

# Owen Sound Partner Day!

**Sunday,  
January 25  
7:00 AM - 5:00 PM**

Owen Sound residents, enjoy **FREE ACCESS** to the YMCA of Owen Sound Grey Bruce, sponsored by the City of Owen Sound.

## Try a Fitness Class

- Stretch: 11:15 AM
- Kickboxing: 12:15 PM
- Bootcamp: 1:15 PM
- Core: 3:00 PM

## Enjoy the Pool

- Open Swim: 11:00 AM - 12:15 PM
- Rec Swim: 1:00 - 3:00 PM

## Have Fun in the Gym

- Pickleball: 9:30 AM
- Family Fun: 12:00 PM
- Basketball: 3:45 AM

**View our special Partner Day  
schedule on the next page**  
[ymcaowensound.on.ca](http://ymcaowensound.on.ca)



**owen  
sound**  
where you want to live

**Y**  
Owen Sound  
Grey Bruce  
Shine On

**Partner Day 7:00 AM-5:00 PM**

**Sunday, January 25th**

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									
8:45	Lane Swim 7:30-9:45 (3 lanes)			Pickleball: Competitive 18yrs+ 7-9:30					
9:00	OSAC 7:30-8:45 (5 lanes)								
9:15	Lane Swim (2 lanes)			Tri-Swim* 9:15-9:45			W.O.W. 9:30-10		
9:30									
9:45				Aquafit 9:45-10:30			Tri-Cycle* 10-10:30		
10:00							Tri-Run* 10:30-11		
10:15				Lessons 9-11			Stretch 11:15-12		
10:30	Lane Swim 9:45-12 (4 lanes)			Lessons 10:30-12					
10:45				Open 11-12:15			Kickboxing 12:15-1		
11:00									
11:15							Bootcamp 1:15-2		
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00	Rec Swim 1-3			Family Gym 12-3:30					
1:15									
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									