



Shine On

SPRING
2026



PROGRAM SCHEDULE

BEGINS APRIL 13TH, 2026

Registered Sessions

Session D: April 13th - June 7th

Summer: July 6th - August 22nd

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 7th	April 9th
Summer:	June 9th	June 11th

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

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										WOW 6:15-6:45
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	Cardio: Mix 9-9:45			Stay 'n' Play* 8:45-12:00	Senior Socials 9:45-11:45 (Twice a month - Check dates online)		
9:00										
9:15										
9:30				Tai Chi 1* 9:30-10						
9:45					Gravity* 9:45-10:15					
10:00	Lessons 9:30-11				Gravity: Mix 10:20-10:50					
10:15										
10:30				Tai Chi 3* 10-11:30						
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12	Cardio: Gentle 11-11:45						
11:30										
11:45										
12:00	Lane Swim 12-1		Adult/ Therapy 12-1	Youth Fitness (6-13yrs) 12:15-1		Boot Camp 12:15-12:45				
12:15										
12:30										
12:45										
1:00	Lane Swim 1-1:30 (2 lanes)			Family Gym 1:15-3:30						
1:15										
1:30										
1:45										
2:00										
2:15										
2:30	Lessons 1:15-3:30									
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)	Lessons 4-5:15	Soccer Fundamentals* (6-12 yrs) 4-5						
4:00										
4:15										
4:30										
4:45										
5:00										
5:15										
5:30	Lane Swim 5:30-8 (3 lanes)	OSAC 5:30-6:45 (5 lanes)	Family Swim 5:30-6:30	Sport Literacy* (3-6yrs) 5:15-6:15						
5:45										
6:00										
6:15										
6:30										
6:45			Rec Swim 6:30-7:30							
7:00										
7:15			Aquafit 7-7:45 (4 lanes)							
7:30										
7:45		Open Swim 7:30-8	Badminton (13+ yrs) 6:45-8:45							
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 6-7:45 (3 lanes)	OSAC 6-7:45 (5 lanes)	Basketball 6-8:30			Gravity Boot Camp 6:15-6:45								
6:15														
6:30														
6:45														
7:00														
7:15														
7:30	Lane Swim 7:45-8:30		Open Swim 7:30-8:45											
7:45														
8:00	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30											
8:15														
8:30	Lessons 9:30-11			Family Gym 9-11:45	Cycle* 9-9:40	Cardiac Rehab* 8:30-11	Stay 'n' Play* 8:45-12		Mommy & Me Stretch and Strengthen 9:15-10					
8:45														
9:00														
9:15														
9:30														
9:45														
10:00	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open Swim 11:15-12:15						Chair Fit 10:15-11					
10:15														
10:30	Lane Swim 12-1		Aqua Motion 12:15-12:45	Bars & Plates 12:15-12:45										
10:45														
11:00														
11:15														
11:30						Stretch 11:15-12								
11:45														
12:00														
12:15														
12:30						Kettlebell Flow 12:15-12:45								
12:45														
1:00														
1:15														
1:30														
1:45														
2:00	Lessons 1-3:30		Pickleball: Beginner/Rec 1-3:30			Cardiac Rehab* 1-2:30	Family Play (0-6yrs) 1-3							
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 4-6:45	Basketball (12-15yrs) 4-5	Family Gym 4-5	Athletic Performance Training: Teen 4-4:45		Fun Zone (3-8 yrs) 4-6 (Parent must remain in building)						
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 (3 lanes)	OSAC 6:30-8 (5 lanes)	Rec Swim 6:45-8	Family Gym 5-6:30		Yoga 5:15-6	Strength Training Teen* 5-6							
6:45														
6:45														
7:00														
7:15														
7:30														
7:45														
8:00														
8:15														
8:30														
8:45														
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		OSAC 7-8 (4 lanes)								Open Swim 7-8:45	Bars & Plates 6:15-7	
6:45												
7:00											OSAC Dryland Training 7:15-8	
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	Tabata 9-9:45									
9:00												
9:15												
9:30	Lessons 9:30-11	Aqua Motion 9:30-10		Tai Chi 1* 9:30-10								
9:45												
10:00												
10:15				Yoga 10-10:45								
10:30												
10:45												
11:00												
11:15	Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)	Open 11:15-12	Cardio: Gentle 11-11:45								
11:30												
11:45												
12:00	Lane Swim 12-1	Adult/ Therapy 12-1	Rock Steady Boxing Set Up 12-1									
12:15												
12:30												
12:45												
1:00												
1:15	Lessons 1-3		Set Up									
1:30												
1:45					Rock Steady Boxing* 1:15-2:45							
2:00												
2:15												
2:30												
2:45												
3:00												
3:15												
3:30												
3:45												
4:00	Lessons 4-6:45	OSAC 3:45-6:45 (4 lanes)	Lessons 4-6:45	Family Gym 4-7								
4:15												
4:30												
4:45												
5:00												
5:15												
5:30												
5:45												
6:00												
6:15												
6:30												
