



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

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 D:	April 1st	April 3rd

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 10th 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 6-8:30	OSAC 6-7 (6 lanes)	Pickleball: Rec 6-8:30									
6:15												
6:30												
6:45											WOW 6:15-6:45	
7:00		OSAC 7-8 (3 lanes)								Open Swim 7-8:45		
7:15												
7:30												
7:45												
8:00												
8:15												
8:30												
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cardio: Mix 9-9:45	Tai Chi 1* 9-10		Stay 'n' Play 8:45-12:00					
9:00												
9:15												
9:30	Lane Swim 9:30-11:15	Lessons 9:30-11										
9:45					Gravity 9:45-10:15							
10:00					Yoga 10-10:45	Gravity: Mix 10:20-10:50						
10:15												
10:30												
10:45												
11:00												
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1	Cardio: Gentle 11-11:45								
11:30												
11:45												
12:00	Lane Swim 12-1:30				Cycle 12:15-12:45	TRX Boot Camp 12:15-12:45						
12:15												
12:30												
12:45												
1:00	Rental 1-3:30	Lessons 1:30-3	Family Gym 12:30-3:30									
1:15										Lessons 1-2		
1:30												
1:45												
2:00											Rock Steady Boxing* 1:15-2:45	Rock Steady Boxing* 1:15-2:45
2:15												
2:30												
2:45		Open Swim 2-4										
3:00												
3:15												
3:30												
3:45												
4:00			Jr NBA Set Up									
4:15		OSAC 3:30-5:30 (5 lanes)	Rec Swim 4-6	Jr NBA* 4:30-5:30 Ages 10-12			Strength Training Teen* 4-5					
4:30												
4:45												
5:00												
5:15												
5:30	Lane Swim 3:30-8:15	OSAC 5:30-7 (6 lanes)	Open Swim 6-8:15	Jr NBA* 5:30-6:30 Ages 7-9	Core 5:30-6		Youth Leadership* Ages 12+ 5:30-7					
5:45												
6:00												
6:15				Cardio: Mix 6:15-6:45								
6:30												
6:45												
7:00												
7:15												
7:30		Aquafit 7:15-8		Badminton (13+ yrs) 6:45-8:45			Table Tennis 7-8:30					
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 6-8:30	OSAC 6-8 (5 lanes)	Basketball 6-8:30	Cycle 6:15-7					
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00		Open Swim 7:30-8:45							
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30		Cycle 9-9:40					
9:00									
9:15					Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12		Mommy & Me Stretch and Strengthen 9:15-10
9:30									
9:45	Lessons 9:30-11		Family Gym 9-11:45						
10:00									
10:15									
10:30									
10:45									Chair Fit 10:15-11
11:00									
11:15	Aqua Deep 11:15-12	Open Swim 11:15-12:30							
11:30									
11:45					Stretch 11:15-12				
12:00									
12:15	Lane Swim 12-1	Aqua Motion 12:30-1	Bars & Plates 12:15-12:45						
12:30									
12:45									
1:00	Lane Swim 1-2 (4 Lanes)	Lessons 1-3	Pickleball: Beginner 1-3:15						
1:15									
1:30					Cardiac Rehab* 1-2:30				Table Tennis 1-3
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00									
4:15	Lessons 4-6:30	OSAC 4-5:45 (3 lanes)	Active Kids 7-12yrs 4-5	Family Gym 4-6					
4:30									
4:45									
5:00			Active Kids 3-6yrs 5-6						
5:15					Yoga 5:15-6	Strength Training Teen* 5-6			Fun Zone 3-12 years 4-6:30 (Parent must remain in building)
5:30									
5:45									
6:00									
6:15			Family Gym 6-6:30						
6:30	Lane Swim 6:30-8	OSAC 5:45-7:30 (4 lanes)							
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45			Basketball 6:45 -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 6-8:30	OSAC 6-7 (6 lanes)	Open Swim 7:30-8:45	Pickleball: Rec 6-8:30		Bars & Plates 6-6:45			
6:15									
6:30									
6:45									
7:00									
7:15	OSAC 7-8 (4 lanes)	Athletic Performance Training: Teen 7:15-8							
7:30									
7:45									
8:00									
8:15									
8:30			Tabata Set Up						
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Tabata						
9:00			9-9:45						
9:15									
9:30	Lessons 9:30-11	Aqua Motion 9:30-10							
9:45									
10:00			Yoga 10-10:45						
10:15									
10:30									
10:45									
11:00			Cardio: Gentle 11-11:45						
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12							
11:30									
11:45									
12:00	Lane Swim 12-1	Open 11:15-1	Electives 12-1						
12:15									
12:30									
12:45									
1:00	Lessons 1-3	Electives 1-2	Set Up						
1:15									
