

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



## MONDAY

	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby			
6:00am	Pickleball 6:00-8:30			Group Cycle 6:15-7:00	Lane Swim 6:00-7:45	Family Swim 6:00-7:45	Hot Tub 6:00-7:45				
6:30am											
7:00am				Yoga 7:15-8:00							
7:30am											
8:00am					Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-11:30				
8:30am											
9:00am	Group Power 9:15-10:15	MetaPwr 9:15-9:45	Stay and Play (0-5 yrs) 9:00-10:30	Group Cycle 9:15-10:15							
9:30am											
10:00am					Social Aquafit 10:15-10:45						
10:30am	On the Move 10:45-11:30		Yoga 10:45-11:45	Stay and Play (0-5 yrs) 10:30-11:30	Aquafit 10:45-11:30						
11:00am											
11:30am											
12:00pm	Group Power 12:00-1:00				Lane Swim 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 11:45-12:45				
12:30pm											
1:00pm					School booking 1:00-2:00						
1:30pm	Beginner Pickleball 1:15-2:45				If no bookings above swim times & hot tub extend to 2:00. Ask at membership.						
2:00pm											
2:30pm					2:00-4:00 CLOSED						
3:00pm			Care 1:15-5:15								
3:30pm	Youth Basketball (10-17 yrs) 3:00-4:45										
4:00pm					Junior Lifeguard Club 4:15-5:15 Bronze Star 4:15-5:15 Bronze Cross 5:30-7:00						
4:30pm											
5:00pm				Bronze Cross 4:00-5:30 on land							
5:30pm	Private Booking 5:00-6:30										
6:00pm											
6:30pm		MetaFit 5:45-6:15		Group Cycle 5:45-6:45 Ends Mar25							
7:00pm	Basketball (18+) 6:45-8:45										
7:30pm											
8:00pm						Lane Swim 7:15-8:30	Family Swim 7:15-8:30	Hot Tub 7:15-8:30			
8:30pm											
9:00pm											

- Drop-In Fitness 13+
  - Child and Youth
  - Registered Programs
  - Self-Directed
  - Drop-In Aquatics
- For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring 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						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 (0-5 yrs) MPR B 9:00-11:30	Swim Lessons 9:00-10:30			
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 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 11:45-12:45	Silver Club 12:00-2:00
12:30pm								
1:00pm			Pulmonary Rehab 12:30-3:30		School booking 1:00-2:00 If no bookings above swim times & hot tub extend to 2:00. Ask at membership.			
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00				2:00-4:00 CLOSED			
2:30pm								
3:00pm								
3:30pm	Youth Basketball (10-17 yrs) 3:30-5:30							
4:00pm								
4:30pm								
5:00pm				Y Kids (3-12 yrs) 5:15-7:15	Swim Lessons 4:00-6:45			
5:30pm								
6:00pm	Group Power 5:45-6:45							
6:30pm								
7:00pm			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	Pickleball 7:15-8:45							
8:00pm					Lane swim 7:30-8:30			
8:30pm								
9:00pm								

- Drop-In Fitness 13+
  - Child and Youth
  - Registered Programs
  - Self-Directed
  - Drop-In Aquatics
- For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



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			Cardio Vascular Rehab 8:00-4:30		Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-11:30	
8:00am	Group Power 8:00-9:00							
8:30am								
9:00am				Group Cycle 9:30-10:15				
9:30am	Yoga 9:30-10:30							
10:00am					Social Aquafit 10:15-10:45			
10:30am	On the Move 10:45-11:45							
11:00am					Aquafit 10:45-11:30			
11:30am	Indoor Walking / Maintenance 11:45-1:15							
12:00pm		Metafit 12:00-12:30				Lane Swim 11:45-12:45		Family Swim 11:45-12:45
12:30pm					School booking 1:00-2:00 If no bookings above swim times & hot tub extend to 2:00. Ask at membership.			
1:00pm	Pickleball 1:15-2:45				2:00-4:00 CLOSED			
1:30pm								
2:00pm								
2:30pm					Swim Lessons 4:00-7:10			
3:00pm	Youth Basketball (10-17 yrs) 3:00-5:15							
3:30pm				Youth Leaders 4:00-5:30 Grade 9-10 Intermediate Grade 11-12 Advanced				
4:00pm								
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 Ends Mar27				
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								

