



**MARCH
BREAK
2026**



PROGRAM SCHEDULE
 MARCH 16TH - 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

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!

TUESDAY, MARCH 17, 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		Basketball 6-8:30						March Break Camp	
6:15										
6:30										
6:45										
7:00										
7:15										
7:30	Lessons									
7:45	Open Swim 7:30-8:45									
8:00										
8:15										
8:30										
8:45	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			
9:00	Adult/ Aquafit 8:45-9:30									
9:15										
9:30	Lane Swim 9:30-10:30 (4 Lanes)	Private Lessons 9:30-10:30								
9:45										
10:00										
10:15			Rec Swim 10-11:15							
10:30										
10:45										
11:00										
11:15	Aquafit 11:15-12									
11:30										
11:45										
12:00	Lane Swim 12-1									
12:15			Bars & Plates 12:15-12:45							
12:30										
12:45										
1:00	Lane Swim 1-3 (3 Lanes)		Rec Swim 1-3		Pickleball: Beginner/Rec 1-3		Cardiac Rehab* 1-2:30		March Break Camp 1-3	
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15	CLOSED		March Break Camp 3:15-5							
3:30										
3:45										
4:00	Lane Swim 4-5:30 (3 Lanes)		OSAC 4-5:30 (5 Lanes)		Rec Swim 4-7		Strength Training: Teen* 4-5:30			
4:15										
4:30										
4:45										
5:00										
5:15										
5:30	Lane Swim 5:30 -7		Family Gym 5-6:30		Yoga 5:15-6					
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45			Rec Volleyball (13+) 7-8:45							
8:00										
8:15										
8:30										
8:45										
Tuesday										

WEDNESDAY, MARCH 18, 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								
6:15									
6:30									
6:45									
7:00									
7:15									
7:30		Open Swim 7:30-8:45							
7:45									
8:00									
8:15									
8:30			Tabata Set Up						
8:45	Aquafit 8:45-9:30								
9:00			Adult/ Aquafit 8:45-9:30						
9:15				Tabata 9-9:45					
9:30	Lane Swim 9:30-10:30 (4 Lanes)	Private Lessons 9:30-10:30							
9:45					Tai Chi 1* 9:30-10		Gravity* 9:45-10:15		
10:00							Gravity: Mix 10:20-10:50		
10:15			Rec Swim 10-11:15						
10:30									
10:45									
11:00									
11:15	Aquafit 11:15-12								
11:30									
11:45									
12:00		Open Swim 11:15-1							
12:15	Lane Swim 12-1								
12:30									
12:45									
1:00			Set Up						
1:15	Advanced Courses 1-3	Rec Swim 1-3							
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00	Lane Swim 4-8	Private Lessons 4-7							
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00		Open Swim 6-8							
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
Wednesday									

THURSDAY, MARCH 19, 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		Basketball 6-8:30						
6:15									
6:30									
6:45									
7:00									
7:15									
7:30		Open Swim 7:30-8:45							
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Family Gym 9-11:45	Cycle* 9-9:40	Cardiac Rehab* 8:30-11			Advanced Courses 9-3	
9:00	Adult/ Aquafit 8:45-9:30								
9:15									
9:30	Lane Swim 9:30-10:30 (4 Lanes)	Private Lessons 9:30-10:30							
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15	Aquafit 11:15-12		Body Sculpt 12:15-12:45						
11:30	Open Swim 11:15-12:30								
11:45									
12:00									
12:15	Lane Swim 12-1								
12:30	Aqua Motion 12:30-1								
12:45									
1:00	Advanced Courses 1-3	Rec Swim 1-3		Pickleball: Rec 1-3					March Break Camp
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	Lane Swim 4-7 (3 Lanes)	OSAC 4-5:30 (5 Lanes)	Rec Swim 4-7	March Break Camp 3-4					
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00	Lane Swim 5:30 -7								
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Thursday								

FRIDAY, MARCH 20, 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		Basketball 6-8:30 Pickelball: Rec 6-8:30						
6:15									
6:30									
6:45									
7:00									
7:15									
7:30	Open Swim 7-8:45				Athletic Performance Training: Teen 7:15-8				
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30		Cycle* 9-9:45				
9:00			Cardio: Step 9-9:45						
9:15									
9:30	Lane Swim 9:30-10:30 (4 Lanes) Private Lessons 9:30-10:30		Rec Swim 10-11:30						
9:45									
10:00			Yoga 10-10:45		March Break Camp 10-1		Gravity* 9:45-10:15		
10:15							Gravity* 10:20-10:50		
10:30									
10:45									
11:00			Cardio: Gentle 11-11:45						
11:15	Aquafit 11:15-12								
11:30									
11:45									
12:00	Lane Swim 12-1		Adult/ Therapy 11:30-1				Advanced Courses 9-3		
12:15									
12:30			Tabata 12:15-12:45						
12:45			Class Clean Up						
1:00	Advanced Courses 1-3		Rec Swim 1-3				March Break Camp		
1:15									
1:30									
1:45									
2:00									
2:15									
2:30			Pickleball: Rec 1-3						
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00									
4:15									
4:30			March Break Camp 3:15-4:45						
4:45									
5:00	Lane Swim 5-8 (4 lanes) Rec Swim 5-8		Family Gym 5-7						
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30					HiT Class 6:15-7				
7:45									
7:30									
7:45			Basketball 7:15-8:45						
8:00									
8:15									
8:30									
8:45	Friday								

SATURDAY, MARCH 21, 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	Lane Swim 7:15-10:30		Open Gym 7-8:45						
7:15									
7:30									
7:45									
8:00			Cycle*						
8:15			8-8:30						
8:30									
8:45									
9:00	Advanced Courses 10:30-1	Family Swim 10:30-1	Family Gym 9-11:30				Advanced Courses 9-3	Birthday Party Set Up	
9:15									
9:30									Tai Chi 1*
9:45									9-10
10:00			Gravity*						
10:15									9:45-10:15
10:30									
10:45			Tai Chi 3*						
11:00	10-11:30								
11:15	Rec Swim 1-3		Rental Set Up					Birthday Parties 12-3	
11:30									
11:45									
12:00									
12:15			Rental						
12:30									12-2
12:45									
1:00			Advanced Courses 1-3						
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	Rental							Birthday Party Clean Up	
3:15									
3:30									
3:45									
4:00									Basketball 3:45-4:45
4:15									
4:30									
4:45									
5:00	Saturday								

SUNDAY, MARCH 22, 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										
7:30										
7:45										
8:00	Lane Swim 8-9									
8:15										
8:30			Private Lessons 8:30-9:30							
8:45										
9:00	Lane Swim	Tri-Swim*								
9:15	9-9:30 (2)	9-9:30								
9:30	Lane Swim 9:30-1 (4)		Open Swim 9:30-10:30	Pickleball: Beginner/Rec 9:30-11:30			W.O.W. 9:30-10			
9:45								Tri-Cycle* 9:45-10:15		
10:00			Aquafit 9:45-10:30							
10:15							Tri-Run* 10:15-10:45			
10:30			Family Swim 10:30-12				Family Play (0-6 yrs) 10-12			
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00	Advanced Courses/ Private Lessons 10:30-3		Rec Swim 1-3	Rental 12-2				Kickboxing 12:15-1	Birthday Parties 12-3	
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00	Rental									
3:15										
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00	Sunday									