



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 | | | WOW 6:15-6:45 | | | |
| 6:15 | | | | | | | | | |
| 6:30 | | | | | | | | | |
| 6:45 | | | | | | | | | |
| 7:00 | | | | | | | | | |
| 7:15 | | | | | | | | | |
| 7:30 | | | | | | | | | |
| 7:45 | | | | | | | | | |
| 8:00 | | Open Swim 7-8:45 | | | | | | | |
| 8:15 | | | | | | | | | |
| 8:30 | | | | | | | | | |
| 8:45 | Aquafit 8:45-9:30 | | | | | | Stay 'n' Play* 8:45-12:00 | Senior Socials 9:45-11:45 (Twice a month - Check dates online) | |
| 9:00 | Adult/ Aquafit 8:45-9:30 | | Cardio: Mix 9-9:45 | | | | | | |
| 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 | | | | | | | | | |
| 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) | | | | | | | | |
| 1:15 | | | | | | | | | |
| 1:30 | | | | | | | | | |
| 1:45 | | | | | | | | | |
| 2:00 | Lessons 1:15-3:30 | | | Family Gym 1:15-3:30 | | | | | |
| 2:15 | | | | | | | | | |
| 2:30 | | | | | | | | | |
| 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 | | Strength Training Teen* 4-5 | Family Play (0-6 yrs) 4-6 | | |
| 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 | | | | | | | | | |
| 7:00 | | | Aquafit 7-7:45 (4 lanes) | Rec Swim 6:30-7:30 | | | | | |
| 7:15 | | | | | | | | | |
| 7:30 | | | Open Swim 7:30-8 | Badminton (13+ yrs) 6:45-8:45 | | | | | |
| 7:45 | | | | | | | | | |
| 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 | | | | | | |
| 6:15 | | | | | | | | | |
| 6:30 | | | | | | | | | |
| 6:45 | | | | | | | | | |
| 7:00 | | | | | | | | | |
| 7:15 | Lane Swim 7:45-8:30 | Open Swim 7:30-8:45 | | | | | | | |
| 7:30 | | | | | | | | | |
| 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 | Gravity Boot Camp 6:15-6:45 | Stay 'n' Play* 8:45-12 | Mommy & Me Stretch and Strengthen 9:15-10 |
| 8:45 | | | | | | | | | |
| 9:00 | | | | | | | | | |
| 9:15 | | | | | | | | | |
| 9:30 | | | | | | | | | |
| 9:45 | Lessons 9:30-11 | | | | | | Gravity* 9:45-10:15 | | |
| 10:00 | | | | | | | | | |
| 10:15 | | | | | | | | | |
| 10:30 | Lane Swim 11:15-12 | Aqua Deep 11:15-12 (6 lanes) | Open Swim 11:15-12:15 | | | | | | |
| 10:45 | | | | | | | | | |
| 11:00 | Lane Swim 12-1 | Aqua Motion 12:15-12:45 | Bars & Plates 12:15-12:45 | | | | | | Chair Fit 10:15-11 |
| 11:15 | | | | | | | | | |
| 11:30 | | | | | | | | | |
| 11:45 | Lessons 1-3:30 | | Pickleball: Beginner/Rec 1-3:30 | | | Cardiac Rehab* 1-2:30 | | Family Play (0-6yrs) 1-3 | |
| 12:00 | | | | | | | | | |
| 12:15 | | | | | | | | | |
| 12:30 | | | | | | | | | |
| 12:45 | | | | | | | | | |
| 1:00 | 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) | |
| 1:15 | | | | | | | | | |
| 1:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | Strength Training Teen* 5-6 | | |
| 1:45 | | | | | | | | | |
| 2:00 | | | | | | | | | |
| 2:15 | Lane Swim 6:30-8 (3 lanes) | OSAC 6:30-8 (5 lanes) | Rec Swim 6:45-8 | | | Zumba 6:15-7:15 | | | |
| 2:30 | | | | | | | | | |
| 2:45 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | Basketball (12-15yrs) 4-5 | Family Gym 4-5 | | | | |
| 2:45 | | | | | | | | | |
| 3:00 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | | | |