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

For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



## 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	
8:30am							Hot Tub 8:00-12:45	
9:00am				Stay and Play MPR B (0-5 yrs) 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 9:45-10:30					
10:00am	On the Move 10:45-11:30							
10:30am								
11:00am						Aquafit 10:45-11:30		
11:30am								
12:00pm	Group Power 12:00-1:00	MetaPWR 12:00-12:30	Yoga 12:00-1:00		Lane Swim 11:45-12:45	Family Swim 11:45-12:45		
12:30pm								
1:00pm	Adult Basketball 1:15-2:00		CARE 1:15-5:15	Restorative Yoga 1:15-2:15	School booking 1:00-2:00 If no bookings above swim times & hot tub extend to 2:00. Ask at membership.			
1:30pm								
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm					2:00-4:00 CLOSED			
3:00pm								
3:30pm	Youth Basketball (10-17 yrs) 3:30-5:30							
4:00pm								
4:30pm								
5:00pm				Y Kids (3-12 yrs) 5:15-7:15	Swim Lessons 4:00-6:45			
5:30pm		MetaFit 5:45-6:15	Yoga 5:30-6:30					
6:00pm	Group Power 5:45-6:45							
6:30pm								
7:00pm	Pickleball 7:15-8:45				Aquafit 7:00-7:45			
7:30pm							Hot Tub 6:45-8:30	
8:00pm					Lane swim 7:45-8:30	Family Swim 7:45-8:30		
8:30pm								
9:00pm								

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

For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



## 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		Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-11:30		
8:30am									
9:00am	Group Power 9:15-10:15			Group Cycle 9:15-10:15					
9:30am									
10:00am						Social Aquafit 10:15-10:45			
10:30am	On the Move 10:45-11:45		Yoga 10:45-11:45		Aquafit 10:45-11:30				
11:00am									
11:30am									
12:00pm	Pickleball 12:00-2:15	Metafit 12:00-12:30	Seated Tai Chi 12:00-1:00 Begins April 5		Lane Swim 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 11:45-12:45		
12:30pm									
1:00pm					School booking 1:00-2:00				
1:30pm					If no bookings above swim times & hot tub extend to 2:00. Ask at membership.				
2:00pm					2:00-4:00 CLOSED				
2:30pm	Youth Basketball (10-17 yrs) 2:30-6:00								
3:00pm									
3:30pm									
4:00pm					Lane Swim (2 lanes) Lifesaving Fitness (2 lanes) Family Swim (Mushroom) 4:00-5:00		Hot Tub 4:00-5:00		
4:30pm			Youth Leaders 4:30-6:00 Grade 5-6 LIT Grade 7-8 Junior Leader	Bronze Medallion 4:10-5:15	Bronze Medallion 5:15-6:40 in pool				
5:00pm									
5:30pm									
6:00pm	Youth Volleyball (10-17 yrs) 6:00-7:45								
6:30pm					Open Swim 6:45-7:30	Family Swim 6:45-7:30	Hot Tub 6:45-7:30		
7:00pm									
7:30pm									
8:00pm									

Drop-In Fitness 13+
 

 Child and Youth
 

 Registered Programs
 

 Self-Directed

Drop-In Aquatics
 
For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



SATURDAY								
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
7:00am								
7:30am								
8:00am	Group Power 8:00-9:00		Pilates 8:00-9:00	Stay and Play (0-5 yrs) 7:30-9:00	Lane Swim 7:00-8:45	Family Swim 7:00-8:45	Hot Tub 7:00-8:45	
8:30am								
9:00am					Swim Lessons 9:00-12:15			
9:30am	Group Power 9:30-10:30		Stay and Play (0-5 yrs) 9:00-10:45	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		Private Lessons 11:40-12:10 (2 spots)			
11:30am								
12:00pm								
12:30pm	Family Gym 12:15-1:30			Artspark (\$) 12:30-1:30 3-5 yrs 6-12 yrs	Open Swim 12:15-2:30		Hot Tub 12:15-2:30	
1:00pm								
1:30pm								
2:00pm	Basketball(18+) 1:30-2:45							
2:30pm								
3:00pm								

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

For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



SUNDAY									
		Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
8:00am		Pickleball				Lane Swim (3 lanes)	Family Swim	Hot Tub 8:00-10:15	
8:30am		8:00-9:00				8:00-10:15	8:00-10:15		
9:00am									
9:30am		Soccer Fundamentals (\$) 9:15-10:15 3-5 years		Zumba 9:00-10:00		Private Lessons (1 lane) 8:45-9:15 (1 spot) 9:20-9:50 (1 spot) 9:55-10:25 (1 spot)			
10:00am		10:30-11:30 6-12years							
10:30am				Restorative Yoga 10:30-11:30					
11:00am				Until Apr28		Open Swim 10:30-1:00	Hot Tub 10:30-1:00		
11:30am		Youth Basketball (10-17 yrs) 11:45-12:45							
12:00pm									
12:30pm									
1:00pm						Private Booking			
1:30pm		Private Booking							
2:00pm									
2:30pm									
3:00pm									

- Drop-In Fitness 13+
  - Child and Youth
  - Registered Programs
  - Self-Directed
  - Drop-In Aquatics
- For more information, please contact your Membership Services Desk

# Collingwood YMCA

Health, Fitness, & Aquatics

March 18 - June 30

2024 Spring Schedule



## Contact Information & Hours

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

Friday: 6:00am-8:00pm

Saturday: 7:00am-3:00pm

Sunday: 8:00am-3:00pm

---

[collingwood@sm.ymca.ca](mailto:collingwood@sm.ymca.ca)

(705) 445-5705



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