1:30			Rock Steady Boxing* 1:15-2:45						
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00	Lessons 4-6:30	OSAC 4-5:30 (3 lanes)	Active Kids 7-12yrs 4-5						
4:15			Family Gym 4-6						
4:30									
4:45									
5:00									
5:15	OSAC 5:30-7 (4 lanes)	Lessons 4-6:45	Active Kids 3-6yrs 5-6						
5:30									
5:45									
6:00									
6:15			Family Gym 6-7:15						
6:30									
6:45	Lane Swim 6:30-8								
7:00									
7:15			Cycle Sculpt 7-7:30						
7:30		Rec Swim 6:45-8:15							
7:45									
8:00			Adult Basketball 30+ 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 6-8:30	OSAC 6-8 (5 lanes)	Basketball 6-8:30						
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30							
9:00									
9:15									
9:30	Lessons 9:30-11		Family Gym 9-11:45						
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15	Lane Swim 11:15-12 (2 Lanes)	Aqua Deep 11:15-12							
11:30									
11:45									
12:00	Lane Swim 12-1								
12:15									
12:30									
12:45									
1:00									
1:15	Lessons 1-3		Pickleball: Rec 1-3						
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00	Lessons 4-6:30	OSAC 4-6:15 (3 lanes)	Lessons 4-6:15						
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45	Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)	Rec Swim 6:30-7:30						
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
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 6-8:30	OSAC 6-8 (5 lanes)	Open 5:45-8:30						
6:15									
6:30									
6:45									
7:00									
7:15									
7:30		Open Swim 7-8:45		Athletic Performance Training: Teen 7:15-8					
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10					
9:00									
9:15									
9:30	Lane Swim 10:15-12	Lessons 9:30-11	Yoga 10-10:45					Gravity 9:45-10:15	Family Play 10-12
9:45									
10:00									
10:15									
10:30									
10:45									
11:00		Open Swim 11:15-1	Cardio: Gentle 11-11:45						
11:15									
11:30									
11:45		Aquafit 11:15-12	Tabata 12:15-12:45						
12:00									
12:15									
12:30	Lane Swim 12-1:30	Lessons 1-3	Class Clean Up						
12:45									
1:00			Pickleball: Rec 1-3:15						
1:15									
1:30									
1:45									
2:00									
2:15									
2:30		Owen Sound Otters 3:45-5:45	Basketball 3:30-5:15						
2:45									
3:00									
3:15									
3:30									
3:45									
4:00		Rec Swim 5:30-8	Kid Zone Set Up					Kids Zone Set Up	
4:15									
4:30									
4:45	Lane Swim (2 lanes) 5:45-8	OSAC 5:45-7:15 (3 lanes)	Kid Zone* 6-8						Kids Zone* Ages 5-12 6-8
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00			Basketball 8-8:45						
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 7:15-9:30	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45						
7:30									
7:45									
8:00									
8:15					Cycle 8-8:30				
8:30									
8:45									
9:00									
9:15									
9:30	Lessons 9:30-11	OSAC 10:15-11:30 (4 lanes)	Lessons 9-12:30	Family Gym 9-11:30					
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15									
11:30	Lifesaving Sport 11-12:45	Lane Swim 11:30-12:30	Kung Fu* 10:30-11:15	Family Gym 9-11:30					
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 1-3	Rec Swim 1-3	Family Gym 1:30-3:30						
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15	Birthday Parties/Rentals								
3:30									
3:45									
4:00									
4:15									
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			Pickleball: Competitive 18yrs+ 7-9:30						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-9:15 (8)	Lessons 8:30-9							
8:45									
9:00									
9:15	Lane Swim 9:15-9:45 (2)	Tri-Swim* 9:15-9:45	Lessons 9-10:15		Buti Yoga 9-9:45				
9:30									
9:45		Aquafit 9:45-10:30				W.O.W. 9:30-10			
10:00									
10:15			Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 10-10:30					
10:30	Lane Swim 9:45-12 (4)								
10:45									
11:00			Open 10:45-12						
11:15									
11:30			Birthday Party Set Up						
11:45									
12:00									
12:15			Birthday Parties 12-1:30						
12:30									
12:45		Rec Swim 12:30-3							
1:00	Advanced Courses/ Lessons 10:30-3								
1:15									
1:30									
1:45									
2:00			Family Gym 1:30-3:30						
2:15									
2:30									
2:45									
3:00	Birthday Parties/Rentals								
3:15									
3:30									
3:45									
4:00			Basketball 3:45-4:45						
4:15									
4:30									
4:45									
5:00	Sunday								