



Shine On

**SPRING  
2025**



## PROGRAM SCHEDULE

BEGINS APRIL 7TH

Registered Sessions

D: April 7th - May 25th

Summer: July 7th - August 22nd

[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		OSAC 7-8 (3 lanes)							
6:45									
7:00									
7:15	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Cardio: Mix 9-9:45	Tai Chi 1* 9-10					
7:30									
7:45									
8:00									
8:15	Lessons 9:30-10:30								
8:30									
8:45									
9:00									
9:15									
9:30	Lane Swim 11-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-1	Cardio: Gentle 11-11:45					
9:45									
10:00									
10:15									
10:30									
10:45	Lane Swim 12-1:30								
11:00									
11:15									
11:30									
11:45									
12:00	Lessons 1:30-3		Lessons 1-2	Family Gym 1:30-3:45					
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 3:30-8	OSAC 3:30-5:30 (5 lanes)	Family Swim 3:45-5	Basketball (10+ yrs) 4-5:15					
1:30									
1:45									
2:00									
2:15									
2:30	Lane Swim 3:30-8	OSAC 5:30-6:45 (6 lanes)	Rec Swim 5-6:30	Jr NBA Set Up					
2:45									
3:00									
3:15									
3:30									
3:45	Lane Swim 3:30-8	OSAC 7-7:45 (3 lanes)	Open Swim 6:30-8	Jr NBA* 5:30-6:30 Ages 7-9					
4:00									
4:15									
4:30									
4:45									
5:00	Lane Swim 3:30-8	Aquafit 7-7:45 (3 lanes)		Badminton (13+ yrs) 6:45-8:45					
5:15									
5:30									
5:45									
6:00									
6:15	Lane Swim 3:30-8								
6:30									
6:45									
7:00									
7:15									
7:30	Lane Swim 3:30-8								
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									
9:30	Lessons 9:30-11		Family Gym 9-11:45		Cardiac Rehab* 8:30-11		Gravity 9:45-10:15	Stay 'n' Play 8:45-12	Mommy & Me Stretch and Strengthen 9:15-10
9:45									
10:00									
10:15									
10:30									Chair Fit 10:15-11
10:45									
11:00									
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)							
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/Rec 1-3:15						
1:15									
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 4-5:45 (3 lanes)	Teen Sports 12-15yrs 4-5:30	Family Gym 4-5:30					
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30	Lane Swim 6:30-8	OSAC 5:45-7:30 (4 lanes)	Family Gym 5:30-6:30						
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 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)							
7:15									
7:30	Open Swim 7:30-8:45								
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						
10:15			10-10:45						
10:30									
10:45									
11:00			Cardio: Gentle						
11:15	Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)	11-11:45						
11:30									
11:45									
12:00	Lane Swim 12-1	Open 11:15-1	Rock Steady						
12:15			Boxing Set Up						
12:30			12-1						
12:45									
1:00			Set Up						
1:15									
1:30	Lessons 1-3		Rock Steady						
1:45			Boxing*						
2:00			1:15-2:45						
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	Family Gym 4-6					
4:15			8-12yrs						
4:30			4-5						
4:45		Lessons 4-6:45	OSAC 5:30-7 (4 lanes)	Active Kids					
5:00				8-12yrs					
5:15				4-6:45					
5:30									
5:45									
6:00									
6:15	Lane Swim 6:30-8	Aquafit 7-7:45 (3 lanes)	Family Gym						
6:30			6-7						
6:45		Open Swim 6:45-8							
7:00									
7:15									
7:30									
7:45			Basketball						
8:00			30+						
8:15			7:15-8:45						
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			Cycle 9-9:40	Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12:00		
9:00										
9:15									Mommy & Me Yoga 9:15-10	
9:30	Lessons 9:30-11		Family Gym 9-11:45							
9:45										
10:00									Gravity 9:45-10:15	
