



Shine On

MARCH BREAK 2025



PROGRAM SCHEDULE MARCH 10TH - 16TH 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.

Table with Facility Hours: Monday - Friday 5:45-9:00, Saturday & Sunday 7:00-5:00

Table with Registration Dates: Member April 1st, Public 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!

MONDAY, MARCH 10, 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										
7:00										
7:15	OSAC 7-8 (3 lanes)	Open Swim 7-8:45								
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										
9:45		Private Lessons 9:30-10:30	Family Swim 9:45-11:15							
10:00										
10:15	Lane Swim 10:15-12 (2 Lanes)								Stay 'n' Play 8:45-12:00	
10:30										
10:45										
11:00		Aquafit 11:15-12	Open Swim 11:15-1							
11:15										
11:30										
11:45										
12:00	Lane Swim 12-1									
12:15										
12:30										
12:45										
1:00										
1:15	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3		March Break Camp 12:30-2					March Break Camp	
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lane Swim 4-8 (4 lanes)	Private Lessons 4-6:30	Rec Swim 4-6							
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00										
6:15										
6:30										
6:45										
7:00		Aquafit 7-7:45	Open Swim 6-8							
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45										
Monday										

TUESDAY, MARCH 11, 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		Lessons							
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	Cardiac Rehab* 8:30-11	Gravity 9:45-10:15	Stay 'n' Play 8:45-12		
9:00									
9:15		Private Lessons 9:30-10:30	Family Swim 9:45-11:15			Gravity 10:20-10:50			
9:30									
9:45									
10:00	Lane Swim 10:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1	Bars & Plates 12:15-12:45					
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00	Lane Swim 12-1								
12:15									
12:30									
12:45									
1:00	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3		Pickleball: Beginner 1-3	Cardiac Rehab* 1-2:30				
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15			March Break Camp 3:15-5						
3:30									
3:45									
4:00	Lane Swim 4-7	OSAC 4-6 (6 lanes)	Rec Swim 4-7	Family Gym 5-6:45	Yoga 5:15-6				
4:15									
4:30									
4:45									
5:00		OSAC 6-7 (4 lanes)							
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00			Basketball 6:45 -8:45						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									

WEDNESDAY, MARCH 12, 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						
6:15										
6:30										
6:45										
7:00										
7:15	OSAC 7-8 (4 lanes)									
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Aquafit 8:45-9:30		Adult/Aquafit 8:45-9:30	Tabata Set Up						
9:00				Tabata 9-9:45						
9:15					Tai Chi 1* 9-10					
9:30			Gentle/Motion 9:30-10							
9:45		Private Lessons 9:30-10:30	Family Swim 10-11	Yoga 10-10:45		Gravity 9:45-10:15	Mess Makers 10-11:30 2-5 yrs (infant siblings welcome)			
10:00									Gravity: Mix 10:20-10:50	
10:15	Lane Swim 10:15-12 (2 Lanes)				Tai Chi 3* 10-11:30					
10:30										
10:45										
11:00				Cardio: Gentle 11-11:45						
11:15		Aquafit 11:15-12	Open Swim 11:15-1							
11:30										
11:45										
12:00	Lane Swim 12-1			March Break Camp 12-1		Core 12:15-12:45	Ride & Glide* 12:15-12:45			
12:15										
12:30										
12:45										
1:00	Lane Swim 1-3 (3 Lanes)	Rental 1-3	Rec Swim 1-2	Set Up	March Break Camp 2-4				March Break Camp	
1:15										
1:30										
1:45										Rock Steady Boxing* 1:15-2:45
2:00										
2:15			Rental 2-3							
2:30										
2:45										
3:00	CLOSED			March Break Camp 3-4						
3:15										
3:30										
3:45										
4:00	Lanes 4-8	Private Lessons 4-7	Rec Swim 4-6	Family Gym 4:15-5:45						
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00										
6:15										
6:30										
6:45			Open Swim 6-8	Basketball 6-7:30						
7:00										
7:15		Aquafit 7-7:45			Cycle Sulpt 7-7:30					
7:30										
7:45										
8:00				Adult Basketball 30+ 7:30-8:45						
8:15										
8:30										
8:45	Wednesday									

