

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
	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		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	Cardio: Mix 9-9:45		Tai Chi: Foundations in Movement* 9-10		Stay & Play* (0-5 yrs) 8:45-12:00		
9:00										
9:15										
9:30	Lessons* 9:30-11		Aqua Motion 9:35-10:05				Gravity* 9:45-10:15			
9:45										
10:00				Yoga 10-10:45		Tai Chi: Continuing* 10-11:30	Gravity: Mix 10:20-10:50			
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						
12:15				Active Kids (6-13 yrs) 12:15-1			Boot Camp 12:15-12:45	Family Play (0-6 yrs) 12:15-1:15		
12:30										
12:45										
1:00						Class Set Up			Community Connection* 1-3 *(First Monday each month, beginning in October. See website for guest speakers)*	
1:15	Lessons* 1:15-3:30			Family Gym 1:15-3:30		Rock Steady Boxing* 1:15-2:45	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	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			Strength Training: Teen* (12-15 yrs) 4-5			
4:00										
4:15						Core 4:30-5			Youth Courses* 4:15-5:15 *(See website for details)*	
4:30										
4:45										
5:00										
5:15		5-6:45 (5 lanes)				Yoga 5:15-6				
5:30			Rec Swim 5:30-7:30	Sport Literacy* (3-6 yrs) 5:30-6:30				Family Play (0-6 yrs) 4-7		
5:45										
6:00										
6:15						Cardio: Mix 6:15-7				
6:30										
6:45	Lane Swim 6:45-8 (4 lanes)			Badminton 6:45-8:45						
7:00		Aquafit 7-7:45 (4 lanes)								
7:15										
7:30			Open Swim 7:30-8							
7:45						Shorinji-Kan Jiu-Jitsu* 7:15-8:45				
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		**Kettlebell Flow** 6:15-7				
6:15										
6:30										
6:45										
7:00			**Open Swim** 7-8:45							
7:15										
7:30										
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				**Family Gym** 9-11:45	**Cycle*** 9-9:40	**Cardiac Rehab*** 8:30-11				
9:15									**Mommy & Me: Stretch and Strengthen** 9:15-10	
9:30	**Lessons*** 9:30-11									
9:45							**Gravity*** 9:45-10:15			
10:00										
10:15							**Gravity*** 10:20-10:50	**Stay & Play*** (0-5 yrs) 8:45-12	**Chair Fit** 10:15-11	
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			**Stretch** 11:15-12				
11:30										
11:45										
12:00	**Lane Swim** 12-1:15		**Aqua Motion** 12:15-12:45							
12:15				**Bars & Plates** 12:15-12:45		**Cardio: Skip** 12:15-12:45				
12:30										
12:45										
1:00				**Pickleball: Beginner/Rec** 1-3		**Cardiac Rehab*** 1-2:30				
1:15	**Lessons*** 1:15-3:30									
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15				**Youth Basket-ball** (10-16 yrs) 3:15-4:45						
3:30				**Family Gym** 3:15-4:45						
3:45						**Athletic Performance Training: Teen** (13-18 yrs) 4-4:45				
4:00										
4:15										
4:30										
4:45	**Lessons*** 3:45-6:30	**OSAC*** 3:45-6:30 (4 lanes)	**Lessons*** 3:45-6:45	**Family Gym** 4:45-6:30						
5:00						**Yoga** 5:15-6	**Strength Training: Teen*** (12-15 yrs) 5-6			
5:15										
5:30										
5:45										
6:00										
6:15						**Zumba** 6:15-7:15				
6:30	**Lane Swim** 6:30-8 (3 lanes)	6:30-8 (5 lanes)								
6:45			**Rec Swim** 6:45-8							
7:00				**Rec Volleyball** (12+ yrs) 7-8:45						
7:15										
7:30							**Gravity*** 7:30-8			
7:45						**Kendo: Japanese Fencing** 7:45-8:45				
