WINTER 2026

PROGRAM SCHEDULE

BEGINS FEBRUARY 2ND, 2026

Registered Sessions
Session C: Feb 2 - April 5
Session D: Apr 13 - June 7

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:	Jan 27th	Jan 29th
Session D:	April 7th	April 9th

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

Registration recommended for Group Fitness Classes, programs with * registration is required

Time	Pools: Lane	Pools: Lane	Pools: Leisure	Gymnasium	Studios: Cycle	Studios: Fitness	Fitness Centre	Program Rooms: 1	Program Rooms: 2	Program Rooms: 3
5:45										
6:00	Lane Swim 6-8:30	OSAC 6-7 (6 lanes)		Pickleball: Rec 6-8:30						
6:15							WOW 6:15-6:45			
6:30										
6:45										
7:00		OSAC 7-8 (4 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					Stay 'n' Play 8:45-12:00		
9:00				Cardio: Mix 9-9:45						
9:15										
9:30	Lessons 9:30-11					Tai Chi 1* 9:30-10				
9:45							Gravity* 9:45-10:15		Senior Socials 9:45-11:45 (Twice a month - Check dates online)	
10:00				Yoga 10-10:45		Tai Chi 3* 10-11:30				
10:15							Gravity: Mix 10:20-10:50			
10:30										
10:45										
11:00				Cardio: Gentle 11-11:45						
11:15	Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12							
11:30										
11:45										
12:00	Lane Swim 12-1		Adult Therapy 12-1							
12:15				Youth Fitness (6-13yrs) 12:15-1		Kettlebell Flow 12:15-12:45	TRX Boot Camp 12:15-12:45	Family Play (0-6 yrs) 12:15-1:30		
12:30										
12:45										
1:00	Lane Swim 1-1:30 (4 lanes)									
1:15		Lessons 1:15-3:30		Family Gym 1:15-3:30		Rock Steady Boxing* 1:15-2:45	Rock Steady Boxing* 1:15-2:45			
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45	Lane Swim 3:45-5:30 (2 lanes)	OSAC 3:45-5:30 (6 lanes)								
4:00			Lessons 4-6:15	Soccer Fundamentals* (6-12 yrs) 4-5			Strength Training Teen* 4-5	Family Play (0-6 yrs) 4-6		
4:15										
4:30						Core 4:30-5				
4:45										
5:00										
5:15				Jr NBA* (9-12yrs) 5:15-6:15 / Sport Literacy* (3-6yrs) 5:15-6:15		Yoga 5:15-6				
5:30	Lane Swim 5:30-6:45 (3 lanes)	OSAC 5:30-6:45 (5 lanes)								
5:45										
6:00										
6:15			Family Swim 6:15-7:15			Cardio: Mix 6:15-7				
6:30										
6:45										
7:00	Lane Swim 7-8 (4 lanes)	Aquafit 7-7:45 (4 lanes)		Badminton (13+ yrs) 6:45-8:45						
7:15			Open Swim 7:15-8							
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Monday									

TUESDAY 5:45 AM-9:00 PM

Registration recommended for Group Fitness Classes, programs with * registration is required

Time	Pools: Lane	Pools: Lane	Pools: Leisure	Gymnasium	Studios: Cycle	Studios: Fitness	Fitness Centre	Program Rooms: 1	Program Rooms: 2	Program Rooms: 3
5:45										
6:00	Lane Swim 6-7:45 (3 lanes)	OSAC 6-7:45 (5 lanes)		Basketball 6-8:30		Kettlebell Flow 6:15-7				
6:15										
6:30										
6:45										
7:00										
7:15										
7:30			Open Swim 7:30-8:45							
7:45	Lane Swim 7:45-8:30									
8:00										
8:15										
8:30						Cardiac Rehab* 8:30-11				
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30					Stay 'n' Play 8:45-12		
9:00				Family Gym 9-11:45	Cycle* 9-9:40					
9:15									Mommy & Me Stretch and Strengthen 9:15-10	
9:30	Lessons 9:30-11									
9:45							Gravity* 9:45-10:15			
10:00										
10:15							Gravity* 10:20-10:50		Chair Fit 10:15-11	
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open Swim 11:15-12:15			Stretch 11:15-12				
11:30										
11:45										
12:00	Lane Swim 12-1									
12:15			Aqua Motion 12:15-12:45	Bars & Plates 12:15-12:45						
12:30										
12:45										
1:00	Lessons 1-3:30			Pickleball: Beginner/Rec 1-3:30		Cardiac Rehab* 1-2:30		Family Play (0-6yrs) 1-3		
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lessons 4-6:30	OSAC 3:45-6:30 (3 lanes)	Lessons 4-7	Basket-ball (12-15yrs) 4-5 / Family Gym 4-5				Fun Zone (3-8 yrs) 4-6 (Parent must remain in building)		
4:15										
4:30										
4:45										
5:00				Family Gym 5-6:30			Strength Training Teen* 5-6			
5:15						Yoga 5:15-6				
5:30										
5:45										
6:00										
6:15						Zumba 6:15-7:15				
6:30	Lane Swim 6:30-8 (3 lanes)	OSAC 6:30-8 (5 lanes)								
6:45										
7:00			Rec Swim 7-8	Co-Ed Volleyball (13+ yrs) 7-8:45						
7:15										
7:30							Gravity Bootcamp 7:30-8:15			
7:45										
8:00										
8:15										
8:30										
8:45	Tuesday									

