Hot Tub 12:15-2:30
1:30pm	Basketball(18+) 1:30-2:45								
2:00pm									
2:30pm									
3:00pm									

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SUNDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am								
6:30am								
7:00am								
7:30am								
8:00am					Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-10:15	
8:30am								
9:00am	Soccer Fundamentals (\$) 9:15-10:15 3-5 years 10:30-11:30 6-12years		Yoga 9:00-10:00					
9:30am								
10:00am								
10:30am			Restorative Yoga 10:30-11:30 Until 25Feb		Open Swim 10:30-1:00	Hot Tub 10:30-1:00		
11:00am								
11:30am	Youth Basketball 11:45-12:45							
12:00pm								
12:30pm								
1:00pm	Private Booking				Private Booking			
1:30pm								
2:00pm								
2:30pm								
3:00pm								



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Child and Youth



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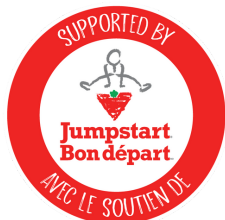


UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise:  
On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



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

YMCA Silver Club is generously funded by:

