



Owen Sound  
Grey Bruce

Shine On

WINTER  
2025

## PROGRAM SCHEDULE

BEGINS JANUARY 6TH

### Sessions:

C January 13th - March 2nd

D April 7th - May 25th

[ymcaowensound.on.ca](http://ymcaowensound.on.ca)

#### POLICIES & FEES

The safety and well-being of our community is important to us. Prior to visiting our facility, we ask all individuals to read and adhere to our guidelines and policies available on our website.

Membership and Day Pass Fees are available online.

#### FINANCIAL ASSISTANCE

Thanks to the generosity of our donors, financial assistance is available for families and individuals, ensuring everyone can access our programs and services. Visit our Welcome Desk for more information.

#### FACILITY HOURS

|                   |           |
|-------------------|-----------|
| Monday - Friday   | 5:45-9:00 |
| Saturday & Sunday | 7:00-5:00 |

#### REGISTRATION DATES

|            | Member      | Public      |
|------------|-------------|-------------|
| Session C: | January 7th | January 9th |
| Session D: | March 4th   | March 6th   |

**A charity igniting the potential in people**

Becoming a YMCA member is more than just joining a gym; it's joining a community where we help each other grow, lead, and give back so we can all shine brighter together. No matter your age or ability, you'll find the support, guidance, and encouragement you need to stay active and boost your well-being. As a YMCA Member, enjoy unlimited access to group fitness classes, conditioning room, swimming pools, children's programs, and more. Ask us about family discounts!

YMCA of Owen Sound Grey Bruce, 700 10<sup>th</sup> Street East, Owen Sound, ON N4K 0C6, 519.376.0484 | Charitable Reg. #11907 4995 RR0001

# MONDAY 5:45 AM-9:00 PM

| Time   | Pools                              |                                | Gymnasium                      | Studios                            |                                  | Fitness Centre | Program Rooms |   |   |                     |  |
|--|------------------------------------|--------------------------------|--------------------------------|------------------------------------|----------------------------------|----------------|---------------|---|---|---------------------|--|
|  | Lane                               | Leisure                        |                                | Cycle                              | Fitness                          |                | 1             | 2 | 3 |                     |  |
| Registration recommended for Group Fitness Classes, programs with * registration is required |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 5:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:00   | Lane Swim<br>6-8:30                | OSAC<br>6-7<br>(6 lanes)       | Pickleball:<br>Rec<br>6-8:30   |                                    |                                  |                |               |   |   |                     |  |
| 6:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:00   |                                    | OSAC<br>7-8<br>(3 lanes)       |                                |                                    |                                  |                |               |   |   | Open Swim<br>7-8:45 |  |
| 7:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:45   | Aquafit<br>8:45-9:30               |                                | Adult/<br>Aquafit<br>8:45-9:30 | Cardio: Mix<br>9-9:45              |                                  |                |               |   |   |                     |  |
| 9:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 9:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 9:30   | Lane Swim<br>9:30-11:15            | Lessons<br>9:30-11             |                                |                                    |                                  |                |               |   |   |                     |  |
| 9:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 10:00  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 10:15  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 10:30  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 10:45  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 11:00  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 11:15  | Lane Swim<br>11:15-12<br>(2 Lanes) | Aquafit<br>11:15-12            | Open Swim<br>11:15-1           | Cardio: Gentle<br>11-11:45         |                                  |                |               |   |   |                     |  |
| 11:30  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 11:45  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 12:00  | Lane Swim<br>12-1:30               |                                | Lessons<br>1-2                 | Family Gym<br>12:30-3:30           |                                  |                |               |   |   |                     |  |
| 12:15  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 12:30  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 12:45  |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 1:00   | Rental<br>1-3:30                   | Lessons<br>1:30-3              | Open Swim<br>2-4               |                                    |                                  |                |               |   |   |                     |  |
| 1:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 1:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 1:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 2:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 2:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 2:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 2:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 3:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 3:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 3:30   | Lane Swim<br>3:30-8:15             | OSAC<br>3:30-5:30<br>(5 lanes) | Rec Swim<br>4-6                | Jr NBA<br>Set Up                   |                                  |                |               |   |   |                     |  |
| 3:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 4:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 4:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 4:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 4:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 5:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 5:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 5:30   |                                    | OSAC<br>5:30-7<br>(6 lanes)    | Open Swim<br>6-8:15            | Jr NBA*<br>4:30-5:30<br>Ages 10-12 | Jr NBA*<br>5:30-6:30<br>Ages 7-9 |                |               |   |   |                     |  |
| 5:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 6:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:15   | Aquafit<br>7:15-8                  |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 7:45   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:00   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:15   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:30   |                                    |                                |                                |                                    |                                  |                |               |   |   |                     |  |
| 8:45   | Monday                             |                                |                                |                                    |                                  |                |               |   |   |                     |  |

