

# Collingwood YMCA

Health, Fitness, & Aquatics

July 1 - September 1

2024 Summer 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				Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30		
6:30am									
7:00am			Yoga 7:15-8:00						
7:30am				Camp 7:30-8:00					
8:00am									
8:30am					Open Swim 8 July Swim Lessons fr. 15 July 8:45-10:35am		CLOSED		
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									
10:30am	On the Move 10:45-11:30		Yoga 10:45-11:45	Stay and Play (0-5 yrs) 10:30-11:30					
11:00am					Aquafit 10:45-11:30		Hot Tub 10:45-11:30		
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					Open Swim 12:45-1:45		Hot Tub 12:45-1:45		
1:30pm	Beginner Pickleball 1:15-2:45								
2:00pm					Camp 2:00-3:00		CLOSED		
2:30pm			Care 1:15-5:15		CLOSED				
3:00pm	Youth Basketball (10-17 yrs) 3:00-4:45								
3:30pm									
4:00pm						Open Swim 8 July Swim Lessons fr. 15 July 4:00-5:50pm		CLOSED	
4:30pm									
5:00pm									
5:30pm			Camp 5:30-6:00						
6:00pm					Open Swim 6:00-7:15		Hot Tub 6:00-7:15		
6:30pm	Basketball (18+) 6:45-8:45								
7:00pm									
7:30pm						Lane Swim 7:30-8:30	Family Swim 7:30-8:30	Hot Tub 7:30-8:30	
8:00pm									
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

