



POOL SCHEDULE (check weekly)

www.collingwood.ca

October 12th – 18th, 2026

Monday October 12th Happy Thanksgiving

Adult Lane Swim	7:00-8:30am
Adult Leisure Swim	8:30-9:30am
AquaFit	9:35-10:30am
Adult Open Swim	10:30-11:30am (no lanes)
Adult Lane Swim	12:00-1:30pm
Open Swim	1:35-2:35pm

Tuesday October 13th

Adult Leisure Swim	8:30-9:30am
Family Swim	9:35-11:00am
Baby & Me	10:30 – 11:20am (Pre-registration online, Main Pool)
Adult Lane Swim	12:00-1:30pm
Tai Chi	12:00-1:00pm (Warm Water Pool drop in)

Wednesday Oct 14th

Adult Lane Swim	7:00-8:30am
AquaFit	9:35-10:30am
Adult Open Swim	10:30-11:30am (no lanes)
Adult Lane Swim	12:00-1:30pm
Aquatherapy	12:00-12:50pm (Pre-Registration Required, Warm Water Pool Only)
Adult Leisure Swim	1:30-2:30pm
Open/Lane Swim	6:30-7:25pm

Thursday October 15th

Adult Lane Swim	7:00-8:00am
Adult Leisure Swim	8:00-9:00am
Family Swim	9:30-11:30 (no lanes) last one before lessons start next week
Adult Lane Swim	12:00-1:30pm
*NEW Aqua Stretch & Flow	12:00-1:00pm (Warm Water Pool drop in)
Adult Leisure Swim	1:30-2:30pm

Friday October 16th

Lane Swim	7:30-8:30am (one youth lane for 10+)
AquaFit	9:35-10:25am
Family Swim	10:30-11:30am
Adult Lane Swim	12:00-1:30pm
Adult Leisure Swim	1:30-2:30pm
FREE OPEN SWIM	7:00-8:00pm



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Saturday October 17th

Swim Lessons	9:00-12:30pm Week One
Adult Lane Swim	12:00-1:00pm
Open Swim	1:30-3:00pm

Sunday October 18th

Open Swim	2:00-3:00pm (two lanes available)
Swim Lessons	3:00-7:30pm - Week 1

ADMISSION & PROGRAM DESCRIPTIONS:

**See Website for Admission Standards and most current program schedule
(last minute changes may happen)

www.collingwood.ca/aquatics-programs

Lane Swim - Main pool designated for lengths & warm-water pool for exercise. Ages 16 years+ (unless otherwise indicated on the schedule). Lane markers for "slow, medium, fast" swimmers, lanes are to be shared

Leisure Swim - Lanes available for lengths in the main pool & open for general exercise. Both pools available. 16 years+

Family Swim - Designated for families (guardians/parents + child(ren)), both pools available. No adult swimming available during these times.

Youth Swim - Open access to both pools. Ages 10-17.

Open Swim - Open access to both pools. All ages may attend.

AquaFit - Instructed Aqua Aerobics access to both pools with music. Ages 16 years+

Aquatherapy - Instructed therapeutic exercises, warm water pool only. Registration is required.

Aqua Stretch & Flow is a gentle, low-impact fitness class that combines traditional yoga movements, stretching, breathing techniques, and relaxation exercises in the supportive environment of the water. The buoyancy of the water helps reduce stress on joints and muscles while improving flexibility, balance, strength, and overall well-being. Participants of all fitness levels can enjoy a calming workout that promotes mindfulness, improves posture, and leaves the body feeling refreshed and energized.

Low Sensory Swim – A quieter swim time with dimmed lights, no music, and reduced capacity. Designed for individuals who have physical disabilities or are sensitive to sensory input, such as those with autism or sensory processing disorders.