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	Lane Swim 6-8:30 / OSAC* 7-8 (4 lanes)	Open Swim 7-8:45			Athletic Performance Training: Teen (13-18 yrs) 7:15-8				
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			Tai Chi: Foundations in Movement* 9-10				
9:00			Tabata 9-9:45						
9:15									Chair Fit 9:15-10
9:30	Lessons* 9:30-11					Gravity* 9:45-10:15			
9:45									
10:00			Yoga 10-10:45		Tai Chi: Continuing* 10-11:30	Gravity: Mix 10:20-10:50	Tiny Tales & Crafts* (3-6 yrs) 10:15-11	Mommy & Me: Stretch and Strengthen 10:15-11	
10:15									
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 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					Pilates 1-1:45				
1:00									
1:15	Lessons* 1:15-3:30		Rock Steady Boxing* 1:15-2:45						
1:30									
1:45									
2:00					Active Youth (8-14 yrs) 2-3				
2:15									
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) 5:45-6:45 (5 lanes)	Lessons* 3:45-6:45							
4:00						Strength Training: Teen* (12-15 yrs) 4-5		Fun Zone (3-10 yrs) 4-7 *(Parent must remain in YMCA)*	
4:15									
4:30			Family Gym 4:30-7						
4:45									
5:00					Joga 5:15-6				
5:15									
5:30									
5:45									
6:00									
6:15						TRX Bootcamp 6:15-7			
6:30									
6:45	Lane Swim 6:45-8 (4 lanes)	Open Swim 6:45-8							
7:00	Aquafit 7-7:45								
7:15			Basketball 7:15-8:45		Shorinji-Kan Jiu-Jitsu* 7:15-8:45				
7:30									
7:45									
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			**Gravity*** 6:15-6:45			
6:15										
6:30										
6:45										
7:00			**Open Swim** 7-8:45							
7:15										
7:30										
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				**Family Gym** 9-11:45	**Cycle*** 9-9:40	**Cardiac Rehab*** 8:30-11		**Stay & Play*** (0-5 yrs) 8:45-12:00		
9:15									**Mommy & Me: Yoga** 9:15-10	
9:30	**Lessons*** 9:30-11						**Gravity*** 9:45-10:15			
9:45										
10:00							**Gravity*** 10:20-10:50			
10:15									**Chair Fit** 10:15-11	
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			**Stretch** 11:15-12				
11:30										
11:45										
12:00	**Lane Swim** 12-1:15		**Aqua Motion** 12:15-12:45	**Body Sculpt** 12:15-12:45		**Joga** 12:15-12:45				
12:15										
12:30										
12:45										
1:00				**Pickleball: Rec** 1-3		**Cardiac Rehab*** 1:00-2:30		**Family Play** (0-6 yrs) 1-3		
1:15	**Lessons*** 1:15-3:30						**Gravity*** 1:15-1:45			
1:30										
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30				**Youth Basketball** (10-16 yrs) 3:15-4:45						
3:45	**Lessons*** 3:45-6:15	**OSAC*** 3:45-6:15 (4 lanes)	**Lessons*** 3:45-6:45							
4:00										
4:15										
4:30				**Tabata Set Up**						
4:45										
5:00				**Tabata** 5:15-6:00			**Strength Training: Teen*** (12-15 yrs) 5-6		**Fun Zone** (3-10 yrs) 4-7 *(Parent must remain in YMCA)*	
5:15										
5:30										
5:45										
6:00										
6:15	**Lane Swim** 6:15-7 (3 lanes)	6:15-7 (5 lanes)		**Kickboxing** 6:15-7:00						
6:30										
6:45			**Rec Swim** 6:45-8							
7:00										
7:15	7-8 (2 lanes)	7-8 (6 lanes)		**Adult Rec Volleyball** (16+ yrs) 7:15-8:45						
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)		TYPTI 6-8:30 *Equipment not provided*		Athletic Performance Training: Teen (13-18 yrs) 6:15-7	Boot Camp 6:15-7			
6:15										
6:30										
6:45										
7:00		7:45-8 (3 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							
