



Shine On

FALL
2026

PROGRAM SCHEDULE

BEGINS SEPTEMBER 14, 2026

Get back into the rhythm this fall.
From energizing workouts to refreshing swims, there are
so many ways to feel your best.
Come in and experience it for yourself 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.

REGISTRATION DATES

	Member	Public
Session A:	Sept 1st	Sept 3rd
Session B:	Nov 17th	Nov 19th
Session C:	Feb 2nd	Feb 4th
Session D:	Apr 13th	Apr 15th

Registration opens at 12:00 PM. Session dates available on our website.

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

Lane		Leisure		Cycle	Fitness	Centre	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												
8:45	Aquafit 8:45-9:30					Adult/ Aquafit 8:45-9:30						Stay & Play* (0-5 yrs) 8:45-12:00
9:00						Cardio: Mix 9-9:45						
9:15												
9:30	Lessons* 9:30-11			Aqua Motion 9:35- 10:05								
9:45												
10:00												
10:15												
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 Swim 11:15-12									
11:30												
11:45												
12:00	Lane Swim 12-1:15		Adult/ Therapy 12-1	Aqua Motion 12:15- 12:45		Active Kids (6-13 yrs) 12:15-1			Family Play (0-6 yrs) 12:15-1:15			
12:15												
12:30												
12:45												
1:00												
1:15	Lessons* 1:15-3:30				Family Gym 1:15-3:30			Community Connection 1-3 (First Monday each month, beginning in October. See website for guest speakers)				
1:30												
1:45												
2:00												
2:15												
2:30												
2:45												
3:00												
3:15												
3:30												
3:45	Lane Swim/ Lessons* 3:45-6:45	OSAC* 3:45-5 (5 lanes)	Lessons* 3:45-5:15		Soccer Fundamentals* (6-12 yrs) 4-5	Core 4:30-5	Strength Training Teen* 4-5	Family Play (0-6 yrs) 4-7	Youth Courses* 4:15-5:15 (See website for details)			
4:00												
4:15												
4:30												
4:45		5-6:45 (5 lanes)	Rec Swim 5:30-7:30									
5:00												
5:15												
5:30					Sport Literacy* (3-6 yrs) 5:30-6:30		Yoga 5:15-6					
5:45												
6:00												
6:15												
6:30					Cardio: Mix 6:15-7							
6:45												
7:00	Lane Swim 6:45-8 (4 lanes)	Aquafit 7-7:45 (4 lanes)	Open Swim 7:30-8		Badminton 6:45-8:45							
7:15												
7:30												
7:45												
8:00					Shorinji-Kan Jiu-Jitsu* 7:15-8:45							
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										
7:30										
7:45	Lane Swim 7:45-8:30		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										
9:15										
9:30	Lessons* 9:30-11				Family Gym 9-11:45	Cycle* 9-9:40	Cardiac Rehab* 8:30-11	Gravity* 9:45-10:15	Stay & Play* (0-5 yrs) 8:45-12	Mommy & Me: Stretch and Strengthen 9:15-10
9:45										
10:00										
10:15										
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open Swim 11:15-1	Aqua Motion 12:15-12:45	Bars & Plates 12:15-12:45	Cardio: Skip 12:15-12:45	Cardiac Rehab* 1-2:30	Family Play (0-6 yrs) 1-3		
11:30										
11:45	Lane Swim 12-1:15		Open Swim 11:15-1	Aqua Motion 12:15-12:45	Bars & Plates 12:15-12:45	Cardio: Skip 12:15-12:45	Cardiac Rehab* 1-2:30	Family Play (0-6 yrs) 1-3		
12:00										
12:15										
12:30										
12:45										
1:00										
1:15									Lessons* 1:15-3:30	
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30			Youth Basket- ball (10-16 yrs) 3:15-4:45	Family Gym 3:15-4:45	Athletic Performance Training: Teen 4-4:45					
3:45										
4:00	Lessons* 3:45-6:30	OSAC* 3:45-6:30 (4 lanes)	Lessons* 3:45-6:45	Family Gym 4:45-6:30	Yoga 5:15-6	Strength Training Teen* 5-6	Fun Zone (3-10 yrs) 4-7 <i>(Parent must remain in YMCA)</i>			
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)	6:30-8 (5 lanes)	Rec Swim 6:45-8	Rec Volleyball (12+ yrs) 7-8:45	Zumba 6:15-7:15					
6:45										
7:00										
7:15										
7:30										
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										
6:00	Lane Swim 6-8:30	OSAC* 6-7 (6 lanes)		Pickleball: Rec 6-8:30		Bars & Plates 6-6:45				
6:15										
6:30										
6:45										
7:00		OSAC* 7-8 (4 lanes)	Open Swim 7-8:45			Athletic Performance Training; Teen 7:15-8				
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	Tabata Set Up			Tai Chi: Foundations in Movement* 9-10				
