



Family Day Schedule

Monday, February 18 | Facility Hours: 7 AM - 3 PM

POOL

Family Swim (Leisure Pool): 11 AM - 12 PM

Lengths (Lane Pool): 11:45 AM – 12:45 PM

Adult Swim (Leisure Pool): 12 – 12:45 PM

Rec Swim (Both Pools): 1– 2:30 PM *FREE, open to the public!*

*Please read Pool Admission Policy at ymcaowensound.on.ca

GYMNASIUM

Open Gym: 7 – 9:45 AM

Family Fun: 10 – 11:30 AM

Open Gym: 11:30 AM – 1 PM

Family Fun: 1 – 2:45 PM *FREE, open to the public!*

*Join us for a day
filled with
Family Activities!*

FITNESS CENTRE

Cycle 8 – 8:45 AM

Gravity: 9 – 9:30 AM

Family Fitness Obstacle Course : 11 – 11:45 AM (Adult & Child 8yrs+)

Meet us upstairs anytime between 11 & 11:45 AM for a family fun obstacle course!

*Public Access - A purchased Family Day Pass provides access all day or attend the
FREE Rec Swim 1-2:30 PM and FREE Family Fun 1-2:45 PM.*