



YMCA of Owen Sound Grey Bruce

OUR MISSION

We are a charity dedicated to building a caring, healthy community by creating opportunities for all people to achieve personal growth in spirit, mind and body.



Program Schedule

Sept 9, 2019 – June 21, 2020

ymcaowensound.on.ca



YMCA of Owen Sound Grey Bruce, 700 10th Street East, Owen Sound, ON N4K 0C6, 519.376.0484 | Charitable Reg. #11907 4995 RR0001

ETIQUETTE STATEMENT

The YMCA of Owen Sound Grey Bruce is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate to others. YMCA members, staff, participants, guests and volunteers pledge to treat one another with respect and dignity. The YMCA reserves the right, at its sole discretion, to suspend or refuse services for inappropriate behaviour.

MEMBERSHIP

Is the most cost-effective way for you to participate at the YMCA Health, Fitness and Aquatics facility. For more details on the benefits and prices go online or grab a brochure from our Welcome Desk.

FINANCIAL ASSISTANCE

The Y subsidizes the cost of a membership for anyone whose financial situation limits their ability to participate. Our staff will work with you to determine a fee suitable for your circumstances. Applications are confidential.

DAY USE FEES

Those purchasing a day pass have access to all non-registered programs and services as outlined.

Adult (25+): \$12 **Young Adult (18-24):** \$9
Child (0-12): \$6 **Senior (60+):** \$10
Teen (13-17): \$8
Family: \$17 immediate family only, must include 1 Adult to a max of 2 Adults.
Towels: \$2

Session and Registration Dates		Member (M)	Public (P)
A	Sept 9 – Nov 10 No Class Oct 14	Aug 26	Aug 29
B	Nov 18 – Feb 2 No Class Dec 23 to Jan 3	Nov 11	Nov 14
C	Feb 10 – Apr 12 No class Feb 17, Mar 16-22, Apr 10	Feb 3	Feb 6
D	Apr 20 – Jun 21 No class May 18	Apr 13	Apr 16

YMCA ADMISSION REQUIREMENTS

ALL VISITORS ARE REQUIRED TO SHOW PHOTO ID UPON ENTRY.

Please Note: We are a nut aware and scent-sensitive facility.

We are committed to being a safe place for all members of our community. To ensure our facility remains a safe and welcoming place for all, everyone who enters is expected to adhere to all of our Policies & Guidelines, which can be viewed on our website.

POOL: (See full Pool Admission Requirements on the Aquatics page)

Swimmers must be 10 years old to swim by themselves.

Family Swims: Children under 18 must be accompanied in the water and directly supervised by a parent or guardian to be admitted.

Rec and Open Swims: Full Pool Admission Requirements must be followed.

FITNESS CENTRE:

Users must be 16yrs + OR completed Strength Training: Teen OR a Smart Start: Family.

Gravity/TRX: Users must have participated in a Gravity and/or TRX orientation session to use the equipment on your own – inquire at our Welcome Desk.

Track: Users must be 16yrs + or accompanied by an adult. Strollers are not permitted, however caregivers may carry babies in snuglies.

Group Fitness: For safety reasons, members cannot join in once a class has been in session for 5 minutes or more.

Minimum #: A minimum of 5 participants are required for group fitness classes; 3 for Gravity classes. Attendance will be monitored; classes may be cancelled if minimum is not met.

GYM:

Users must be 10yrs+ OR be accompanied by an adult to enjoy open gym.

Racquet Sports are not permitted unless specified. Proper footwear is required.

For “Creative Play” and “Active” programs, Parent/Guardian must be participating in Y programs or remain in the facility if the child is younger than 10 years old.

