



Shine On

SUMMER 2026



PROGRAM SCHEDULE

BEGINS JUNE 27, 2026

This summer, discover what moves you. Jump into fitness classes, make a splash in the pool, and find your new favourite way to stay active. There's something for everyone at the Y!

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 on our website.

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	7:00-3:00

IMPORTANT DATES

Holiday Closures	Jul 1 & Aug 3
Annual Facility Closure	Sept 7-13
Session A Member Reg	Sept 1
Session A Public Reg	Sept 3
<i>Session dates available on our website.</i>	

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!

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											
6:15											
6:30	Lane Swim 6:30-8:30		Pickleball: Rec 6-8:30								
6:45											
7:00											
7:15											
7:30											
7:45											
8:00		Open Swim 7:00-8:45									
8:15											
8:30											
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30									
9:00											
9:15											
9:30	Lessons* 9:30-10:30	Family Swim 9:30-10:30									
9:45											
10:00											
10:15											
10:30											
10:45											
11:00											
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12	Adult/ Therapy 11:15-12:15								
11:30											
11:45											
12:00	Lane Swim 12-1	Aqua Motion 12:15-12:45	Day Camp* 12-1								
12:15											
12:30											
12:45											
1:00	Lane Swim 1-3 (2+ lanes)	Rental 1-2		Family Gym 1-4							
1:15											
1:30											
1:45											
2:00											
2:15											
2:30		Rec Swim 2-3									
2:45											
3:00											
3:15											
3:30											
3:45											
4:00											
4:15											
4:30											
4:45											
5:00											
5:15	Lane Swim 5:15-7		Basketball (10+ yrs) 4:30-6:30								
5:30											
5:45											
6:00											
6:15											
6:30											
6:45											
7:00	Lane Swim 7-8 (3 lanes)	Aquafit 7-7:45	Badminton (13+ yrs) 6:45-8:45								
7:15											
7:30											
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									Day Camp*	
6:00										
6:15										
6:30	Lane Swim 6:30-8:30		Basketball 6-8:30							
6:45										
7:00										
7:15										
7:30										
7:45										
8:00		Open Swim 7:30-8:45								
8:15										
8:30										
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30								
9:00										
9:15										
9:30	Lessons* 9:30-10:45	Day Camp* 9:30-10:45	Mommy & Me 9:15-10	Cycle* 9-9:40	Cardiac Rehab* 8:30-11					
9:45										
10:00										
10:15										
10:30			Family Gym 9-11:45							
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 lanes)	Aqua Deep 11:15-12								
11:30										
11:45										
12:00	Lane Swim 12-1	Open Swim 11:15-12:45								
12:15										
12:30										
12:45										
1:00	Lane Swim 1-3 (2+ Lanes)	Day Camp* 1-2	Pickleball: Beginner/Rec 1-2:45							
1:15										
1:30										
1:45										
2:00				Rec Swim 2-3						
2:15										
2:30										
2:45										
3:00										
3:15			Day Camp* 3-4							
3:30										
3:45										
4:00	Lane Swim 4-7	Lessons* 4-7	Family Gym 4-6:30							
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00		Family Swim 6-7								
6:15										
6:30										
6:45										
7:00										
7:15										
7:30			Rec Volleyball (13+ yrs) 7-8:45							
7:45										
8:00										
8:15										
8:30										
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									Day Camp*	
6:00										
6:15										
6:30	Lane Swim 6:30-8:30									
6:45										
7:00										
7:15										
7:30										
7:45		Open Swim 7-8:45	Pickleball: Rec 6-8:30							
8:00										
8:15										
8:30			Tabata Set Up							
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30							
9:00										
9:15	Lessons* 9:30-10:45		Aqua Motion 9:30-10	Tabata 9-9:45						
9:30										
9:45										
10:00										
10:15			Yoga 10-10:45							
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12	Open Swim 11:15-12:45	Cardio: Gentle 11-11:45						
11:30										
11:45										
12:00	Lane Swim 12-1		Open Swim 11:15-12:45							
12:15										
12:30										
12:45										
1:00	Lane Swim 1-3 (2+ lanes)	Rental 1-2								
1:15										
1:30										
1:45										
2:00			Rec Swim 2-3							
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lane Swim 4-8	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										
7:55										
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										
6:15										
6:30	Lane Swim 6:30-8:30		Basketball 6-8:30							
6:45										
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45										
9:00	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cycle* 9-9:40	Cardiac Rehab* 8:30-11	Gravity* 9:45-10:15	Stay 'n' Play* (0-5 yrs) 8:45-12:00			
9:15										
9:30	Lessons* 9:30-10:45		Day Camp* 9:30-10:45	Mommy & Me 9:15-10						
9:45										
10:00										
10:15										
10:30			Family Gym 9-11:45			Gravity* 10:20-10:50				
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 lanes)	Aqua Deep 11:15-12	Open Swim 11:15-12:45							
11:30										
11:45										
12:00	Lane Swim 12-1		Open Swim 11:15-12:45							
12:15										
12:30										
12:45										
1:00	Lane Swim 1-3 (2+ Lanes)	Day Camp* 1-2		Pickleball: Rec 1-3						
1:15										
1:30										
1:45										
2:00		Rec Swim 2-3								
2:15										
2:30										
2:45										
3:00										
3:15										
3:30			Day Camp* 3:15-4:45							
3:45										
4:00	Lessons* 4-7									
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00			Family Swim 6-7							
6:15										
6:30										
6:45			Rec Volleyball (13+ yrs) 7:15-8:45							
7:00										
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									
6:15									
6:30	Lane Swim 6:30-8:30								
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30								
9:00									
9:15									
9:30	Lessons* 9:30-10:30								
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12							
11:30									
11:45									
12:00	Lane Swim 12-1								
12:15									
12:30									
12:45									
1:00	Lane Swim 1-3 (2+ Lanes)								
1:15									
1:30									
1:45									
2:00									
2:15									
2:30	Rec Swim 2-4								
2:45									
3:00									
3:15	Lifesaving Sport* 3-4:30								
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									

SATURDAY 7:00 AM - 3:00 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 8:30-10		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	Family Gym 9-10:30				Tai Chi: Foundations in Motion* 9-10				
9:15									
9:30									
9:45									
10:00	Open Swim 10:30-11:30	Rec Swim 11:30-2	Rental Set Up		Tai Chi: Continuing* 10-11:30				Rental Set Up
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30	Basketball 1:15-2:45								Rental 11-2
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
Saturday									

SUNDAY 7:00 AM - 3:00 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 (18+ yrs) 7-9						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00	Lane Swim 9-10:30		Pickleball: Beginner/Rec 9-10:30						
9:15									
9:30						W.O.W. 9:30-10			
9:45									
10:00		Aquafit 9:45-10:30							
10:15									
10:30			Rental Set Up					Rental Set Up	
10:45		Open Swim 10:30-11:30							
11:00									
11:15					Stretch 11:15-12				
11:30									
11:45			Rental 11-1						
12:00									
12:15									
12:30		Rec Swim 11:30-2			Kickboxing 12:15-1				
12:45									
1:00									
1:15									
1:30									
1:45			Family Gym 1:15-2:45						
2:00									
2:15									
2:30									
2:45									
Sunday									