| 3:15 | | | | | | | | | |
| 3:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | | | |
| 3:45 | | | | | | | | | |
| 4:00 | Lane Swim 6:30-8 (3 lanes) | OSAC 6:30-8 (5 lanes) | Rec Swim 6:45-8 | | | | | | |
| 4:15 | | | | | | | | | |
| 4:30 | 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) | |
| 4:45 | | | | | | | | | |
| 5:00 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | Yoga 5:15-6 | Strength Training Teen* 5-6 | | |
| 5:15 | | | | | | | | | |
| 5:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | | | |
| 5:45 | | | | | | | | | |
| 6:00 | Lane Swim 6:30-8 (3 lanes) | OSAC 6:30-8 (5 lanes) | Rec Swim 6:45-8 | | | Zumba 6:15-7:15 | | | |
| 6:15 | | | | | | | | | |
| 6:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | Basketball (12-15yrs) 4-5 | Family Gym 4-5 | | | | |
| 6:45 | | | | | | | | | |
| 7:00 | Lane Swim 6:30-8 (3 lanes) | OSAC 6:30-8 (5 lanes) | Rec Swim 6:45-8 | | | | | | |
| 7:15 | | | | | | | | | |
| 7:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | | | |
| 7:45 | | | | | | | | | |
| 8:00 | 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) | |
| 8:15 | | | | | | | | | |
| 8:30 | Lessons 4-6:30 | OSAC 3:45-6:30 (3 lanes) | Lessons 4-6:45 | | Family Gym 5-6:30 | | | | |
| 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 | | | | | | | | | | |
| 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 | | | 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 | | | | | | Gravity* 9:45-10:15 | Family Play (0-6 yrs) 10-12 | | | |
| 10:15 | | | | | | Gravity: Mix 10:20-10:50 | | | | |
| 10:30 | | | | | | | | | | |
| 10:45 | | | | | | | | | | |
| 11:00 | | | Cardio: Gentle 11-11:45 | | | | | | | |
| 11:15 | Lane Swim 11:15-12 | Aquafit 11:15-12 (6 lanes) | Open 11:15-12 | | | | | | | |
| 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 | | | | | Set Up | | | | | |
| 1:15 | Lessons 1-3 | | Rock Steady Boxing* 1:15-2:45 | | | | | | | |
| 1:30 | | | | | | | | | | |
| 1:45 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| 7:00 | Lane Swim 6:45-8 (4 lanes) | Aquafit 7:15-8 | Open Swim 6:45-8 | | | | | | | |
| 7:15 | | | | | | | | | | |
| 7:30 | | | | | | | | | | |
| 7:45 | | | | | | | | | | |
| 8:00 | | | | Basketball 7:15-8:45 | | | | | | |
| 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 | | | | | | |
| 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 | | | | | | | | | |
| 8:15 | | | | | | | | | |
| 8:30 | | | | | | | | | |
| 8:45 | Aquafit 8:45-9:30 | Adult/ Aquafit 8:45-9:30 | | | | | | | |
| 9:00 | | | | | | | | | |
| 9:15 | | | 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 |
| 9:30 | | | | | | | | | |
| 9:45 | | | | | | | | | |
| 10:00 | | | | | | | | | |
| 10:15 | | | | | | | | | |
| 10:30 | Lessons 9:30-11 | | | | | | | | |
| 10:45 | | | | | | | | | |
| 11:00 | | | | | | | | | |
| 11:15 | Lane Swim 11:15-12 | Aqua Deep 11:15-12 (6 lanes) | | | | | | | |
| 11:30 | | | | | | | | | |
| 11:45 | | | | | | | | | |
| 12:00 | Lane Swim 12-1 | Aqua Motion 12:15-12:45 | Body Sculpt 12:15-12:45 | | | | | | |
| 12:15 | | | | | | | | | |