# TUESDAY 5:45 AM-9:00 PM

| Time   | Pools                 |                                | Gymnasium                         | Studios              |                              | Fitness Centre | Program Rooms         |                          |  |
|--|-----------------------|--------------------------------|-----------------------------------|----------------------|------------------------------|----------------|-----------------------|--------------------------|--|
|  | Lane                  | Leisure                        |                                   | Cycle                | Fitness                      |                | 1                     | 2                        | 3  |
| Registration recommended for Group Fitness Classes, programs with * registration is required |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 5:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 6:00   | Lane Swim<br>6-8:30   | OSAC<br>6-8<br>(5 lanes)       | Basketball<br>6-8:30              | Cycle<br>6:15-7      |                              |                |                       |                          |  |
| 6:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 6:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 6:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:00   |                       | Open Swim<br>7:30-8:45         |                                   |                      |                              |                |                       |                          |  |
| 8:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:45   | Aquafit<br>8:45-9:30  | Adult/<br>Aquafit<br>8:45-9:30 |                                   | Cycle<br>9-9:40      |                              |                |                       |                          |  |
| 9:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 9:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 9:30   | Lessons<br>9:30-11    |                                | Family<br>Gym<br>9-11:45          |                      | Cardiac<br>Rehab*<br>8:30-11 |                | Gravity<br>9:45-10:15 | Stay 'n' Play<br>8:45-12 | Mommy & Me Stretch<br>and Strengthen<br>9:15-10                            |
| 9:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 10:00  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 10:15  |                       |                                |                                   |                      |                              |                |                       |                          | Chair Fit<br>10:15-11  |
| 10:30  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 10:45  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 11:00  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 11:15  | Aqua Deep<br>11:15-12 | Open Swim<br>11:15-12:30       |                                   |                      |                              |                |                       |                          |  |
| 11:30  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 11:45  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 12:00  | Lane Swim<br>12-2     | Aqua Motion<br>12:30-1         | Bars & Plates<br>12:15-12:45      |                      |                              |                |                       |                          |  |
| 12:15  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 12:30  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 12:45  |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 1:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 1:15   |                       |                                | Pickleball:<br>Beginner<br>1-3:15 |                      |                              |                |                       |                          | Table Tennis<br>1-3  |
| 1:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 1:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 2:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 2:15   | Lessons<br>1-3        |                                |                                   |                      |                              |                |                       |                          |  |
| 2:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 2:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 3:00   | CLOSED                |                                |                                   |                      |                              |                |                       |                          |  |
| 3:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 3:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 3:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 4:00   | Lessons<br>4-6:30     | OSAC<br>4-5:45<br>(3 lanes)    | Active<br>Kids<br>7-12yrs<br>4-5  | Family<br>Gym<br>4-6 |                              |                |                       |                          | Fun Zone<br>3-12 years<br>4-6:30<br>(Parent must<br>remain in<br>building) |
| 4:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 4:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 4:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 5:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 5:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 5:30   |                       |                                | Active<br>Kids<br>3-6yrs<br>5-6   |                      |                              |                |                       |                          |  |
| 5:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 6:00   |                       |                                | Family Gym<br>6-6:30              |                      |                              |                |                       |                          |  |
| 6:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 6:30   | Lane Swim<br>6:30-8   | OSAC<br>5:45-7:30<br>(4 lanes) |                                   |                      |                              |                |                       |                          |  |
| 6:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 7:45   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:00   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:15   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:30   |                       |                                |                                   |                      |                              |                |                       |                          |  |
| 8:45   | Tuesday               |                                |                                   |                      |                              |                |                       |                          |  |

# WEDNESDAY 5:45 AM-9:00 PM

| Time   | Pools                              |                                | Gymnasium                            | Studios              |                                     | Fitness Centre | Program Rooms |   |   |                        |
|--|------------------------------------|--------------------------------|--------------------------------------|----------------------|-------------------------------------|----------------|---------------|---|---|------------------------|
|  | Lane                               | Leisure                        |                                      | Cycle                | Fitness                             |                | 1             | 2 | 3 |                        |
| Registration recommended for Group Fitness Classes, programs with * registration is required |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 5:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:00   | Lane Swim<br>6-8:30                | OSAC<br>6-7<br>(6 lanes)       | Pickleball:<br>Rec<br>6-8:30         |                      |                                     |                |               |   |   |                        |
| 6:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:00   |                                    | OSAC<br>7-8<br>(4 lanes)       |                                      |                      |                                     |                |               |   |   | Open Swim<br>7:30-8:45 |
| 7:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:00   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:30   |                                    |                                | Tabata Set Up                        |                      |                                     |                |               |   |   |                        |
| 8:45   | Aquafit<br>8:45-9:30               | Adult/<br>Aquafit<br>8:45-9:30 | Tabata                               |                      |                                     |                |               |   |   |                        |
| 9:00   |                                    |                                | 9-9:45                               |                      |                                     |                |               |   |   |                        |
| 9:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 9:30   | Lessons<br>9:30-11                 | Aqua Motion<br>9:30-10         |                                      |                      |                                     |                |               |   |   |                        |
| 9:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 10:00  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 10:15  |                                    |                                |                                      |                      | Yoga<br>10-10:45                    |                |               |   |   |                        |
| 10:30  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 10:45  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 11:00  |                                    |                                | Cardio:<br>Gentle<br>11-11:45        |                      |                                     |                |               |   |   |                        |
| 11:15  | Lane Swim<br>11:15-12<br>(2 Lanes) | Aquafit<br>11:15-12            |                                      |                      |                                     |                |               |   |   |                        |
| 11:30  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 11:45  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 12:00  | Lane Swim<br>12-1                  | Open<br>11:15-1                | Electives                            |                      |                                     |                |               |   |   |                        |
| 12:15  |                                    |                                | 12-1                                 | 12-1                 |                                     |                |               |   |   |                        |
| 12:30  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 12:45  |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 1:00   |                                    |                                |                                      |                      | Set Up                              |                |               |   |   |                        |
| 1:15   | Lessons<br>1-3                     | Electives<br>1-2               |                                      |                      |                                     |                |               |   |   |                        |
| 1:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 1:45   |                                    |                                |                                      |                      | Rock Steady<br>Boxing*<br>1:15-2:45 |                |               |   |   |                        |
| 2:00   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 2:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 2:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 2:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 3:00   | CLOSED                             |                                |                                      |                      |                                     |                |               |   |   |                        |
| 3:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 3:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 3:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 4:00   | Lessons<br>4-6:30                  | OSAC<br>4-5:30<br>(3 lanes)    | Active<br>Kids<br>7-12yrs<br>4-5     | Family<br>Gym<br>4-6 |                                     |                |               |   |   |                        |
| 4:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 4:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 4:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 5:00   |                                    |                                |                                      |                      | Active<br>Kids<br>3-6yrs<br>5-6     |                |               |   |   |                        |
| 5:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 5:30   |                                    | OSAC<br>5:30-7<br>(4 lanes)    |                                      |                      |                                     |                |               |   |   |                        |
| 5:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:00   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:15   | Lane Swim<br>6:30-8                |                                | Family Gym<br>6-7:15                 |                      |                                     |                |               |   |   |                        |
| 6:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 6:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:00   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 7:30   |                                    | Aquafit<br>7:15-8              | Rec Swim<br>6:45-8:15                |                      |                                     |                |               |   |   |                        |
| 7:45   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:00   |                                    |                                | Adult Basketball<br>30+<br>7:30-8:45 |                      |                                     |                |               |   |   |                        |
| 8:15   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:30   |                                    |                                |                                      |                      |                                     |                |               |   |   |                        |
| 8:45   | Wednesday                          |                                |                                      |                      |                                     |                |               |   |   |                        |

# THURSDAY 5:45 AM-9:00 PM

| Time   | Pools                                    |                                | Gymnasium                 | Studios |                 | Fitness Centre                 | Program Rooms         |                             |  |
|--|--|--------------------------------|---------------------------|---------|-----------------|--------------------------------|-----------------------|-----------------------------|--|
|  | Lane                                     | Leisure                        |                           | Cycle   | Fitness         |                                | 1                     | 2                           | 3  |
| Registration recommended for Group Fitness Classes, programs with * registration is required |  |                                |                           |         |                 |                                |                       |                             |  |
| 5:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:00   | Lane Swim<br>6-8:30                      | OSAC<br>6-8<br>(5 lanes)       | Basketball<br>6-8:30      |         |                 |                                |                       |                             |  |
| 6:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:30   | Open Swim<br>7:30-8:45                   |                                |                           |         |                 |                                |                       |                             |  |
| 7:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:15   | Aquafit<br>8:45-9:30                     | Adult/<br>Aquafit<br>8:45-9:30 | Family<br>Gym<br>9-11:45  |         | Cycle<br>9-9:40 | Cardiac<br>Rehab*<br>8:30-11   | Gravity<br>6:15-6:45  | Stay 'n' Play<br>8:45-12:00 |  |
| 8:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 9:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 9:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 9:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 9:45   | Lessons<br>9:30-11                       |                                |                           |         |                 |                                | Gravity<br>9:45-10:15 | Mommy & Me Yoga<br>9:15-10  |  |
| 10:00  |  |                                |                           |         |                 |                                |                       |                             |  |
| 10:15  |  |                                |                           |         |                 |                                |                       |                             |  |
| 10:30  |  |                                |                           |         |                 |                                |                       |                             |  |
| 10:45  |  |                                |                           |         |                 |                                |                       |                             |  |
| 11:00  |  |                                |                           |         |                 |                                |                       |                             |  |
| 11:15  | Lane Swim<br>11:15-12<br>(2 Lanes)       | Aqua Deep<br>11:15-12          | Open Swim<br>11:15-12:30  |         |                 |                                |                       |                             |  |
| 11:30  |  |                                |                           |         |                 |                                |                       |                             |  |
| 11:45  |  |                                |                           |         |                 |                                |                       |                             |  |
| 12:00  | Lane Swim<br>12-1                        |                                | Open Swim<br>11:15-12:30  |         |                 |                                |                       |                             |  |
| 12:15  |  |                                |                           |         |                 |                                |                       |                             |  |
| 12:30  |  |                                |                           |         |                 |                                |                       |                             |  |
| 12:45  |  |                                |                           |         |                 |                                |                       |                             |  |
| 1:00   | Lessons<br>1-3                           |                                | Pickleball:<br>Rec<br>1-3 |         |                 | Cardiac<br>Rehab*<br>1:00-2:30 |                       |                             |  |
| 1:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 1:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 1:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 2:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 2:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 2:30   | Lane Swim<br>2-3                         |                                |                           |         |                 |                                |                       |                             |  |
| 2:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 3:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 3:15   | CLOSED                                   |                                |                           |         |                 |                                |                       |                             |  |
| 3:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 3:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 4:00   | Lessons<br>4-6:30                        | OSAC<br>4-6:15<br>(3 lanes)    | Lessons<br>4-6:15         |         |                 |                                |                       |                             |  |
| 4:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 4:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 4:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 5:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 5:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 5:30   | Tabata<br>5:15-6:00                      |                                |                           |         |                 |                                |                       |                             |  |
| 5:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:15   | Lane Swim<br>6:30-8                      | OSAC<br>6:15-7<br>(4 lanes)    | Rec Swim<br>6:30-7:30     |         |                 |                                |                       |                             | Fun Zone<br>3-12 years<br>4-6:30<br>(Parent must remain in building) |
| 6:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 6:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:00   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:15   |  | OSAC<br>7-8<br>(6 lanes)       |                           |         |                 |                                |                       |                             |  |
| 7:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 7:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:00   | Co-Ed<br>Volleyball<br>13+<br>7:15 -8:45 |                                |                           |         |                 |                                |                       |                             |  |
| 8:15   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:30   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:45   |  |                                |                           |         |                 |                                |                       |                             |  |
| 8:45   |  |                                |                           |         |                 |                                |                       |                             |  |