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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				Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
6:30am								
7:00am	Pickleball 7:15-9:00							
7:30am				Camp 7:30-8:00				
8:00am								
8:30am					Open Swim 9Jul Swim Lessons fr. 15July 8:45-10:35am		CLOSED	
9:00am			Zumba 9:15-10:15	Stay and Play (0-5 yrs) MPR B 9:00-11:30				
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						Aqua Sports & Games 12:45-1:45		Hot Tub 12:45-1:45
1:30pm			Pulmonary Rehab 12:30-3:30					
2:00pm	On the Move - Chair Fitness 2:15-3:00					Camp 2:00-3:00		CLOSED
2:30pm								
3:00pm					CLOSED			
3:30pm								
4:00pm	Youth Basketball (10-17 yrs) 3:30-5:30				Open Swim 2Jul & 9Jul Swim Lessons fr. 15July 4:00-5:50pm		CLOSED	
4:30pm								
5:00pm								
5:30pm			Camp 5:30-6:00	Y Kids (3-5 yrs) Outdoor Explorers (6-12 yrs) 5:15-7:15				
6:00pm	Group Power 5:45-6:45					Open Swim 6:00-7:15		Hot Tub 6:00-7:15
6:30pm								
7:00pm								
7:30pm	Pickleball 7:15-8:45				Lane Swim 7:30-8:30	Family Swim 7:30-8:30	Hot Tub 7:30-8:30	
7:30pm								
8:00pm								
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 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30		
6:30am									
7:00am				Yin Meditation 7:00-8:00					
7:30am			Cardio Vascular Rehab 8:00-4:30	Camp 7:30-8:00					
8:00am	Group Power 8:00-9:00								
8:30am						Open Swim 3Jul & 10Jul Swim Lessons fr. 15Jul 8:45-10:35am	CLOSED		
9:00am				Group Cycle 9:30-10:15					
9:30am	Yoga 9:30-10:30								
10:00am	On the Move 10:45-11:45								
10:30am									
11:00am						Aquafit 10:45-11:30		Hot Tub 10:45-11:30	
11:30am	Camp 11:45-1:15								
12:00pm		Metafit 12:00-12:30				Lane Swim 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 11:45-12:45	
12:30pm									
1:00pm	Pickleball 1:15-2:45				Open Swim 12:45-1:45		Hot Tub 12:45-1:45		
1:30pm									
2:00pm						Camp 2:00-3:00		CLOSED	
2:30pm									
3:00pm	Youth Basketball (10-17 yrs) 3:00-5:15				CLOSED				
3:30pm									
4:00pm									
4:30pm						Open Swim 3Jul & 10Jul Swim Lessons fr. 15Jul 4:00-5:50pm		CLOSED	
5:00pm									
5:30pm	Soccer Fundamentals (\$) 5:30-6:30 3-5 yrs		Camp 5:30-6:00						
6:00pm					Open Swim 6:00-7:15		Hot Tub 6:00-7:15		
6:30pm	Soccer Fundamentals (\$) 6:45-7:45 6-12 yrs								
7:00pm									
7:30pm					Lane Swim 7:30-8:30	Family Swim 7:30-8:30	Hot Tub 7:30-8:30		
8:00pm	Basketball (18+) 7:45-8:45								
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				Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
6:30am								
7:00am	Pickleball 7:15-8:45							
7:30am				Camp 7:30-8:00				
8:00am								
8:30am					Open Swim 4Jul & 11Jul Swim Lessons fr. 15Jul 8:45-10:35am		CLOSED	
9:00am								
9:30am	Cardio & Strength 9:30-10:30		Yoga 9:30-10:30	Stay and Play MPR B (0-5 yrs) 9:00-11:30				
10:00am								
10:30am	Camp 10:45-11:45							
11:00am					Aquafit 10:45-11:30		Hot Tub 10:45-11:30	
11:30am			Restorative Yoga 11:30-12:30					
12:00pm	Group Power 12:00-1:00	MetaPWR 12:00-12:30			Lane Swim 11:45-12:45	Family Swim 11:45-12:45	Hot Tub 11:45-12:45	
12:30pm					Aqua Sports & Games 12:45-1:45		Hot Tub 12:45-1:45	
1:00pm	Adult Basketball 1:15-2:00							
1:30pm					Camp 2:00-3:00		CLOSED	
2:00pm	On the Move - Chair Fitness 2:15-3:00							
2:30pm								
3:00pm			CARE 1:15-5:15		CLOSED			
3:30pm					Open Swim 4Jul & 11Jul Swim Lessons fr. 15Jul 4:00-5:50pm		CLOSED	
4:00pm	Youth Basketball (10-17 yrs) 3:30-5:30							
4:30pm								
5:00pm				Y Kids (3-5 yrs) Outdoor Explorers (6-12 yrs) 5:15-7:15				
5:30pm							Camp 5:30-6:00	
6:00pm	Group Power 5:45-6:45					Open Swim 6:00-7:15		Hot Tub 6:00-7:15
6:30pm								
7:00pm								
7:30pm	Pickleball 7:15-8:45				Lane Swim 7:30-8:30	Family Swim 7:30-8:30	Hot Tub 7:30-8:30	
8:00pm								
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 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
6:30am								
7:00am								
7:30am				Camp 7:30-8:00				
8:00am	Cardio & Strength 8:00-8:45							
8:30am					Open Swim 5Jul & 12Jul Swim Lessons fr. 15Jul 8:45-10:35am		CLOSED	
9:00am	Group Power 9:15-10:15			Group Cycle 9:15-10:15				
9:30am								
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	Pickleball 12:00-2:15	Metafit 12:00-12:30	Seated Tai Chi 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						Open Swim 12:45-1:45		Hot Tub 12:45-1:45
1:30pm								
2:00pm					Camp 2:00-3:00		CLOSED	
2:30pm	Youth Basketball (10-17 yrs) 2:30-5:45				CLOSED			
3:00pm								
3:30pm								
4:00pm					Open Swim 5Jul & 12Jul Swim Lessons fr. 15Jul 4:00-5:50pm		CLOSED	
4:30pm								
5:00pm	Youth Volleyball Fundamentals \$ (10-12 yrs) 5:45-6:45		Camp 5:30-6:00					
5:30pm								
6:00pm	Youth Volleyball (10-17 yrs) 6:45-7:45				Open Swim 6:00-7:30		Hot Tub 6:00-7:30	
6:30pm								
7:00pm								
7:30pm								
8:00pm								

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SATURDAY										
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7:00am					Lane Swim 7:00-10:30	Family Swim 7:00-10:30	Hot Tub 7:00-10:30			
7:30am			Stay and Play (0-5 yrs) 7:30-10:45							
8:00am	Group Power 8:00-9:00									
8:30am										
9:00am	Cardio & Strength 9:15-10:00							Outdoor Explorers (6-12 yrs) 8:45-10:45		
9:30am				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		Aqua Sports 10:45-11:30		Hot Tub 10:45-11:30			
11:30am					Open Swim 11:30-2:30		Hot Tub 11:30-2:30			
12:00pm	Family Gym 12:15-1:30									
12:30pm				Artspark (\$) 12:30-1:30 3-5 yrs 6-12 yrs						
1:00pm										
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	
8:00am	Pickleball 8:00-9:00				Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-10:15		
8:30am									
9:00am	Basketball Fundamentals (\$) 9:15-10:15 (3-5 yrs) 10:30-11:30 (6-12yrs)								
9:30am									
10:00am									
10:30am									
11:00am					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 Available				Private Rentals Available 1:00-2:30				
1:30pm									
2:00pm									
2:30pm									
3:00pm									

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## Contact Information & Hours

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

Friday: 6:00am-8:00pm

Saturday: 7:00am-3:00pm

Sunday: 8:00am-3:00pm

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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