9:15										
9:30										
9:45										
10:00	Lessons* 9:30-11					Tabata 9-9:45		Gravity* 9:45-10:15		
10:15										
10:30										
10:45										
11:00									Chair Fit 9:15-10	
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										
12:15	Lane Swim 12-1:15		Adult/ Therapy 12-1	Rock Steady Boxing Set Up		Core 12:15-12:45	Kettlebell Flow 12:15-12:45			
12:30										
12:45										
1:00										
1:15	Lessons* 1:15-3:30			Rock Steady Boxing* 1:15-2:45	Pilates 1-1:45					
1:30										
1:45										
2:00										
2:15				Active Youth (8-14 yrs) 2-3						
2:30										
2:45										
3:00										
3:15			Youth Basketball (10-16 yrs) 3:15-4:15							
3:30										
3:45	OSAC* 3:45-5:45 (4 lanes)	Lessons* 3:45-6:45					Family Gym 4:30-7	Strength Training: Teen* 4-5		
4:00										
4:15										
4:30										
4:45				5:45-6:45 (5 lanes)	Open Swim 6:45-8			Joga 5:15-6		
5:00										
5:15										
5:30										
5:45	Lane Swim 6:45-8 (4 lanes)	Aquafit 7-7:45	Basketball 7:15-8:45	TRX Bootcamp 6:15-7		Fun Zone (3-10 yrs) 4-7 <i>(Parent must remain in YMCA)</i>				
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45				Shorinji-Kan Jiu-Jitsu* 7:15-8:45						
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
6:15										
6:30										
6:45										
7:00			Open Swim 7-8:45							
7:15										
7:30										
7:45										
8:00	Lane Swim 7:45-8:30									
8:15										
8:30										
8:45										
9:00	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30							
9:15										
9:30										
9:45										
10:00	Lessons* 9:30-11			Family Gym 9-11:45						
10:15										
10:30										
10:45										
11:00										
11:15										
11:30										
11:45										
12:00	Lane Swim 12-1:15		Open Swim 11:15-1	Aqua Motion 12:15-12:45						
12:15										
12:30										
12:45										
1:00										
1:15										
1:30										
1:45										
2:00	Lessons* 1:15-3:30			Pickleball: Rec 1-3						
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lessons* 3:45-6:15	OSAC* 3:45-6:15 (4 lanes)	Lessons* 3:45-6:45	Youth Basketball (10-16 yrs) 3:15-4:45						
4:15										
4:30										
4:45										
5:00			Tabata Set Up							
5:15										
5:30										
5:45										
6:00			Tabata 5:15-6:00							
6:15										
6:30										
6:45										
7:00	Lane Swim 6:15-7 (3 lanes)	6:15-7 (5 lanes)	Rec Swim 6:45-8	Kickboxing 6:15-7:00						
7:15										
7:30										
7:45										
8:00			Adult Rec Volleyball (16+ yrs) 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)	Open Swim 7-8:45	TYPTI 6-8:30 <i>Equipment not provided</i>			Athletic Performance Training: Teen 6:15-7				Boot Camp 6:15-7	
6:15												
6:30												
6:45												
7:00												
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: Step 9-9:45		Cycle* 9-9:45						Chair Fit 9:15-10
9:00												
9:15												
9:30	Lessons* 9:30-11		Aqua Motion 9:35-10:05					Family Play (0-6 yrs) 10-12	Mommy & Me: Yoga 10:15-11			
9:45												
10:00												
10:15												
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 12-1:15		Adult/ Therapy 12-1	Tabata 12:15-12:45								
12:15												
12:30			Tabata Clean Up									
12:45												
1:00	Lessons* 1:15-3:30			Pickleball: Rec 1-3:15				Rental 1-3				
1:15												
1:30												
1:45												
2:00												
2:15												
2:30												
2:45												
3:00												
3:15												
3:30				Basketball 3:30-5:15							Kids Club Set Up	
3:45												
4:00												
4:15												
4:30	Lane Swim 3:45-5:45 (2 lanes)	Owen Sound Otters* 3:45-5:45			Kids Club Set Up							
4:45												
5:00												
5:15												
5:30	Rec/Lane Swim 5:45-8	OSAC* 5:45-7:30 (4 lanes)	Rec Swim 5:30-8	Kids Club* (5-12 yrs) 6-7:45							Kids Club* (5-12 yrs) 6-8	
5:45												
6:00												
6:15												
6:30												
6:45												
7:00												
7:15												
7:30												
7:45												
8:00				Basketball 8-8:45								
8:15												
8:30												
8:45												
Friday												