****Program Schedule is subject to change, for the most up to date version, along with program descriptions, please visit our website. Please note, there is an Interim schedule over Christmas and March Break.**

MONDAY 5:45 AM – 10 PM

Pools		Leisure	Gymnasium		Studios		Fitness Centre	Program Rooms				
Lane	Cycle		Fitness	1	2	3						
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed	Open Gym 5:45-7		Cycle 6:15-7			1	2	3		
	Lengths 8-8:50 (8)		Open 7-10	Pickleball: Rec 7-8:30 (18yrs+) (1Court)							Open Gym 7-8:45	
Lengths 9-10(2) 10-12(4)	Aqua: Shallow 9-9:45	Open 11:30-1		Cardio: Step 9-9:55		Cycle 12:10-12:40	Core 12:10-12:40	Yoga ♦ 10-11	Gravity: Gentle 10-10:30 10:35-11:05	Stay 'n' Play (0-5 yrs) 8:45-11:30	Fee req'd	
	Swim Lessons 10-10:30		Aqua: Motion 9:50-10:20	Family Fun 10-11								
	Open 10:30-11		Family Fun 10:30-11:30		Cardio: Gentle 11:15-12							
	Aqua: Shallow 11-11:45		Open Gym 12-12:55		Core 12:10-12:40							
Lengths 12-1 (6)		Open 1:30-2	Gym & Swim 1-2		Rock Steady Boxing 1-2:30		Strength Training: Teen 4-5 ★	★ Strength Training Teen runs in 4 week sessions. Participants (12-15yrs) are required to attend Monday and Wednesday or Tuesday and Thursday classes. Session dates available online or ask our Welcome Desk. <i>M: Included (Members only)</i>				
(3)	Aqua: Shallow 1:30-2		Open Gym 2-3									
(4)	Swim Lessons 2-3	Gym & Swim 2-2:30		Open Gym 2-3				Yoga ♦ 4:30-5:30				
Closed		Closed		Basketball 3-4 (13yrs+ or with parent)								
Lengths 4-8 (2)	OSAC 4-5:30 (6)	Family Fun 4-5		Gym & Swim 4:15-5		Core 4:45-5:15		Creative Play 6-7 (3-10yrs)				
	Swim Lessons 5-5:30		Class Set-Up 5-5:15		Intro Fit 5:30-6							
	Swim Lessons 5:30-7		Tabata 5:20-5:50		Youth Fit 6:15-6:45 (8-12yrs)							
(4)	Aqua: Shallow 7:10-7:55	Rec Swim 7-8		Badminton 7:15-8:45 (13yrs+ or with parent)		Bars & Plates 7-7:45		Closed				
Lengths 8-8:30 (8)		Aqua: Motion 8-8:30		Pickleball: Rec 8:45-9:45 (13yrs+ or with parent)		Closed						
Closed		Closed		Closed		Closed						

♦ **Yoga Space is Limited** to 25 participants. Participants must get a "tag" from our Welcome Desk to reserve their spot. Tags are available 30 mins prior to start time, first come first served.

★ **Strength Training Teen** runs in 4 week sessions. Participants (12-15yrs) are required to attend Monday and Wednesday or Tuesday and Thursday classes. Session dates available online or ask our Welcome Desk. *M: Included (Members only)*

TUESDAY 5:45 AM – 10 PM

Pools		Leisure	Gymnasium		Studios		Fitness Centre	Program Rooms			
Lane	Cycle		Fitness	1	2	3					
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed	Open Gym 5:45-7				Core 6-6:15	1	2	3	
	Lengths 8-8:50 (8)		Therapy/ Adult Swim 7-9:45	Pickleball: Rec 7-8:30 (18yrs+) (1Court)							Open Gym 7-8:30
Lengths 9-12 (3)	Aqua: Shallow 9-9:45	Therapy/Adult Swim 12-1		Tabata 9:10-9:50		Cycle 9-9:40	Cardiac 8-11	Gravity 9:45-10:15 TRX: Gentle 10:40-11:10	Small Group Training 10-11	Stay 'n' Play (0-5yrs) 8:45-11:30	Fee req'd
	Swim Lessons 9:45-10:45		Aqua: Motion 9:50-10:20	Family Fun 10-11							
	Aqua: Deep 11-11:45		Family Fun 11-12		Open Gym 11-11:45						
Lengths 12-1:20 (8)		Therapy/Adult Swim 12-1		Bars & Plates 12:10-12:50		TRX: Core 12:10-12:50		Optimizing Your Health & Wellness Workshop 1:30-3:30 2 nd Tuesday of the month			
(3)	Aqua: Shallow 1:30-2	Open 1:30-2		Gym & Swim 1-2		Gravity 1:15-1:45					
(4)	Swim Lessons 2-3	Gym & Swim 2-2:30		Pickleball: Rec 2-3:30 (18yrs+)				Active Start 4-4:50 (3-5yrs)			
Closed		Open Gym: Family 3:30-4		Open Gym: Family 3:30-4							
Closed	Swim Lessons 4-7		Basketball 4-4:50 (8-12yrs) (13yrs+)		Youth Movement 4-4:50		Ride & Glide 4:20-4:50		Kung Fu FUNdamentals 5:15-5:45 (5-6yrs) 5:45-6:45 (7-12yrs) 6:45-7:45 (7-12yrs) M: Free M only		
Lengths 5-8 (2)	Lifesaving Club 4:15-6:30		Youth Net Sports 5-6 (8yrs+)				Boot Camp 5:15-6				
	OSAC 6:30-7 (2)	Family Fun 6:30-8		Family Fun 6-6:45		Strength Training: Teen 6-7 ★		W.O.W. 6:15-6:45 (Workout of the Week)			
Lengths 8-8:30 (8)		Closed		Basketball 8-9:45 (13yrs+ or with parent)		Kickboxing 7:15-8					
Closed		Closed		Closed		Closed					