Thursday

# FRIDAY 5:45 AM-9:00 PM

| Time   | Pools                            |                                | Gymnasium          | Studios  |               | Fitness Centre | Program Rooms |                      |   |
|--|----------------------------------|--------------------------------|--------------------|--|---------------|----------------|---------------|----------------------|---|
|  | Lane                             | Leisure                        |                    | Cycle  | Fitness       |                | 1             | 2                    | 3 |
| Registration recommended for Group Fitness Classes, programs with * registration is required |                                  |                                |                    |  |               |                |               |                      |   |
| 5:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 6:00   | Lane Swim<br>6-8:30              | OSAC<br>6-8<br>(5 lanes)       | Open<br>5:45-8:30  |  |               |                |               |                      |   |
| 6:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 6:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 6:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:30   |                                  | Open Swim<br>7-8:45            |                    | Athletic Performance<br>Training: Teen<br>7:15-8 |               |                |               |                      |   |
| 7:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:45   | Aquafit<br>8:45-9:30             | Adult/<br>Aquafit<br>8:45-9:30 |                    |  | Cycle<br>9-10 |                |               |                      |   |
| 9:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 9:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 9:30   | Lane Swim<br>10:15-12            | Lessons<br>9:30-11             |                    |  |               |                |               | Family Play<br>10-12 |   |
| 9:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 10:00  |                                  |                                |                    |  |               |                |               |                      |   |
| 10:15  |                                  |                                |                    |  |               |                |               |                      |   |
| 10:30  |                                  |                                |                    |  |               |                |               |                      |   |
| 10:45  |                                  |                                |                    |  |               |                |               |                      |   |
| 11:00  |                                  | Open Swim<br>11:15-1           |                    | Cardio:<br>Gentle<br>11-11:45                    |               |                |               |                      |   |
| 11:15  |                                  |                                |                    |  |               |                |               |                      |   |
| 11:30  |                                  |                                |                    |  |               |                |               |                      |   |
| 11:45  |                                  | Aquafit<br>11:15-12            |                    | Tabata<br>12:15-12:45                            |               |                |               |                      |   |
| 12:00  |                                  |                                |                    |  |               |                |               |                      |   |
| 12:15  |                                  |                                |                    |  |               |                |               |                      |   |
| 12:30  | Lane Swim<br>12-1:30             |                                |                    |  |               |                |               |                      |   |
| 12:45  |                                  |                                |                    |  |               |                |               |                      |   |
| 1:00   |                                  | Lessons<br>1-3                 |                    |  |               |                |               |                      |   |
| 1:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 1:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 1:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 2:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 2:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 2:30   |                                  | Pickleball:<br>Rec<br>1-3:15   |                    |  |               |                |               |                      |   |
| 2:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 3:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 3:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 3:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 3:45   | Owen Sound Otters<br>3:45-5:45   |                                |                    |  |               |                |               |                      |   |
| 4:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 4:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 4:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 4:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 5:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 5:15   |                                  | Kid Zone<br>Set Up             |                    |  |               |                |               |                      |   |
| 5:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 5:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 6:00   | Lane Swim<br>(2 lanes)<br>5:45-8 | OSAC<br>5:45-7:15<br>(3 lanes) | Rec Swim<br>5:30-8 |  |               |                |               |                      |   |
| 6:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 6:30   | Rec Swim<br>(3 lanes)<br>5:45-8  |                                |                    |  |               |                |               |                      |   |
| 6:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 7:45   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:00   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:15   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:30   |                                  |                                |                    |  |               |                |               |                      |   |
| 8:45   | Friday                           |                                |                    |  |               |                |               |                      |   |