9:00				Cardio: Step 9-9:45	Cycle* 9-9:45					
9:15										Chair Fit 9:15-10
9:30	Lessons* 9:30-11		Aqua Motion 9:35-10:05				Gravity* 9:45-10:15			
9:45										
10:00				Yoga 10-10:45			Gravity* 10:20-10:50	Family Play (0-6 yrs) 10-12		
10:15									Mommy & Me: Yoga 10:15-11	
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							
12:15				Tabata 12:15-12:45						
12:30										
12:45				Tabata Clean Up						
1:00				Pickleball: Rec 1-3:15					Rental 1-3	
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				Basketball 3:30-5:15						
3:45	Lane Swim 3:45-5:45 (2 lanes)	Owen Sound Otters* 3:45-5:45								
4:00										
4:15										
4:30										
4:45										
5:00										
5:15				Kids Club Set Up					Kids Club Set Up	
5:30			Rec Swim 5:30-8							
5:45	Rec/Lane Swim 5:45-8	OSAC* 5:45-7:30 (4 lanes)		Kids Club* (5-12 yrs) 6-7:45			HiT Class 6:15-7		Kids Club* (5-12 yrs) 6-8	
6:00										
6:15										
6:30										
6:45										
7:00						Kendo: Japanese Fencing 6:45-8:45				
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)							
7:15	Lane Swim 7:15-9 (2 lanes)		TYPTI 7:15-8:45 *Equipment not provided*						
7:30									
7:45									
8:00		Open Swim/ Lessons* 8-8:45		Cycle* 8-8:30					
8:15									
8:30									
8:45		Lessons* 8:45-1				Boot Camp 8:45-9:30			
9:00	Lessons* 9-1		Family Gym 9-11		Tai Chi: Foundations in Movement* 9-10				
9:15									
9:30		OSAC* 9-11 (4 lanes)							
9:45						Gravity* 9:45-10:15			
10:00					Tai Chi: Continuing* 10-11:30			Kung Fu* (7-12 yrs) 10-10:45	
10:15									
10:30									
10:45									
11:00			Birthday Parties/ Rentals 11-12:30					Birthday Parties/ Rentals 11-6:45	
11:15									
11:30		Lifesaving Sport* 11:30-1							
11:45									
12:00									
12:15									
12:30									
12:45			Family Gym 12:45-4						
1:00									
1:15	Lane Swim 1:15-4:30 (3 lanes)	Rec Swim 1:15-4:30							
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45									
4:00			Birthday Parties/ Rentals 4-5:30			HiT Class 4-4:45 PM			
4:15									
4:30	Birthday Parties/Rentals								
4:45									
5:00									
5:15									
5:30									
5:45			Basketball 5:45-6:45						
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			Pickleball: Competitive (18+ yrs) 7-9:30						
7:15	Lane Swim 7:15-8:45 (3 lanes)	OSAC* 7:15-8:45 (5 lanes)	Open Swim/ Lessons* 7:15-8:15						
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Lane Swim 8:45-9:45 (2 lanes)		Lessons* 8:15-11:45						
9:00		Tri-Swim* 9-9:30							
9:15									
9:30			Pickleball: Beginner/Rec 9:30-11:30			W.O.W. 9:30-10			
9:45	Lane Swim 9:45-12 (4 lanes)	Aquafit 9:45-10:30		Tri-Cycle* 9:45-10:15					
10:00									
10:15					Tri-Run* 10:15-10:45		Family Play (0-6 yrs) 10-12		
10:30		Lessons* 10:30-12							
10:45									
11:00					Stretch 11:15-12				
11:15									
11:30			Birthday Parties/ Rentals 11:30-2					Birthday Parties/Rentals 11:30-3:30	
11:45									
12:00	Advanced Courses/ Lessons* 12-3								
12:15					Kickboxing 12:15-1				
12:30		Open Swim 12:30-1:30							
12:45									
1:00									
1:15									
1:30		Rec Swim 1:30-3:30							
1:45									
2:00			Family Gym 2-3:30						
2:15									
2:30									
2:45									
3:00									
3:15									
3:30	Birthday Parties/Rentals								
3:45			Basketball 3:45-4:45						
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.