WEDNESDAY 5:45 AM-9:00 PM

Registration recommended for Group Fitness Classes, programs with * registration is required

Time	Pools: Lane	Pools: Lane	Pools: Leisure	Gymnasium	Studios: Cycle	Studios: Fitness	Fitness Centre	Program Rooms: 1	Program Rooms: 2	Program Rooms: 3
5:45										
6:00	Lane Swim 6-8:30	OSAC 6-7 (6 lanes)		Pickleball: Rec 6-8:30						
6:15						Bars & Plates 6:15-7				
6:30										
6:45						OSAC Dryland Training 7:15-8				
7:00		OSAC 7-8 (4 lanes)	Open Swim 7-8:45							
7:15										
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							
9:00				Tabata 9-9:45						
9:15										
9:30	Lessons 9:30-11		Aqua Motion 9:30-10			Tai Chi 1* 9:30-10				
9:45							Gravity* 9:45-10:15			
10:00				Yoga 10-10:45		Tai Chi 3* 10-11:30		Family Play (0-6 yrs) 10-12		
10:15							Gravity: Mix 10:20-10:50			
10:30										
10:45										
11:00				Cardio: Gentle 11-11:45						
11:15	Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)	Open 11:15-12							
11:30										
11:45										
12:00	Lane Swim 12-1		Adult Therapy 12-1	Rock Steady Boxing Set Up 12-1						
12:15						Core 12:15-12:45	Ride & Glide* 12:15-12:45			
12:30										
12:45										
1:00	Lessons 1-3			Set Up		Pilates 1-1:45				
1:15				Rock Steady Boxing* 1:15-2:45						
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lessons 4-6:30	OSAC 3:45-6:45 (4 lanes)	Lessons 4-6:45	Family Gym 4-7			Strength Training: Teen* 4-5	Stay 'n' Play* 4-6 (Parent must remain in building)	Creative Zone (3-10yrs) 4-6	
4:15										
4:30										
4:45										
5:00										
5:15						Joga 5:15-6				
5:30										
5:45										
6:00										
6:15							TRX Bootcamp 6:15-7			
6:30	Lane Swim 6:30-8 (4 lanes)									
6:45		Aqua Run 6:45-7:15	Open Swim 6:45-8							
7:00										
7:15		Aquafit 7:15-8								
7:30										
7:45				Basketball 7:15-8:45						
8:00										
8:15										
8:30										
8:45	Wednesday									

THURSDAY 5:45 AM-9:00 PM

Registration recommended for Group Fitness Classes, programs with * registration is required

Time	Pools: Lane	Pools: Lane	Pools: Leisure	Gymnasium	Studios: Cycle	Studios: Fitness	Fitness Centre	Program Rooms: 1	Program Rooms: 2	Program Rooms: 3
5:45										
6:00	Lane Swim 6-7:45 (3 lanes)	OSAC 6-7:45 (5 lanes)		Basketball 6-8:30						
6:15							Gravity 6:15-6:45			
6:30										
6:45										
7:00										
7:15							Yoga 7:15-8			
7:30			Open Swim 7:30-8:45							
7:45	Lane Swim 7:45-8:30									
8:00										
8:15										
8:30										
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30					Stay 'n' Play 8:45-12:00		
9:00				Family Gym 9-11:45	Cycle* 9-9:40	Cardiac Rehab* 8:30-11				
9:15									Mommy & Me Yoga 9:15-10	
9:30	Lessons 9:30-11									
9:45							Gravity* 9:45-10:15			
10:00										
10:15							Gravity* 10:20-10:50		Chair Yoga 10:15-11	
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open/Family Swim 11:15-12:15			Stretch 11:15-12				
11:30										
11:45										
12:00	Lane Swim 12-1									
12:15			Aqua Motion 12:15-12:45	Body Sculpt 12:15-12:45		Joga 12:15-12:45				
12:30										
12:45										
1:00	Lessons 1-3:30			Pickleball: Rec 1-3		Cardiac Rehab* 1:00-2:30		Family Play (0-6yrs) 1-3		
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30	CLOSED			Youth Basketball (10-16yrs) 3:15-4:45						
3:45										
4:00	Lessons 4-6:15	OSAC 3:45-6:15 (4 lanes)	Lessons 4-6:15					Fun Zone (3-10 yrs) 4-6 (Parent must remain in building)		
4:15										
4:30										
4:45				Tabata Set Up						
5:00							Strength Training: Teen* 5-6			
5:15				Tabata 5:15-6:00						
5:30										
5:45										
6:00										
6:15	Lane Swim 6:15-8 (2 lanes)	OSAC 6:15-7 (5 lanes)		Kickboxing 6:15-7:00						
6:30										
6:45			Rec Swim 6:30-7:30			Beginner Ballroom Dance 6:30-7:30			Home Alone * 6:30-7:30	
7:00		OSAC 7-8 (6 lanes)								
7:15										
7:30				Rec Volleyball (13+) 7:15 -8:45		Beginner Social & Club Latin Dance 7:30-8:30				
7:45										
8:00										
8:15										
8:30										
8:45	Thursday									