# SATURDAY 7:00 AM-5:00 PM

| Time   | Pools                        |                                  | Gymnasium               | Studios               |                        | Fitness Centre | Program Rooms |   |   |
|--|------------------------------|----------------------------------|-------------------------|-----------------------|------------------------|----------------|---------------|---|---|
|  | Lane                         | Leisure                          |                         | Cycle                 | Fitness                |                | 1             | 2 | 3 |
| Registration recommended for Group Fitness Classes, programs with * registration is required |                              |                                  |                         |                       |                        |                |               |   |   |
| 7:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 7:15   | Lane Swim<br>7:15-9:30       | OSAC<br>7:15-10:15<br>(6 lanes)  | Open Gym<br>7-8:45      | Cycle<br>8-8:30       |                        |                |               |   |   |
| 7:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 7:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 8:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 8:15   | Lessons<br>9:30-11           | OSAC<br>10:15-11:30<br>(4 lanes) | Lessons<br>9-12:30      | Family Gym<br>9-11:30 | Tai Chi 1*<br>9-10     |                |               |   |   |
| 8:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 8:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 9:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 9:15   | Lifesaving Sport<br>11-12:45 | Lane Swim<br>11:30-12:30         | Kung Fu*<br>10:30-11:15 | Family Gym<br>9-11:30 | Tai Chi 3*<br>10-11:30 |                |               |   |   |
| 9:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 9:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 10:00  |                              |                                  |                         |                       |                        |                |               |   |   |
| 10:15  | Lifesaving Sport<br>11-12:45 | Lane Swim<br>11:30-12:30         | Kung Fu*<br>10:30-11:15 | Family Gym<br>9-11:30 | Tai Chi 3*<br>10-11:30 |                |               |   |   |
| 10:30  |                              |                                  |                         |                       |                        |                |               |   |   |
| 10:45  |                              |                                  |                         |                       |                        |                |               |   |   |
| 11:00  |                              |                                  |                         |                       |                        |                |               |   |   |
| 11:15  | Lifesaving Sport<br>11-12:45 | Lane Swim<br>11:30-12:30         | Kung Fu*<br>10:30-11:15 | Family Gym<br>9-11:30 | Tai Chi 3*<br>10-11:30 |                |               |   |   |
| 11:30  |                              |                                  |                         |                       |                        |                |               |   |   |
| 11:45  |                              |                                  |                         |                       |                        |                |               |   |   |
| 12:00  |                              |                                  |                         |                       |                        |                |               |   |   |
| 12:15  | Lifesaving Sport<br>11-12:45 | Lane Swim<br>11:30-12:30         | Kung Fu*<br>10:30-11:15 | Family Gym<br>9-11:30 | Tai Chi 3*<br>10-11:30 |                |               |   |   |
| 12:30  |                              |                                  |                         |                       |                        |                |               |   |   |
| 12:45  |                              |                                  |                         |                       |                        |                |               |   |   |
| 1:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 1:15   | Lane Swim<br>1-3             | Rec Swim<br>1-3                  | Family Gym<br>1:30-3:30 |                       |                        |                |               |   |   |
| 1:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 1:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 2:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 2:15   | Lane Swim<br>1-3             | Rec Swim<br>1-3                  | Family Gym<br>1:30-3:30 |                       |                        |                |               |   |   |
| 2:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 2:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 3:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 3:15   | Lane Swim<br>1-3             | Rec Swim<br>1-3                  | Family Gym<br>1:30-3:30 |                       |                        |                |               |   |   |
| 3:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 3:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 4:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| 4:15   | Lane Swim<br>1-3             | Rec Swim<br>1-3                  | Family Gym<br>1:30-3:30 |                       |                        |                |               |   |   |
| 4:30   |                              |                                  |                         |                       |                        |                |               |   |   |
| 4:45   |                              |                                  |                         |                       |                        |                |               |   |   |
| 5:00   |                              |                                  |                         |                       |                        |                |               |   |   |
| Saturday   |                              |                                  |                         |                       |                        |                |               |   |   |

