



Shine On

INTERIM  
SPRING  
2025



## PROGRAM SCHEDULE

MARCH 17TH - APRIL 6TH

This special interim schedule includes more private lessons, extra swim time, trial fitness classes, and more!

[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 D:	April 1st	April 3rd
Summer:	June 10th	June 12th

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 RR001

# 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)	Open Swim 7-8:45	Pickleball: Rec 6-8:30						
6:15										
6:30										
6:45		WOW 6:15-6:45								
7:00										
7:15	OSAC 7-8 (3 lanes)									
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	Lane Swim 9:30-11:15	Private Lessons 9:30-11	Aqua Motion 9:30-10						Stay 'n' Play 8:45-12:00	
9:45										
10:00										
10:15		Private Lessons 9:30-11		Yoga 10-10:45						
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									
12:15										
12:30					Cardio: Mix 9-9:45					
12:45										
1:00	Rental 1-3:30									
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30	Lane Swim 3:30-8									
3:45										
4:00										
4:15										
4:30			OSAC 3:30-5:30 (5 lanes)	Rec Swim 4-6	Basketball (10+ yrs) 4-6:30					
4:45										
5:00										
5:15										
5:30										
5:45										
6:00		OSAC 5:30-6:45 (6 lanes)								
6:15										
6:30										
6:45										
7:00			Open Swim 6-8:15							
7:15										
7:30		Aquafit 7:15-8								
7:45				Badminton (13+ yrs) 6:45-8:45						
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	Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12		
9:00									
9:15									Mommy & Me Stretch and Strengthen 9:15-10
9:30	Lessons 9:30-11		Family Gym 9-11:45						
9:45									
10:00									
10:15									
10:30									
10:45									Chair Fit 10:15-11
11:00									
11:15	Lane Swim 11:15-12 (2 Lanes)	Aqua Deep 11:15-12	Open Swim 11:15-12:30		Stretch 11:15-12				
11:30									
11:45									
12:00	Lane Swim 12-1		Bars & Plates 12:15-12:45						
12:15									
12:30									
12:45									
1:00	Lessons 1-3		Pickleball: Beginner 1-3:15		Cardiac Rehab* 1-2:30				Table Tennis 1-3
1:15									
1:30									
1:45									
2:00									
2:15	Lane Swim 2-3 (3 lanes)								
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00	Lane Swim 4-5 (3 lanes)	OSAC 4-5:45 (3 lanes)	Family Swim 4-6	Teen Sports 12-15 yrs 4-5:30	Family Gym 4-5:30				
4:15									
4:30									Fun Zone 3-7 years 4-6:30 (Parent must remain in building)
4:45									
5:00									
5:15	Lifesaving Sport 5:15-6:30			Family Gym 5:30-6:30	Yoga 5:15-6	Strength Training Teen* 5-6			
5:30									
5:45									
6:00									
6:15		OSAC 5:45-7:30 (4 lanes)	Rec Swim 6-7						
6:30									
6:45	Lane Swim 6:30-7:30 (4 lanes)								
7:00									
7:15									
7:30	Staff Training		Basketball 6:45 -8:45						
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 6-8:30	OSAC 6-7 (6 lanes)	Pickleball: Rec 6-8:30							
6:15										
6:30										
6:45										
7:00		OSAC 7-8 (4 lanes)								Open Swim 7:30-8:45
7:15										
7:30										
7:45							Athletic Performance Training: Teen 7:15-8			
8:00										
8:15										
8:30			Tabata Set Up							
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Tabata 9-9:45						
9:00										
9:15	Lessons 9:30-11		Aqua Motion 9:30-10							
9:30										
9:45										
10:00										
10:15										Yoga 10-10:45
10:30		Tai Chi 1* 9-10	Gravity 9:45-10:15							
10:45										
11:00			Cardio: Gentle 11-11:45						Mess Makers 10-11:30 2-5 yrs (infant siblings welcome) March 19th - Painting March 26th - Textures April 2nd - Water Play	
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							Core 12:15-12:45	Ride & Glide* 12:15-12:45		
12:45										
1:00	Lessons 1-3		Electives 1-2	Set Up						
1:15										
1:30										
1:45										Rock Steady Boxing* 1:15-2:45
2:00										
2:15										
2:30										
2:45										
3:00	CLOSED									
3:15										
3:30										
3:45										
4:00	Lane Swim 4-6:30 (3 lanes)		OSAC 4-5:30 (3 lanes)	Family Swim 4-5:30	Family Gym 4-6					
4:15										
4:30										
4:45										
5:00			OSAC 5:30-7 (4 lanes)	Rec Swim 5:30-7						Family Gym 6-7:15
5:15										
5:30										
5:45									Board Games & Lego 3yrs+ 4-5:30 (Parent must remain in building)	
6:00										
6:15										
6:30										
6:45	Lane Swim 6:30-7:45		Aquafit 7-7:45	Open 7-8						
7:00										
7:15										
7:30										
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		Open Swim 7:30-8:45							
