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										
6:30am										
7:00am	Pickleball 6:00-8:30		Yoga		Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30			
7:30am	0.00 0.00		7:15-8:00	Camp	0.00 0.00	0.00 0.00	0.00			
8:00am				7:30-8:00						
8:30am					Open	Suim				
9:00am	Group Power	MetaPwr	Stay and Play		Open Swim 8July		CLOSED			
9:30am	9:15-10:15	9:15-9:45	(0-5 yrs)	Group Cycle 9:15-10:15		ons fr. 15July	CLOSED -			
10:00am			9:00-10:30	J120 20120	8:45-10:35am					
10:30am	On the Move			Stay and Play						
11:00am	10:45-11:30		Yoga 10:45-11:45	(0-5 yrs) 10:30-11:30	Aquafit 10:45-11:30		Hot Tub 10:45-11:30			
11:30am			10.10 11.10							
12:00pm					Lane Swim	Family Swim	Hot Tub			
12:30pm	Group Power 12:00-1:00				11:45-12:45	11:45-12:45	11:45-12:45			
1:00pm	12.00 1.00				Oper	n Swim	Hot Tub			
1:30pm					12:45-1:45 Camp		12:45-1:45			
2:00pm	Beginner Pickleball 1:15-2:45						CLOSED			
2:30pm					2:00	-3:00	CLOSED			
3:00pm			Care 1:15-5:15			CLOSED				
3:30pm	Youth Basketball (10-17 yrs)					CLOSED				
4:00pm	3:00-4:45				Open	ı Swim				
4:30pm						luly	CLOSED			
5:00pm						ons fr. 15July 5:50pm	CLOSED			
5:30pm			Camp		4.00-	<del>э.эор</del> пт				
6:00pm			5:30-6:00							
6:30pm						n Swim )-7:15	Hot Tub 6:00-7:15			
7:00pm					0.00-7.13					
7:30pm	Basketball (18+) 6:45-8:45				Lane Swim	Family Swim	Hot Tub			
8:00pm	2.10 0.10				7:30-8:30	7:30-8:30	7:30-8:30			
8:30pm										
9:00pm										

Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer Schedule



			T	UESDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am	Cardio & Strength							
6:30am	6:15-6:45							
7:00am					Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
7:30am	Pickleball			Camp	0.00 0.50	0.00 0.50	0.00 0.50	
8:00am	7:15-9:00			7:30-8:00				
8:30am					0	Contine		
9:00am			Zumba		Open 93	swim Iul	CLOSED	
9:30am	Cardio & Strength		9:15-10:15	Stay and Play (0-5 yrs)		ns fr. 15July	CLOSED	
10:00am	9:30-10:30			MPR B	8:45-10:35am			
10:30am	Core & Stretch		Yoga	9:00-11:30				
11:00am	10:40-11:25		10:30-11:30	9.00 11.50	Aqu	ıafit	Hot Tub	
11:30am					10:45-11:30		10:45-11:30	
12:00pm		Metafit			Lane Swim	Family Swim	Hot Tub	
12:30pm	Pickleball	12:00-12:30			11:45-12:45	11:45-12:45	11:45-12:45	Silver Club
1:00pm	11:45-1:45				Aqua Sport	s & Games	Hot Tub	12:00-2:00
1:30pm			Pulmonary Rehab		12:45	-1:45	12:45-1:45	
2:00pm	On the Move -		12:30-3:30		Camp		CLOSED	
2:30pm	Chair Fitness				2:00-3:00		CLOSED	
3:00pm	2:15-3:00				CLOSED			
3:30pm						CLOSED		
4:00pm	Youth Basketball (10-17 yrs)				Onen	Swim		
4:30pm	3:30-5:30				- Open Swim 2Jul & 9Jul		CLOSED	
5:00pm						ns fr. 15July 5:50pm	CLOSED	
5:30pm			Camp	Y Kids (3-5 yrs)	4.00-3	<del></del>		
6:00pm	Group Power		5:30-6:00	Outdoor		<b>.</b>		
6:30pm	5:45-6:45			Explorers (6-12 yrs)		Swim -7:15	Hot Tub 6:00-7:15	
7:00pm				5:15-7:15				
7:30pm	Pickleball				Lane Swim	Family Swim	Hot Tub	
8:00pm	7:15-8:45				7:30-8:30	7:30-8:30	7:30-8:30	
8:30pm								
9:00pm								