6:45	Lane Swim 6:45-8 (4 lanes)	Aqua Run 6:45-7:15	Open Swim 6:45-8									
7:00												
7:15												
7:30				Aquafit 7:15-8								
7:45												
8:00												
8:15												
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 6-7:45 (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						Yoga 7:15-8			
7:30									
7:45	Lane Swim 7:45-8:30		Open Swim 7:30-8:45						
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Family Gym 9-11:45	Cycle* 9-9:40	Cardiac Rehab* 8:30-11	Stay 'n' Play* 8:45-12:00	Mommy & Me Yoga 9:15-10	
9:00									
9:15	Lessons 9:30-11								
9:30									
9:45									
10:00									
10:15									
10:30						Gravity* 9:45-10:15	Chair Yoga 10:15-11		
10:45						Gravity* 10:20-10:50			
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		Aqua Motion 12:15-12:45	Body Sculpt 12:15-12:45		Joga 12:15-12:45			
12:15									
12:30									
12:45									
1:00									
1:15	Lessons 1-3:30		Pickleball: Rec 1-3			Cardiac Rehab* 1:00-2:30	Family Play (0-6yrs) 1-3		
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED		Youth Basketball (10-16yrs) 3:15-4:45						
3:15									
3:30									
3:45									
4:00									
4:15	Lessons 4-6:15	OSAC 3:45-6:15 (4 lanes)	Lessons 4-6:45	Tabata Set Up			Strength Training: Teen* 5-6	Fun Zone (3-10 yrs) 4-6 (Parent must remain in building)	
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15	Lane Swim 6:15-7 (3 lanes)	OSAC 6:15-7 (5 lanes)	Rec Swim 6:45-8	Kickboxing 6:15-7:00					
6:30									
6:45									
7:00	Lane Swim 7-8 (2 lanes)	OSAC 7-8 (6 lanes)							Babysitting Course* (11+ yrs) 6:30-7:30 April 16-May 28
7:15									
7:30									
7:45									
8:00				Rec Volleyball (13+) 7:15-8:45					
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 6-7:45 (5 lanes)	Basketball 6-8:30	Pickleball: Rec 6-8:30								
6:15												Boot Camp 6:15-7
6:30												
6:45												
7:00												
7:15												
7:30												
7:45												
7:45		Open Swim 7-8:45										
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* 9-9:45							
9:15												
9:30	Lessons 9:30-11											
9:45												
10:00							Gravity* 9:45-10:15					
10:15					Yoga 10-10:45							
10:30							Gravity* 10:20-10:50					
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												
12:45						Class Clean Up						
1:00	Lane Swim 1-1:30 (4 lanes)	Lessons 1-3:30		Pickleball: Rec 1-3:15								
1:15												
1:30												
1:45												
2:00												
2:15												
2:30												
2:45												
3:00												
3:15												
3:30												
3:45	Lane Swim 3:45-5:45 (2 lanes)	Owen Sound Otters 3:45-5:45	Basketball 3:30-5:15									
4:00												
4:15												
4:30												
4:45												
5:00												
5:15												
5:30												
5:45												
6:00	Rec/Lane Swim 5:45-7	OSAC 5:45-7:30 (4 lanes)	Rec Swim 5:30-8	Kid Zone* 6-7:30								
6:15												
6:30												
6:45												
7:00	Rec Swim 7-8											
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 (2 lanes)	OSAC 7:05-9 (6 lanes)	Open Gym 7-8:45						
7:30									
7:45									
8:00									
8:15									
8:30	Lessons 9-12:45	OSAC 9-11 (4 lanes)	Family Gym 9-11:30						
8:45									
9:00									
9:15									
9:30									
9:45									
10:00									
10:15									
10:30									
10:45									
11:00	Lifesaving Sport 11-12:45								
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00	Lane Swim 1-3 (3 lanes)	Rec Swim 1-3	Rental 12-2						
1:15									
1:30									
1:45									
2:00									
2:15									
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	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	Lane Swim 7:15-8:45 (2 lanes)	OSAC 7:15-8:30 (6 lanes)	Pickleball: Competitive 18yrs+ 7-9:30								
7:30											
7:45											
8:00											
8:15											
8:30											
8:45											
9:00	Lane Swim 8:45-9:45 (2 lanes)	Tri-Swim* 9-9:30									
9:15											
9:30	Lane Swim 9:45-12 (4 lanes)	Aquafit 9:45-10:30	Lessons 8:15-11:45	Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 9:45-10:15		W.O.W. 9:30-10	Family Play 10-12 0-6yrs			
9:45											
10:00											
10:15										Tri-Run* 10:15-10:45	
10:30											
10:45											
11:00	Lessons 10:30-12										
11:15											
11:30			Rental Set Up						Birthday Party Set Up		
11:45											
12:00	Advanced Courses/ Lessons 12-3	Rec Swim 1-3	Rental 12-2							Birthday Parties 12-3	
12:15											Open 12-1
12:30											
12:45											Kickboxing 12:15-1
1:00											
1:15											Stretch 11:15-12
1:30											
1:45											Family Gym 2-3:30
2:00											
2:15											
2:30											
2:45											
3:00											
3:15	Birthday Parties/Rentals								Birthday Party Clean Up		
3:30											
3:45											
4:00			Basketball 3:45-4:45								
4:15											
4:30											
4:45											
5:00											

Sunday