10:15									Gravity 10:20-10:50	
10:30									Chair Yoga 10:15-11	
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open Swim 11:15-12:30							
11:30										
11:45										
12:00	Lane Swim 12-1									
12:15			Body Sculpt 12:15-12:45							
12:30										
12:45										
1:00	Lessons 1-3		Pickleball: Rec 1-3							
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00	CLOSED									
3:15										
3:30										
3:45			Badminton 10-18yrs 3:30-4:30							
4:00	Lessons 4-6:30	OSAC 4-6:15 (3 lanes)	Lessons 4-6:15							
4:15										
4:30										
4:45										Tabata Set Up
5:00										
5:15										Tabata 5:15-6:00
5:30										
5:45										
6:00										
6:15		OSAC 6:15-7 (4 lanes)	Rec Swim 6:30-7:30							
6:30										
6:45	Lane Swim 6:30-8	OSAC 7-8 (6 lanes)								
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	Lessons 9:30-10:30								
9:45									
10:00									
10:15			Yoga 10-10:45						
10:30									
10:45									
11:00									
11:15	Lane Swim 11-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-1	Cardio: Gentle 11-11:45					Family Play 10-12
11:30									
11:45									
12:00									
12:15	Lane Swim 12-1:30	Aqua Run 12:25-12:55	Open Swim 11:15-1	Tabata 12:15-12:45					
12:30									
12:45				Class Clean Up					
1:00									
1:15									
1:30									
1:45									
2:00	Lessons 1-3		Pickleball: Rec 1-3:15						Dancing with Parkinsons 1:30-2:30 *Registered through the PSSO*
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45	Owen Sound Otters 3:45-5:45								
4:00									
4:15									
4:30									
4:45									
5:00									
5:15		Rec Swim 5:30-8							
5:30									
5:45									
6:00	Lane Swim (2 lanes) 5:45-8	OSAC 5:45-7:15 (3 lanes)	Rec Swim 5:30-8	Kid Zone Set Up					Kids Zone Set Up
6:15									
6:30	Lane Swim (3 lanes) 5:45-8								Kids Zone* Ages 5-12 6-8
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 7:15-9:30	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45	Cycle 8-8:30					
7:30									
7:45									
8:00									
8:15	Lessons 9:30-11	OSAC 10:15-11:30 (4 lanes)	Family Gym 9-11:30		Tai Chi 1* 9-10		Boot Camp 8:45-9:30		
8:30									
8:45									
9:00									
9:15	Lifesaving Sport 11-12:45	Lessons 9-12:30	Family Gym 9-11:30		Tai Chi 3* 10-11:30		Gravity 9:45-10:15		
9:30									
9:45									
10:00									
10:15	Lane Swim 1-3 (2 lanes)	Rec Swim 1-3	Family Gym 1:30-3:30					Kung Fu* 10:30-11:15	
10:30									
10:45									
11:00									
11:15	Birthday Parties/Rentals		Family Gym 1:30-3:30						Birthday Party Set Up
11:30									
11:45									
12:00									
12:15	Basketball 3:45-4:45								Birthday Parties 12-3
12:30									
12:45									
1:00									
1:15									Birthday Party Clean Up
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
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										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30	Lane Swim 8:30-9:15	Lessons 8:30-9		Pickleball: Competitive 18yrs+ 7-9:30						
8:45										
9:00										
9:15	Tri-Swim* 9:15-9:45									
9:30		Lessons 9-10:15								
9:45										
10:00		Aquafit 9:45-10:30 (4 lanes)								
10:15										
10:30										
10:45	Lane Swim 9:45-12:30 (4 lanes)			Pickleball: Beginner/Rec 9:30-11:30						
11:00										
11:15			Open 10:45-12							
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00		Family Swim 12:30-1:30								
1:15										
1:30	Advanced Courses/ Lessons 10:30-3									
1:45										
2:00										
2:15			Rec Swim 1:30-3							
2:30										
2:45										
3:00	Birthday Parties/Rentals									
3:15										
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00	Sunday									