



FAMILY DAY

Monday, February 16
7:00 AM - 3:00 PM

Family-Friendly Programs

Perfect for kids and families participating together.

**FREE for
Everyone!**

- **(NEW!)** Family Aquafit: 10:30 AM - 11:00 AM
- Family Swim (Leisure Pool): 11:00 AM - 12:00 PM
- Family Swim (Both Pools): 12:00 PM - 2:00 PM
- Family Gym: 11:15 AM - 2:30 PM

Adult & Youth Programs

Great options for teens and adults to enjoy.

- Pickleball: Rec: 7:00 AM - 9:30 AM
- Boot Camp: 8:00 - 8:30 AM
- Lane Swim (4 Lanes): 8:30 AM - 10:30 AM
- Badminton: 9:30 AM - 11:00 AM
- Gravity: 10:00 AM - 10:30 AM
- Lane Swim (2 Lanes): 12:00 PM - 2:00 PM
- Stretch: 12:00 PM - 12:30 PM

Please note, pool admission policy and pool capacity limits apply. Review on our website.

ymcaowensound.on.ca