

PROGRAM SCHEDULE

BEGINS NOVEMBER 23, 2026

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. Registration required for programs marked with *.									
5:45										
6:00	**Lane Swim** 6-8:30	**OSAC*** 6-7 (6 lanes)		**Pickleball: Rec** 6-8:30						
6:15							**WOW** 6:15-6:45			
6:30										
6:45										
7:00			**Open Swim** 7-8:45							
7:15		**7-8** (4 lanes)								
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*** 8:45-12:00 (0-5 yrs)		
9:00				**Cardio: Mix** 9-9:45		**Tai Chi: Foundations in Movement*** 9-10				
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				
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 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** 12:15-1 (6-13 yrs)			**Boot Camp** 12:15-12:45	**Family Play** 12:15-1:15 (0-6 yrs)		
12:30										
12:45										
1:00						**Class Set Up**				
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	**Jr NBA*** 4-5 (7-9 yrs)			**Strength Training: Teen*** 4-5 (12-15 yrs)	**Family Play** 4-7 (0-6 yrs)	**Youth Courses*** 4:30-7 **Babysitting Course*** (11-15 yrs) *Nov 23-Dec 14* **Basic First Aid*** (10-17 yrs) *Jan 4-Jan 25*	
4:00										
4:15										
4:30						**Core** 4:30-5				
4:45										
5:00										
5:15		**5-6:45** (5 lanes)				**Yoga** 5:15-6				
5:30				**Sport Literacy*** 5:30-6:30 (4-6 yrs)						
5:45			**Rec Swim** 5:45-7:30							
6:00										
6:15						**Cardio: Mix** 6:15-7				
6:30										
6:45	**Lane Swim** 6:45-8 (4 lanes)	**Aquafit** 7-7:45 (4 lanes)		**Badminton** 6:45-8:45						
7:00										
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. Registration required for programs marked with *.								
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					Cardiac Rehab* 8:30-11				
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Family Gym 9-11:45	Cycle* 9-9:40			Stay & Play* 8:45-12 (0-5 yrs)		
9:00									
9:15								Mommy & Me: Stretch and Strengthen 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)			Stretch 11:15-12				
11:30									
11:45		Open Swim 11:15-1							
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		Family Play 1-3 (0-6 yrs)		
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 3:15-4:45 (10-16 yrs) / Family Gym 3:15-4:45						
3:30									
3:45	Lessons* 3:45-6:30	OSAC* 3:45-6:30 (4 lanes)	Family Gym 4:45-6:30						
4:00									
4:15									
4:30									
4:45									
5:00					Yoga 5:15-6	Strength Training: Teen* 5-6 (12-15 yrs)			
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									
7:00		Lessons* 3:45-6:45							
7:15									
7:30			Rec Volleyball 7-8:45 (12+ yrs)			Gravity* 7:30-8			
7:45									
8:00		Rec Swim 6:45-8			Kendo: Japanese Fencing 7:45-8:45				
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. Registration required for programs marked with *.								
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		Open Swim 7-8:45			Athletic Performance Training: Teen 7:15-8 (13-18 yrs)				
7:15		7-8 (4 lanes)							
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									
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			
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)							
11:30		Open Swim 11:15-12							
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 2-3 (8-14 yrs)				
2:15									
2:30									
2:45									
3:00									
3:15			Youth Basketball 3:15-4:15 (10-16 yrs)						
3:30									
3:45	Lessons* 3:45-7	OSAC* 3:45-5:45 (4 lanes)							
4:00						Strength Training: Teen* 4-5 (12-15 yrs)		Fun Zone 4-7 (3-10 yrs) *(Parent must remain in YMCA)*	
4:15									
4:30			Family Gym 4:30-7						
4:45									
5:00									
5:15		5:45-6:45 (5 lanes)			Joga 5:15-6				
5:30									
5:45									
6:00									
6:15						TRX Bootcamp 6:15-7			
6:30									
6:45									
7:00	Lane Swim 7-8 (3 lanes)	Aquafit 7-7:45							
7:15									
7:30									
7:45			Basketball 7:15-8:45		Shorinji-Kan Jiu-Jitsu* 7:15-8:45				
8:00		Open Swim 7-8							
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. Registration required for programs marked with *.								