Drop-In Fitness 13+

Child and Youth

Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer Schedule



			WE	DNESDAY				
	Gym A and/or B	Fitness Studio	Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:00am								
6:30am	Pickleball 6:00-7:30							
7:00am	0.00 7.50		Yin Meditation		Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
7:30am			7:00-8:00	Camp	0.00 0.00	0.00 0.50	0.00 0.00	
8:00am	Group Power			7:30-8:00				
8:30am	8:00-9:00				Onon	Swim		
9:00am				Group Cycle	Open 3Jul &		CLOSED	
9:30am	Yoga			9:30-10:15	Swim Lessons fr. 15Jul 8:45-10:35am		CLOSED	
10:00am	9:30-10:30							
10:30am	On the Move							
11:00am	10:45-11:45				Aqı		Hot Tub	
11:30am			Cardio		10:45	-11:30	10:45-11:30	
12:00pm	Camp 11:45-1:15	Metafit	Vascular Rehab		Lane Swim	Family Swim	Hot Tub	
12:30pm		12:00-12:30	8:00-4:30		11:45-12:45	11:45-12:45	11:45-12:45	
1:00pm					Open		Hot Tub	
1:30pm	Pickleball				12:45-1:45		12:45-1:45	
2:00pm	1:15-2:45				Ca		CLOSED	
2:30pm					2:00-	-3:00		
3:00pm						CLOSED		
3:30pm	Youth Basketball							
4:00pm	(10-17 yrs) 3:00-5:15				0	Continu		
4:30pm						Swim · 10Jul	CLOSED	
5:00pm					Swim Lesso 4:00-5	ons fr. 15Jul		
5:30pm	Soccer Fundamentals (\$)		Camp		4.00-5	pm		
6:00pm	5:30-6:30 3-5 yrs		5:30-6:00					
6:30pm	Soccer				Open 6:00		Hot Tub 6:00-7:15	
7:00pm	Fundamentals (\$) 6:45-7:45				6:00-7:15  Lane Swim Family Swim		7.00 7.10	
7:30pm	6:45-7:45 6-12 yrs						Hot Tub	
8:00pm	Basketball (18+)				7:30-8:30	7:30-8:30	7:30-8:30	
8:30pm	7:45-8:45							
9:00pm								

Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer 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								
6:30am	6:15-6:45						<u>-</u> .		
7:00am					Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30		
7:30am	Pickleball			Camp					
8:00am	7:15-8:45			7:30-8:00					
8:30am									
9:00am						Swim + 11Jul			
9:30am	Cardio & Strength		Yoga		l	ons fr. 15Jul	CLOSED		
10:00am	9:30-10:30		9:30-10:30	Stay and Play MPR B	8:45-1	0:35am			
10:30am	Camp			(0-5 yrs) 9:00-11:30					
11:00am	10;45-11:45				Aquafit		Hot Tub		
11:30am			Restorative		10:45	-11:30	10:45-11:30		
12:00pm	Group Power	MetaPWR	Yoga		Lane Swim	Family Swim	Hot Tub		
12:30pm	12:00-1:00	12:00-12:30	11:30-12:30		11:45-12:45	11:45-12:45	11:45-12:45		
1:00pm	Adult Basketball					ts & Games	Hot Tub		
1:30pm	1:15-2:00				12:45	5-1:45	12:45-1:45		
2:00pm	On the Move -				Ca	mp	01 0055		
2:30pm	Chair Fitness 2:15-3:00		CARE		2:00	-3:00	CLOSED		
3:00pm			1:15-5:15			CLOSED			
3:30pm						010015			
4:00pm	Youth Basketball (10-17 yrs)				Open	Swim			
4:30pm	3:30-5:30				4Jul 8	t 11Jul	CLOSED		
5:00pm					l	ons fr. 15Jul 5:50pm	CLOSED		
5:30pm				Y Kids (3-5 yrs)	1.00			Camp	
6:00pm	Group Power			Outdoor	Onon	Swim	Hot Tub	5:30-6:00	
6:30pm	5:45-6:45			Explorers (6-12 yrs)		-7:15	6:00-7:15		
7:00pm	Pickleball			5:15-7:15	5.55 7.15				
7:30pm	7:15-8:45				Lane Swim	Family Swim	Hot Tub		
8:00pm					7:30-8:30	7:30-8:30	7:30-8:30		
8:30pm									
9:00pm									

Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer Schedule



Gym A and 6:00am 6:30am 7:00am 7:30am 8:00am 8:00am 9:30am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm 1:30pm 1:30pm	all	dio Yoga Studio	MPR A and/or B	Pool	Mushroom Pool	Hot Tub	Lobby
6:30am 7:00am 7:30am 8:00am 8:00am 9:00am 9:30am 9:30am 10:30am 11:00am 11:30am 12:00pm 1:00pm 1:00pm Pickleb. 12:00-2							
6:30am 7:30am 7:30am 8:00am 8:00am 8:00am 9:00am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm 1:00pm 1:00-7: 6:00-7: 8:00-8: 8:00-8:			1				
7:00am 7:30am 8:00am 8:00am 8:30am 9:00am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm 1:00pm 1:00am 1:00am 1:00pm		1					
8:00am				Lane Swim 6:00-8:30	Family Swim 6:00-8:30	Hot Tub 6:00-8:30	
8:30am 9:00am 9:30am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm 1:00pm 1:00pm			Camp	0.00 0.50	0.00 0.50	0.00 0.50	
8:30am 9:00am 9:30am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm 1:00pm 1:00pm	rength		7:30-8:00				
9:30am 9:15-10 10:00am 10:30am 11:00am 11:30am 12:00pm 12:30pm 1:00pm Pickleb 12:00-2							
9:30am 9:15-10 10:00am  10:30am 11:00am 10:45-11 11:30am 12:00pm 12:30pm 1:00pm Pickleb 12:00-2				Open 5Jul 8	Swim · 12Jul	CLOSED	
10:00am  10:30am  11:00am  11:30am  12:00pm  12:30pm  1:00pm  Pickleb 12:00-2			Group Cycle 9:15-10:15	Swim Lessons fr. 15Jul 8:45-10:35am		CLOSED	
11:00am On the M 10:45-11 11:30am 12:00pm 12:30pm 1:00pm Pickleb 12:00-2			. 5125 26125	6.43-10	J.SSalli		
11:00am 10:45-11 11:30am 12:00pm 12:30pm 1:00pm Pickleb 12:00-2							
11:30am 12:00pm 12:30pm 1:00pm Pickleb 12:00-2				Aquafit 10:45-11:30		Hot Tub	
12:30pm Pickleb 1:00pm 12:00-2						10:45-11:30	
1:00pm Pickleb	Metafit	Seated Tai Chi		Lane Swim	Family Swim	Hot Tub	
1:00pm 12:00-2	12:00-12:3	0 12:00-1:00		11:45-12:45	11:45-12:45	11:45-12:45	
				Open	Swim	Hot Tub	
1.50pm				12:45-1:45		12:45-1:45	
2:00pm				Cai	mp	CLOSED	
2:30pm				2:00-	-3:00	CLOSED	
3:00pm					CLOSED		
3:30pm Youth Bask (10-17 y					010015		
4:00pm 2:30-5:	45			Onen	Swim		
4:30pm				Open Swim 5Jul & 12Jul Swim Lessons fr. 15Jul 4:00-5:50pm		CLOSED	
5:00pm Youth Volle							
5:30pm Fundamen (10-12 y		Camp					
6:00pm 5:45-6:		5:30-6:00			C	11-17-1	
6:30pm Youth Volle	eyball			Open Swim 6:00-7:30		Hot Tub 6:00-7:30	
7:00pm (10-17 y	/rs)						
7:30pm 6:45-7:	45						
8:00pm							



Drop-In Fitness 13+

Child and Youth

Registered Programs

Self-Directed

Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer Schedule



			SA	ATURDAY				
	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							
8:30am	8:00-9:00		Stay and Play		Lane Swim 7:00-10:30	Family Swim 7:00-10:30	Hot Tub 7:00-10:30	
9:00am	Cardio & Strength 9:15-10:00		(0-5 yrs)					
9:30am			7:30-10:45	Group Cycle				Outdoor Explorers
10:00am				9:30-10:15				(6-12 yrs) 8:45-10:45
10:30am					Agua	Sports	Hot Tub	0.43 10.43
11:00am	Move it (\$) 11:00-12:00		Chair Fit		10:45-11:30		10:45-11:30	
11:30am	3-5 yrs 6-12yrs		11:15-12:00					
12:00pm	5 11 6							
12:30pm	Family Gym 12:15-1:30			Artspark (\$)		n Swim	Hot Tub	
1:00pm	12.13 1.30			12:30-1:30	11:30	)-2:30	11:30-2:30	
1:30pm				3-5 yrs 1:30-2:30				
2:00pm	Basketball(18+) 1:30-2:45			6-12 yrs				
2:30pm								
3:00pm								



Health, Fitness, & Aquatics

July 1 - September 1 2024 Summer 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										
8:30am	8:00-9:00										
9:00am	5				Lane Swim 8:00-10:15	Family Swim 8:00-10:15	Hot Tub 8:00-10:15				
9:30am	Basketball Fundamentals (\$)										
10:00am	9:15-10:15 (3-5 yrs)										
10:30am	10:30-11:30 (6-12yrs)										
11:00am	(0-12yis)										
11:30am	Youth Basketball					Swim 0-1:00	Hot Tub 10:30-1:00				
12:00pm	(10-17 yrs)										
12:30pm	11:45-12:45										
1:00pm											
1:30pm	Private Booking Available				Private Rentals Available 1:00-2:30						
2:00pm											
2:30pm											
3:00pm											



Health, Fitness, & Aquatics
July 1 - September 1
2024 Summer 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

(705) 445-5705





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