

# 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	<b>Lane Swim</b> 7:30-9:45 (3 lanes)		<b>OSAC</b> 7:30-8:45 (5 lanes)	<b>Pickleball: Competitive</b> 18yrs+ 7-9:30					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	<b>Lane Swim</b> 8:45-9:15 (8 lanes)		<b>Lessons</b> 9-11	<b>Pickleball: Beginner/Rec</b> 9:30-11:30					
8:45									
9:00									
9:15	<b>Tri-Swim*</b> 9:15-9:45	<b>W.O.W.</b> 9:30-10							
9:30									
9:45	<b>AquaFit</b> 9:45-10:30								<b>Tri-Cycle*</b> 10-10:30
10:00									
10:15									
10:30			<b>Tri-Run*</b> 10:30-11						
10:45									
11:00	<b>Stretch</b> 11:15-12								
11:15									
11:30									
11:45									
12:00		<b>Open</b> 11-12:15							
12:15									
12:30									
12:45									
1:00	<b>Kickboxing</b> 12:15-1								
1:15									
1:30									
1:45									
2:00		<b>Bootcamp</b> 1:15-2							
2:15									
2:30									
2:45									
3:00	<b>Core</b> 3-3:30								
3:15									
3:30									
3:45									
4:00		<b>Basketball</b> 3:45-4:45							
4:15									
4:30									
4:45									
5:00									

## Sunday, January 25th