FRIDAY 5:45 AM-9:00 PM

Registration recommended for Group Fitness Classes, programs with * registration is required

Time	Pools: Lane	Pools: Lane	Pools: Leisure	Gymnasium	Gymnasium	Studios: Cycle	Studios: Fitness	Fitness Centre	Program Rooms: 1	Program Rooms: 2	Program Rooms: 3
5:45											
6:00	Lane Swim 6-8:30	OSAC 6-7:45 (5 lanes)		Basket-ball 6-8:30	Pickle-ball: Rec 6-8:30						
6:15								Boot Camp 6:15-7			
6:30											
6:45											
7:00			Open Swim 7-8:45				Athletic Performance Training: Teen 7:15-8				
7:15											
7:30											
7:45		(4 lanes)									
8:00											
8:15											
8:30											
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30								
9:00				Cardio: Step 9-9:45		Cycle* 9-10					
9:15											
9:30	Lessons 9:30-11										
9:45								Gravity* 9:45-10:15			
10:00				Yoga 10-10:45					Family Play (0-6yrs) 10-12		
10:15								Gravity* 10:20-10:50			
10:30											
10:45											
11:00				Cardio: Gentle 11-11:45							
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12								
11:30											
11:45											
12:00	Lane Swim 12-1		Adult Therapy 12-1								
12:15				Tabata 12:15-12:45							
12:30		Aqua Run 12:30-1									
12:45				Class Clean Up							
1:00	Lane Swim 1-1:30 (4 lanes)	Lessons 1-3:30		Pickleball: Rec 1-3:15						Rental 1-3	
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15											
3:30				Basketball 3:30-5:15							
3:45	Lane Swim 3:45-5:45 (2 lanes)	Owen Sound Otters 3:45-5:45									
4:00											
4:15											
4:30											
4:45											
5:00											
5:15				Kid Zone Set Up						Kids Zone Set Up	
5:30											
5:45	Rec Swim 6:30-8 (4 Lanes)	OSAC 5:45-7:30 (4 lanes)	Rec Swim 5:30-8								
6:00											
6:15				Kid Zone* 6-7:30			HiT Class 6:15-7			Kids Zone* (Ages 5-12) 6-8	
6:30											
6:45											
7:00											
7:15											
7:30				Basketball 7:30-8:45							
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		OSAC 7:05-9 (6 lanes)		Open Gym 7-8:45						
7:15	Lane Swim 7:15-9 (2 lanes)									
7:30										
7:45					Cycle* 8-8:30					
8:00										
8:15										
8:30										
8:45							Boot Camp 8:45-9:30			
9:00	Lessons 9-12:45	OSAC 9-11 (4 lanes)	Lessons 9-11:45	Family Gym 9-11:30		Tai Chi 1* 9-10				
9:15										
9:30							Gravity* 9:45-10:15			
9:45										
10:00						Tai Chi 3* 10-11:30			Kung Fu* 10:15-11	
10:15										
10:30										
10:45										
11:00		Lifesaving Sport 11-12:45								
11:15									Birthday Party Set Up	
11:30				Rental Set Up						
11:45										
12:00			Open 12-1	Rental 12-2					Birthday Parties 12-3	
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				Family Gym 2-3:30						
2:15										
2:30										
2:45										
3:00	Birthday Parties/Rentals								Birthday Party Clean Up	
3:15										
3:30										
3:45				Basketball 3:45-4:45						
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	Lane Swim 7:15-8:45 (2 lanes)	OSAC 7:15-8:30 (6 lanes)								
7:30										
7:45										
8:00										
8:15			Lessons 8:15-11:45							
8:30										
8:45	Lane Swim 8:45-9:45 (2 lanes)									
9:00		Tri-Swim* 9-9:30								
9:15										
9:30				Pickleball: Beginner/Rec 9:30-11:30			W.O.W. 9:30-10			
9:45	Lane Swim 9:45-12 (4 lanes)	Aquafit 9:45-10:30			Tri-Cycle* 9:45-10:15					
10:00								Family Play 10-12 0-6yrs		
10:15						Tri-Run* 10:15-10:45				
10:30		Lessons 10:30-12								
10:45										
11:00										
11:15						Stretch 11:15-12				
11:30				Rental Set Up					Birthday Party Set Up	
11:45										
12:00	Advanced Courses/ Lessons 12-3		Open 12-1	Rental 12-2					Birthday Parties 12-3	
12:15						Kickboxing 12:15-1				
12:30										
12:45										
1:00			Rec Swim 1-3							
1:15										
1:30										
1:45										
2:00				Family Gym 2-3:30						
2:15										
2:30										
2:45										
3:00	Birthday Parties/Rentals								Birthday Party Clean Up	
3:15										
3:30										
3:45				Basketball 3:45-4:45						
4:00										
4:15										
4:30										
4:45										
5:00	Sunday									