# SUNDAY 7:00 AM-5:00 PM

| Time   | Pools                                       |                               | Gymnasium  | Studios                       |                              | Fitness Centre           | Program Rooms |   |   |
|--|---|-------------------------------|--|-------------------------------|------------------------------|--------------------------|---------------|---|---|
|  | Lane  | Leisure                       |  | Cycle                         | Fitness                      |                          | 1             | 2 | 3 |
| Registration recommended for Group Fitness Classes, programs with * registration is required |   |                               |  |                               |                              |                          |               |   |   |
| 7:00   |   |                               | <b>Pickleball: Competitive</b><br>18yrs+<br>7-9:30 |                               |                              |                          |               |   |   |
| 7:15   |   |                               |  |                               |                              |                          |               |   |   |
| 7:30   |   |                               |  |                               |                              |                          |               |   |   |
| 7:45   |   |                               |  |                               |                              |                          |               |   |   |
| 8:00   |   |                               |  |                               |                              |                          |               |   |   |
| 8:15   |   |                               |  |                               |                              |                          |               |   |   |
| 8:30   | <b>Lane Swim</b><br>8:30-9:15 (8)           | <b>Lessons</b><br>8:30-9      |  |                               |                              |                          |               |   |   |
| 8:45   |   |                               |  |                               |                              |                          |               |   |   |
| 9:00   |   |                               |  |                               |                              |                          |               |   |   |
| 9:15   | <b>Lane Swim</b><br>9:15-9:45 (2)           | <b>Tri-Swim*</b><br>9:15-9:45 | <b>Lessons</b><br>9-10:15                          |                               | <b>Buti Yoga</b><br>9-9:45   |                          |               |   |   |
| 9:30   |   |                               |  |                               |                              |                          |               |   |   |
| 9:45   |   | <b>Aquafit</b><br>9:45-10:30  |  |                               |                              | <b>W.O.W.</b><br>9:30-10 |               |   |   |
| 10:00  |   |                               |  |                               |                              |                          |               |   |   |
| 10:15  |   |                               | <b>Pickleball: Beginner/Rec</b><br>9:30-11:30      | <b>Tri-Cycle*</b><br>10-10:30 |                              |                          |               |   |   |
| 10:30  | <b>Lane Swim</b><br>9:45-12<br>(4)          |                               |  |                               |                              |                          |               |   |   |
| 10:45  |   |                               |  |                               |                              |                          |               |   |   |
| 11:00  |   |                               | <b>Open</b><br>10:45-12                            |                               |                              |                          |               |   |   |
| 11:15  |   |                               |  |                               |                              |                          |               |   |   |
| 11:30  |   |                               | <b>Birthday Party Set Up</b>                       |                               | <b>Stretch</b><br>11:15-12   |                          |               |   |   |
| 11:45  |   |                               |  |                               |                              |                          |               |   |   |
| 12:00  |   |                               |  |                               |                              |                          |               |   |   |
| 12:15  |   |                               | <b>Birthday Parties</b><br>12-1:30                 |                               | <b>Kickboxing</b><br>12:15-1 |                          |               |   |   |
| 12:30  |   |                               |  |                               |                              |                          |               |   |   |
| 12:45  |   | <b>Rec Swim</b><br>12:30-3    |  |                               |                              |                          |               |   |   |
| 1:00   | <b>Advanced Courses/ Lessons</b><br>10:30-3 |                               |  |                               |                              |                          |               |   |   |
| 1:15   |   |                               |  |                               |                              |                          |               |   |   |
| 1:30   |   |                               |  |                               |                              |                          |               |   |   |
| 1:45   |   |                               |  |                               |                              |                          |               |   |   |
| 2:00   |   |                               | <b>Family Gym</b><br>1:30-3:30                     |                               |                              |                          |               |   |   |
| 2:15   |   |                               |  |                               |                              |                          |               |   |   |
| 2:30   |   |                               |  |                               |                              |                          |               |   |   |
| 2:45   |   |                               |  |                               |                              |                          |               |   |   |
| 3:00   | <b>Birthday Parties/Rentals</b>             |                               |  |                               |                              |                          |               |   |   |
| 3:15   |   |                               |  |                               |                              |                          |               |   |   |
| 3:30   |   |                               |  |                               |                              |                          |               |   |   |
| 3:45   |   |                               |  |                               |                              |                          |               |   |   |
| 4:00   |   |                               | <b>Basketball</b><br>3:45-4:45                     |                               |                              |                          |               |   |   |
| 4:15   |   |                               |  |                               |                              |                          |               |   |   |
| 4:30   |   |                               |  |                               |                              |                          |               |   |   |
| 4:45   |   |                               |  |                               |                              |                          |               |   |   |
| 5:00   | <b>Sunday</b>                               |                               |  |                               |                              |                          |               |   |   |