



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	Lane Swim 6-8:30		OSAC* 6-7 (6 lanes)		Pickleball: Rec 6-8:30		WOW 6:15-6:45									
6:00																
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																
9:00																
9:15																
9:30	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30		Cardio: Mix 9-9:45											
9:45																
9:30											Lessons* 9:30-11		Aqua Motion 9:35-10:05		Yoga 10-10:45	
9:45																
10:00																
10:15																
10:30																
10:45																
11:00																
11:15																
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							
12:15																
12:30																
12:45																
1:00																
1:15																
1:30																
1:45																
2:00																
2:15																
2:30	Lessons* 1:15-3:30		Family Gym 1:15-3:30													
2:45																
3:00																
3:15																
3:30																
3:45																
4:00																
4:15																
4:30																
4:45																
5:00	Lane Swim/ Lessons* 3:45-6:45		OSAC* 3:45-5 (6 lanes)				Lessons* 3:45-5:15		Soccer Fundamentals* (6-12 yrs) 4-5							
5:15																
5:30																
5:45																
6:00																
6:15																
6:30																
6:45																
7:00																
7:15																
7:30	Lane Swim 6:45-8 (4 lanes)		Aquafit 7-7:45 (4 lanes)				Rec Swim 5:30-7:30		Sport Literacy* (3-6 yrs) 5:30-6:30							
7:45																
8:00																
8:15																
8:30																
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8:45																
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8:45																
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					Kettlebell Flow 6:15-7									
6:45														
7:00														
7:15														
7:30	Open Swim 7-8:45													
7:45			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	
7:45														Lane Swim 7:45-8:30
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										
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	Stretch 11:15-12	Cardio: Skip 12:15-12:45							
11:30														
11:45														
12:00														
12:15	Lane Swim 12-1:15													
12:15														
12:30														
12:45														
1:00														
1:15	Lessons* 1:15-3:30		Pickleball: Beginner/Rec 1-3		Cardiac Rehab* 1-2:30		Family Play (0-6 yrs) 1-3							
1:30														
1:45														
2:00														
2:15														
2:30														
2:45														
3:00														
3:15														
3:30														
3:30			Youth Basket- ball (10-16 yrs) 3:15- 4:45	Family Gym 3:15- 4:45	Athletic Performance Training: Teen (13-18 yrs) 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* (12-15 yrs) 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	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									
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	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)	Open Swim 7-8:45	Pickleball: Rec 6-8:30		Bars & Plates 6-6:45				
6:15										
6:30										
6:45										
7:00		OSAC* 7-8 (4 lanes)								
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	Tabata Set Up		Tai Chi: Foundations in Movement* 9-10				
9:00										
9:15			Tabata 9-9:45			Gravity* 9:45-10:15				
9:30	Lessons* 9:30-11									
9:45										
10:00				Yoga 10-10:45						
10:15										
10:30						Gravity: Mix 10:20-10:50	Tiny Tales & Crafts* (3-6 yrs) 10:15-11	Mommy & Me: Stretch and Strengthen 10:15-11		
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 12-1:15		Adult/ Therapy 12-1	Rock Steady Boxing Set Up		Core 12:15-12:45	Kettlebell Flow 12:15-12:45			
12:15										
12:30										
12:45										
1:00						Pilates 1-1:45				
1:15	Lessons* 1:15-3:30			Rock Steady Boxing* 1:15-2:45						
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15				Youth Basketball (10-16 yrs) 3:15-4:15		Strength Training: Teen* (12-15 yrs) 4-5				
3:30										
3:45	OSAC* 3:45-5:45 (4 lanes)	Lessons* 3:45-6:45								
4:00										
4:15										
4:30										
4:45										
5:00										
5:15										
5:30				5:45-6:45 (5 lanes)						
5:45										
6:00										
6:15										
6:30				Joga 5:15-6						
6:45	Lane Swim 6:45-8 (4 lanes)	Aquafit 7-7:45	Open Swim 6:45-8							
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										
7:15										
7:30										
7:45	Lane Swim 7:45-8:30		Open Swim 7-8:45							
8:00										
8:15										
8:30					Cardiac Rehab* 8:30-11		Stay & Play* (0-5 yrs) 8:45-12:00			
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30							
9:00				Cycle* 9-9:40						
9:15										
9:30	Lessons* 9:30-11			Family Gym 9-11:45					Mommy & Me: Yoga 9:15-10	
9:45										
10:00										
10:15										
10:30										
10:45										
11:00							Chair Fit 10:15-11			
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	Body Sculpt 12:15-12:45	Stretch 11:15-12				
11:30										
11:45	Lane Swim 12-1:15		Open Swim 11:15-1	Aqua Motion 12:15-12:45	Joga 12:15-12:45					
12:00										
12:15										
12:30										
12:45										
1:00										
1:15	Lessons* 1:15-3:30			Pickleball: Rec 1-3		Cardiac Rehab* 1:00-2:30				Gravity* 1:15-1:45
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45	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						
4:00										
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)	6:15-7 (5 lanes)	Rec Swim 6:45-8	Kickboxing 6:15-7:00						
6:30										
6:45										
7:00										
7:15										
7:30	7-8 (2 lanes)	7-8 (6 lanes)								
7:45				Adult Rec Volleyball (16+ yrs) 7:15-8:45						
8:00										
8:15										
8:30										
8:45										
Thursday										