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	Cycle 9-9:40	Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12:00	Mommy & Me Yoga 9:15-10	
9:45									
10:00									
10:15								Chair Yoga 10:15-11	
10:30	Lane Swim 10:30-12 (2 Lanes)	Aqua Deep 11:15-12							
10:45									
11:00		Open Swim 11:15-12:30							
11:15									
11:30									
11:45									
12:00	Lane Swim 12-1	Aqua Motion 12:30-1	Body Sculpt 12:15-12:45						
12:15									
12:30									
12:45									
1:00	Rental/Lessons 1-3		Pickleball: Rec 1-3						
1:15									
1:30									
1:45									
2:00									
2:15									
2:30	Lane Swim 2-3:30 (3 Lanes)								
2:45									
3:00									
3:15	CLOSED								
3:30									
3:45			Badminton 10-18yrs 3:30-4:30						
4:00	Lane Swim 4-6:30 (3 lanes)	OSAC 4-6:15 (3 lanes)	Family Swim 4-5:30						
4:15									
4:30									
4:45									
5:00									
5:15									
5:30		Rec Swim 5:30-6:30	Tabata Set Up						
5:45									
6:00			Tabata 5:15-6:00						
6:15		OSAC 6:15-7 (4 lanes)	Open Swim 6:30-7:30						
6:30									
6:45	Lane Swim 6:30-7:30	OSAC 7-8 (6 lanes)							
7:00									
7:15									
7:30									
7:45									
8:00	Staff Training		Co-Ed Volleyball 13+ 7:15 -8:45						
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										Learn to Lift 6:15-7
6:45										
7:00										
7:15										
7:30	Athletic Performance Training: Teen 7:15-8									
7:45										
8:00	Open Swim 7-8:45									
8:15										
8:30										
8:45										
9:00	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10						
9:15										
9:30	Lessons 9:30-11									
9:45										
10:00			Gravity 9:45-10:15							
10:15			Gravity 10:20-10:50							
10:30			Family Play 10-12							
10:45										
11:00										
11:15										
11:30	Lane Swim 10:30-12	Aquafit 11:15-12	Golden Gloves 11-11:45							
11:45										
12:00	Lane Swim 12-1	Open Swim 11:15-1	Tabata 12:15-12:45							
12:15										
12:30			Aqua Run 12:25-12:55							
12:45			Class Clean Up							
1:00		Aquafit 1-1:30	Pickleball: Rec 1-3:15							
1:15										
1:30	Lane Swim 1-3 (3 Lanes)	Lessons 1-3								
1:45										
2:00										
2:15										
2:30										
2:45										
3:00	Owen Sound Otters 3:45-5:45									
3:15										
3:30			Basketball 3:30-5:15							
3:45										
4:00										
4:15										
4:30	Kid Zone Set Up									
4:45										
5:00	Lane Swim (2 lanes) 5:45-8	OSAC 5:45-7:15 (3 lanes)	Rec Swim 5:30-8						Kids Zone* Ages 5-12 6-8	
5:15										
5:30										
5:45										
6:00										
6:15										
6:30	Rec Swim (3 lanes) 5:45-8									
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 (2 lanes)	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45	Cycle 8-8:30					
7:30									
7:45									
8:00									
8:15	Lessons 9:30-11	OSAC 10:15-11:30 (4 lanes)	Family Gym 9-11:30						
8:30									
8:45									
9:00									
9:15	Lifesaving Sport 11-12:45	Lane Swim 11:30-12:30	Family Swim 10:30-12:30						
9:30									
9:45									
10:00									
10:15	Open Swim 9:30-10:30		Family Gym 9-11:30						
10:30									
10:45									
11:00									
11:15	Family Swim 10:30-12:30		Birthday Party Set Up						
11:30									
11:45									
12:00									
12:15	Lane Swim 11:30-12:30		Birthday Parties 12-1:30						
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	Birthday Parties/Rentals		Family Gym 1:30-3:30						
2:30									
2:45									
3:00									
3:15	Birthday Parties/Rentals		Basketball 3:45-4:45						
3:30									
3:45									
4:00									
4:15	Basketball 3:45-4:45								
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									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-9:15 (8)		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	Lane Swim	Aquafit							
10:00	9:45-10:30	9:45-10:30							
10:15	(4)								
10:30	Advanced Courses/ Lessons 10:30-3		Pickleball: Beginner/Rec 9:30-11:30						
10:45									
11:00			Open 10:30-12						
11:15									
11:30									
11:45				Birthday Party Set Up					Birthday Party Set Up
12:00									
12:15									
12:30				Birthday Parties 12-1:30					Birthday Parties 12-3
12:45									
1:00									
1:15									
1:30		Family Swim 12:30-3							
1:45									
2:00									
2:15			Family Gym 1:30-3:30						
2:30									
2:45									
3:00	Birthday Parties/Rentals								
3:15									Birthday Party Clean Up
3:30									
3:45									
4:00									
4:15			Basketball 3:45-4:45						
4:30									
4:45									
5:00	Sunday								