THURSDAY, MARCH 13, 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	Open Swim 7:30-8:45								
7:30									
7:45									
8:00	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30			Cycle 9-9:40				
8:15									
8:30	Private Lessons 9:30-10:30	Family Swim 9:45-11:15	Family Gym 9-11:45			Cardiac Rehab* 8:30-11			Stay 'n' Play 8:45-12:00
8:45									
9:00	Lane Swim 10:15-12 (2 Lanes)	Aquafit 11:15-12							
9:15									
9:30	Lane Swim 10:15-12 (2 Lanes)	Open Swim 11:15-1							
9:45									
10:00	Lane Swim 10:15-12 (2 Lanes)	Open Swim 11:15-1							
10:15									
10:30	Lane Swim 10:15-12 (2 Lanes)	Open Swim 11:15-1							
10:45									
11:00	Lane Swim 10:15-12 (2 Lanes)	Open Swim 11:15-1							
11:15									
11:30	Lane Swim 10:15-12 (2 Lanes)	Open Swim 11:15-1							
11:45									
12:00	Lane Swim 12-1	Open Swim 11:15-1							
12:15									
12:30	Lane Swim 12-1	Open Swim 11:15-1							
12:45									
1:00	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3	March Break Camp 1-2						
1:15									
1:30	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3							
1:45									
2:00	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3							
2:15									
2:30	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3							
2:45									
3:00	CLOSED		Pickleball: Rec 2:15-4:30						
3:15									
3:30	CLOSED								
3:45									
4:00	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
4:15									
4:30	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
4:45									
5:00	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
5:15									
5:30	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
5:45									
6:00	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
6:15									
6:30	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
6:45									
7:00	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
7:15									
7:30	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
7:45									
8:00	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
8:15									
8:30	Lane Swim 4-7	OSAC 4-7 (6 Lanes)	Rec Swim 4-7						
8:45									
Thursday									

FRIDAY, MARCH 14, 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									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30			Cycle 9-10				
9:00									
9:15									
9:30									
9:45									
10:00		Private Lessons 9:30-10:30	Family Swim 9:45-11:15						
10:15									
10:30	Lane Swim 10:15-12 (2 Lanes)					March Break Camp 10-1			Family Play 10-12
10:45									
11:00		Aquafit 11:15-12	Open Swim 11:15-1						
11:15									
11:30									
11:45									
12:00	Lane Swim 12-1								
12:15									
12:30									
12:45									
1:00	Lane Swim 1-3 (3 Lanes)	Rec Swim 1-3							
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	Lane Swim 3-4:30 (2 lanes)	OSAC 3-4:30 (6 lanes)							
3:15									
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00	Lane Swim 5-8 (4 lanes)	Rec Swim 5-8							
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Friday								

SATURDAY, MARCH 15, 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 7:15-10:30	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45	Cycle 8-8:30					
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	OSAC 10:15-11:30 (4 lanes)	Family Swim 10-12:30	Family Gym 9-11:30		Tai Chi 1* 9-10		Boot Camp 8:45-9:30		
9:00									
9:15									
9:30									
9:45									
10:00									
10:15	Lifesaving Sport Event 11-12:45		Birthday Party Set Up		Tai Chi 3* 10-11:30		Gravity 9:45-10:15		Birthday Party Set Up
10:30									
10:45									
11:00									
11:15									
11:30									
11:45	Lane Swim 1-3	Rec Swim 1-3	Birthday Parties 12-1:30						Birthday Parties 12-3
12:00									
12:15									
12:30									
12:45									
1:00									
1:15	Rental		Family Gym 1:30-3:30						Birthday Party Clean Up
1:30									
1:45									
2:00									
2:15									
2:30									
2:45	Basketball 3:45-4:45								
3:00									
3:15									
3:30									
3:45									
4:00									
4:15	Saturday								
4:30									
4:45									
5:00									

SUNDAY, MARCH 16, 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										
7:30										
7:45										
8:00										
8:15										
8:30	Lane Swim 8:30-9:15 (8)	Lessons 8:30-9		Pickleball: Competitive 18yrs+ 7-9:30						
8:45										
9:00										
9:15	Lane Swim	Tri-Swim*								
9:30	9:15-9:45 (2)	9:15-9:45								
9:45			Open 9-11							
10:00		Aquafit 9:45-10:30								
10:15										
10:30	Lane Swim 9:45-12 (4)			Pickleball: Beginner/Rec 9:30-11:30						
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00	Advanced Courses/ Lessons 10:30-3									
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15	Rental									
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00	Sunday									