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)	TYPTI 6-8:30 <i>Equipment not provided</i>		Athletic Performance Training: Teen (13-18 yrs) 6:15-7	Boot Camp 6:15-7			
6:15									
6:30		7:45-8 (3 lanes)			Open Swim 7-8:45				
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						
9:00	Lessons* 9:30-11	Aqua Motion 9:35-10:05		Gravity* 9:45-10:15			Family Play (0-6 yrs) 10-12		
9:15									
9:30			Yoga 10-10:45					Gravity* 10:20-10:50	Mommy & Me: Yoga 10:15-11
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15	Lane Swim	Aquafit	Open Swim	Cardio: Gentle 11-11:45					
11:30	11:15-12	11:15-12	11:15-12						
11:45	(2 lanes)	(6 lanes)							
12:00	Lane Swim 12-1:15		Adult/ Therapy 12-1	Tabata 12:15-12:45					
12:15				Tabata Clean Up					
12:30									
12:45									
1:00	Lessons* 1:15-3:30		Pickleball: Rec 1-3:15						
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00			Basketball 3:30-5:15						
3:15									
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00	Owen Sound Otters* 3:45-5:45		Kids Club Set Up						
5:15									
5:30									
5:45									
6:00	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	HiT Class 6:15-7	Kids Club* (5-12 yrs) 6-8	
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30			Basketball 8-8:45						
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	Tai Chi: Foundations in Movement* 9-10								Boot Camp 8:45-9:30
8:00												
8:15											Gravity* 9:45-10:15	Kung Fu* (7-12 yrs) 10-10:45
8:30												
8:45	Tai Chi: Continuing* 10-11:30	Birthday Parties/ Rentals 11-6:45										
9:00												
9:15	Lessons* 9-1		Lifesaving Sport* 11:30-1	Birthday Parties/ Rentals 11-12:30								
9:30												
9:45	OSAC* 9-11 (4 lanes)		Lessons* 8:45-1	Family Gym 12:45-4								
10:00												
10:15	Lane Swim 1:15-4:30 (3 lanes)	Rec Swim 1:15-4:30	Birthday Parties/ Rentals 4-5:30									
10:30												
10:45	Birthdays Parties/Rentals											
11:00												
11:15	Birthdays Parties/Rentals											
11:30												
11:45	Birthdays Parties/Rentals											
12:00												
12:15	Birthdays Parties/Rentals											
12:30												
12:45	Birthdays Parties/Rentals											
1:00												
1:15	Birthdays Parties/Rentals											
1:30												
1:45	Birthdays Parties/Rentals											
2:00												
2:15	Birthdays Parties/Rentals											
2:30												
2:45	Birthdays Parties/Rentals											
3:00												
3:15	Birthdays Parties/Rentals											
3:30												
3:45	Birthdays Parties/Rentals											
4:00												
4:15	Birthdays Parties/Rentals											
4:30												
4:45	Birthdays Parties/Rentals											
5:00												
5:15	Birthdays Parties/Rentals											
5:30												
5:45	Birthdays Parties/Rentals											
6:00												
6:15	Birthdays Parties/Rentals											
6:30												
6:45	Birthdays Parties/Rentals											
7:00												

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	Lane Swim 9:45-12 (4 lanes)	Aquafit 9:45-10:30	Lessons* 8:15-11:45	Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 9:45-10:15	W.O.W. 9:30-10	Family Play (0-6 yrs) 10-12			
9:15										
9:30										
9:45										
10:00	Advanced Courses/ Lessons* 12-3		Open Swim 12:30-1:30	Birthday Parties/ Rentals 11:30-2				Birthday Parties/Rentals 11:30-3:30		
10:15										
10:30										
10:45										
11:00										
11:15										
11:30	Rec Swim 1:30-3:30	Family Gym 2-3:30								
11:45										
12:00										
12:15										
12:30	Birthday Parties/Rentals									
12:45										
1:00										
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										
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.

