

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											
6:30											
6:45											
7:00											
7:15											
7:30											
7:45											
7:30		7:45-8 (4 Lanes)	Open Swim 7-8:45	Athletic Performance Training: Teen 7:15-8							
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											
9:45	Lane Swim 9:45-10:30 (4 lanes)	Advanced Courses 9:45-10:30	Rec Swim 10-11:15	Yoga 10-10:45					Gravity* 9:45-10:15		
10:00											
10:15											
10:30											
10:45											
11:00											
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-12	Cardio: Gentle 11-11:45					Family Play (0-6yrs) 10-12		
11:30											
11:45											
12:00	Lane Swim 12-1		Adult/Therapy 12-1	PD Day Camp 12-2	PD Day Camp						
12:15											
12:30											
12:45											
1:00											
1:15	Advanced Courses 1:15-3:15	Rec Swim 1:15-3:15									
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		Family Gym 2-6							
4:00											
4:15											
4:30											
4:45											
5:00											
5:15											
5:30											
5:45											
6:00											
6:15											
6:30	Lane Swim (4 lanes) 5:45-8	Rec Swim (4 lanes) 5:45-8	Rec Swim 5:30-8								
6:45											
7:00											
7:15											
7:30											
7:45											
8:00											
8:15											
8:30											
8:45											
Friday											