| 12:30 | | | | | | | | | |
| 12:45 | | | | | | | | | |
| 1:00 | Lessons 1-3:30 | | Pickleball: Rec 1-3 | | | | | | |
| 1:15 | | | | | | | | | |
| 1:30 | | | | | | | | | |
| 1:45 | | | | | | | | | |
| 2:00 | | | | | | | | | |
| 2:15 | | | | | | | | | |
| 2:30 | | | | | | | | | |
| 2:45 | | | | | | | | | |
| 3:00 | | | | | | | | | |
| 3:15 | | | | | | | | | |
| 3:30 | CLOSED | | Youth Basketball (10-16yrs) 3:15-4:45 | | | | | | |
| 3:45 | | | | | | | | | |
| 4:00 | Lessons 4-6:15 | OSAC 3:45-6:15 (4 lanes) | Lessons 4-6:45 | | | | | | |
| 4:15 | | | | | | | | | |
| 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) | | | | | | | |
| 6:30 | | | | | | | | | |
| 6:45 | | | | | | | | | |
| 7:00 | Lane Swim 7-8 (2 lanes) | OSAC 7-8 (6 lanes) | Rec Swim 6:45-8 | | | | | | |
| 7:15 | | | | | | | | | |
| 7:30 | | | | | | | | | |
| 7:45 | | | | | | | | | |
| 8:00 | | | | | | | | | |
| 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 | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | |
| 6:45 | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | |
| 7:15 | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | |
| 7:30 | | 7:45-8 (4 Lanes) | | | 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 | | | | | | | | |
| 9:00 | | | Cardio: Step 9-9:45 | | Cycle* 9-9:45 | | | | | | |
| 9:15 | | | | | | | | | | | |
| 9:30 | Lessons 9:30-11 | | | | | | | | | | |
| 9:45 | | | | | | | Gravity* 9:45-10:15 | | | | |
| 10:00 | | | | | | | | | | | |
| 10:15 | | | | | Yoga 10-10:45 | | | Gravity* 10:20-10:50 | | | |
| 10:30 | | | | | | | | | | | |
| 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 (2 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* (5-12 yrs) 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 | | Family Gym 2-3:30 | | | | | | |
| 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 | Lane Swim 8:45-9:45 (2 lanes) | Tri-Swim* 9-9:30 | | | | | | | |
| 8:30 | | | | | | | | | |
| 8:45 | | | | | | | | | |
| 9:00 | | | | | | | | | |
| 9:15 | Lane Swim 9:45-12 (4 lanes) | Aquafit 9:45-10:30 | Lessons 8:15-11:45 | Pickleball: Beginner/Rec 9:30-11:30 | | | | | |
| 9:30 | | | | | | | | | |
| 9:45 | | | | | | | | | |
| 10:00 | | | | | | | | | |
| 10:15 | | Lessons 10:30-12 | | | | | | | |
| 10:30 | | | | | | | | | |
| 10:45 | | | | | | | | | |
| 11:00 | | | | | | | | | |
| 11:15 | Advanced Courses/ Lessons 12-3 | Open 12-1 | | | | | | | |
| 11:30 | | | | | | | | | |
| 11:45 | | | | | | | | | |
| 12:00 | | | | | | | | | |
| 12:15 | | Rec Swim 1-3 | Rental 12-2 | | | | | | |
| 12:30 | | | | | | | | | |
| 12:45 | | | | | | | | | |
| 1:00 | | | | | | | | | |
| 1:15 | Birthday Parties/Rentals | | | | | | | | |
| 1:30 | | | | | | | | | |
| 1:45 | | | | | | | | | |
| 2:00 | | | | | | | | | |
| 2:15 | | | | | | | | | |
| 2:30 | | | | | | | | | |
| 2:45 | | | | | | | | | |
| 3:00 | | | | | | | | | |
| 3:15 | | | | | | | | | |
| 3:30 | | | | | | | | | |
| 3:45 | | | | | | | | | |
| 4:00 | | | | | | | | | |
| 4:15 | | | | | | | | | |
| 4:30 | | | | | | | | | |
| 4:45 | | | | | | | | | |
| 5:00 | | | | | | | | | |

Sunday