SATURDAY 7:00 AM-7:00 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		OSAC* 7:05-9 (6 lanes)			Cycle* 8-8:30						
7:15	Lane Swim 7:15-9 (2 lanes)			Open Swim/ Lessons* 8-8:45							TYPTI 7:15-8:45 Equipment not provided
7:30											
7:45			Family Gym 9-11								
8:00											
8:15											
8:30											
8:45											
9:00	Lessons* 9-1	OSAC* 9-11 (4 lanes)	Lessons* 8:45-1	Family Gym 9-11	Tai Chi: Foundations in Movement* 9-10	Tai Chi: Continuing* 10-11:30		Boot Camp 8:45-9:30	Gravity* 9:45-10:15	Kung Fu* 10-10:45	
9:15											
9:30											
9:45											
10:00											
10:15											
10:30											
10:45											
11:00											
11:15											
11:30											
11:45											
12:00											
12:15											
12:30											
12:45											
1:00											
1:15	Lane Swim 1:15-4:30 (3 lanes)	Rec Swim 1:15-4:30		Family Gym 12:45-4						Birthday Parties/ Rentals 11-6:45	
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	Birthday Parties/Rentals	Birthday Parties/ Rentals 4-5:30									
4:45											
5:00											
5:15											
5:30											
5:45											
6:00											
6:15											
6:30											
6:45											
7:00	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 (3 lanes)	OSAC* 7:15-8:45 (5 lanes)	Open Swim/ Lessons* 7:15-8:15								Pickleball: Competitive (18+ yrs) 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		Tri-Cycle* 9:45-10:15	W.O.W. 9:30-10										
9:30																
9:45																
10:00																
10:15																
10:30																
10:45																
11:00																
11:15	Lessons* 10:30-12															
11:30																
11:45																
12:00																
12:15	Advanced Courses/ Lessons* 12-3		Open Swim 12:30-1:30	Pickleball: Beginner/Rec 9:30-11:30												
12:30																
12:45																
1:00																
1:15																
1:30																
1:45																
2:00																
2:15	Rec Swim 1:30-3:30															
2:30																
2:45																
3:00																
3:15																
3:30																
3:45																
4:00																
4:15	Birthday Parties/Rentals		Basketball 3:45-4:45													
4:30																
4:45																
5:00	Sunday															

Turn your next event into something unforgettable!

Host a birthday party, team celebration, or community gathering at the Y!
Visit our website for pool and room rental options.