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			**Cardiac Rehab*** 8:30-11				
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						**Gravity*** 9:45-10:15	**Stay & Play*** 8:45-12:00 (0-5 yrs)		
10:00									
10:15						**Gravity*** 10:20-10:50		**Chair Fit** 10:15-11	
10:30									
10:45									
11:00									
11:15	**Lane Swim** 11:15-12 (2 lanes)	**Aqua Deep** 11:15-12			**Stretch** 11:15-12				
11:30									
11:45		**Open Swim** 11:15-1							
12:00	**Lane Swim** 12-1:15		**Body Sculpt** 12:15-12:45			**Ride & Glide** 12:15-12:45			
12:15		**Aqua Motion** 12:15-12:45							
12:30									
12:45									
1:00			**Pickleball: Rec** 1-3		**Cardiac Rehab*** 1:00-2:30				
1:15	**Lessons*** 1:15-3:30						**Family Play** 1-3 (0-6 yrs)		
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30			**Youth Basketball** 3:15-4:45 (10-16 yrs)						
3:45	**Lessons*** 3:45-6:15	**OSAC*** 3:45-6:15 (4 lanes)							
4:00									
4:15									
4:30							**Home Alone Course*** 4:30-5:30 *Class A: Nov 26-Dec 10* *Class B: Jan 14-Jan 28*		
4:45			**Tabata Set Up**						
5:00						**Strength Training: Teen*** 5-6 (12-15 yrs)			
5:15			**Tabata** 5:15-6:00						
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									
7:00									
7:15	7-8 (2 lanes)	7-8 (6 lanes)	**Adult Rec Volleyball** 7:15-8:45 (16+ yrs)						
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. Registration required for programs marked with *.									
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** 6:15-7 (13-18 yrs)	**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	**Cardio: Step** 9-9:45	**Cycle*** 9-9:45					
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			**Gravity*** 10:20-10:50	**Family Play** 10-12 (0-6 yrs)		
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							
12:15				**Tabata** 12:15-12:45						
12:30										
12:45				**Tabata Clean Up**						
1:00										
1:15	**Lessons*** 1:15-3:30			**Pickleball: Rec** 1-3:15					**Rental** 1-3	
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										
5:45	**Rec/Lane Swim** 5:45-8	**OSAC*** 5:45-7:30 (4 lanes)	**Rec Swim** 5:30-8	**Kids Club*** 6-7:45 (5-12 yrs)			**HiT Class** 6:15-7		**Kids Club*** 6-8 (5-12 yrs)	
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30						**Kendo: Japanese Fencing** 6:45-8:45				
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. Registration required for programs marked with *.								
7:00									
7:15	**Lane Swim** 7:15-9 (2 lanes)	**OSAC*** 7:05-9 (6 lanes)	**TYPTI** 7:15-8:45 *Equipment not provided*						
7:30									
7:45									
8:00				**Cycle*** 8-8:30					
8:15									
8:30									
8:45						**Boot Camp** 8:45-9:30			
9:00	**Lessons*** 9-1	**OSAC*** 9-10:30 (4 lanes)	**Family Gym** 9-11		**Tai Chi: Foundations in Movement*** 9-10				
9:15									
9:30						**Gravity*** 9:45-10:15			
9:45									
10:00					**Tai Chi: Continuing*** 10-11:30			**Kung Fu*** 10-10:45 (7-12 yrs)	
10:15									
10:30									
10:45									
11:00			**Birthday Parties/ Rentals** 11-12:30					**Birthday Parties/ Rentals** 11-6:45	
11:15									
11:30									
11:45	**Dive Life Courses*** 12:30-4:30	**Lifesaving Sport*** 11:30-1							
12:00									
12:15									
12:30									
12:45									
1:00									
1:15		**Rec Swim** 1:15-4:30	**Family Gym** 12:45-4						
1:30									
1:45									
2:00									
2:15									
2:30	**Lane Swim** 1:15-4:30 (3 lanes)								
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. Registration required for programs marked with *.								
7:00			Pickleball: Competitive 7-9:30 (18+ yrs)						
7:15	Lane Swim 7:15-8:45 (3 lanes)	OSAC* 7:15-8:45 (5 lanes)							
7:30									
7:45									
8:00									
8:15									
8:30	8:45-9:45 (2 lanes)								
8:45									
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	9:45-12 (3 lanes)	Aquafit 9:45-10:30		Tri-Cycle* 9:45-10:15					
10:00									
10:15					Tri-Run* 10:15-10:45				
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	Family Gym 2-3:30						
1:45									
2:00									
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.