(6-12 yrs) M: Inc | P: \$95

Session A & C: Hockey
Session B & D : Soccer

LEGEND

Drop-in Fitness Class

Drop-in Youth or Family Class

Registration Required

★ Note: School Electives may cause changes to the gymnasium in early 2020. Changes will be posted on the YMCA Bulletin Board and website.

WEDNESDAY 5:45 AM – 10 PM

Pools		Leisure	Gymnasium		Studios		Fitness Centre	Program Rooms		
Lane			Cycle	Fitness	1	2		3		
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed	Open Gym 5:45-7		Closed for Cleaning 5:45-9	Body Sculpt 6:15-7	Tai Chi is free for Members! Must be a Y Member.	Stay 'n' Play 8:45-11:30 (0-5yrs)		
			Lengths 8-8:50 (5)	Open 7-9:45		Pickleball: Rec 7-8:30 (18yrs+) (1Court)				
Lengths 9-10 (2) 10-12 (3)	Aqua: Shallow 9-9:45	Aqua: Motion 9:50-10:20			Cardio: Step 9-9:55		Cycle: Gentle 9:15-10	Tai Chi 3 10-11:30	Gravity: Gentle 10-10:30 10:35-11:05	
	Swim Lessons 9:45-10:45		Family Fun 10-11		Zumba 12:10-12:50	Ride & Glide 12:10-12:45				
	Aqua: Shallow 11-11:45	Family Fun 11-12		Cardio: Gentle 11:15-12			Rock Steady Boxing 1-2:30		Creative Play 5:30-7 (3-10yrs)	
Lengths 12-1 (4)	Aqua: Deep 12:10-12:55	Therapy/ Adult Swim 12-2:05		Pickleball: Rec 12-2 (18yrs+)		Core 4:20-4:50	Strength Training: Teen 4-5 ★			
	(3)	Open 1-1:30 (5)		Open Gym 2-3	Basketball 3-4:15 (13yrs+ or with parent)				Bars & Plates 6-6:40	
(3)	Aqua: Shallow 1:30-2	Aqua: Motion 2:05-2:35				Closed	Class Set-Up 4:15-5	Yoga ♦ 7-8		Mobility Matters 6:45-7
Lengths 4-8 (2)	OSAC 4-5:30 (6)	Family Fun 4-5		Basketball 3-4:15 (13yrs+ or with parent)	Class Set-Up 4:15-5				Yoga ♦ 7-8	
		Swim Lessons 5-5:30				Tabata 5-5:45	Creative Play 5:30-7 (3-10yrs)			
	Swim Lessons 5:30-7		Family Fun 6-6:45		Cardio: Step 7-8	Yoga ♦ 7-8		Mobility Matters 6:45-7		
	Aqua: Deep 7:10-7:55	Rec Swim 7-8		Pickleball: Rec 8:15-9:45 (13yrs+ or with parent)			Closed			
Lengths 8:05-8:30 (8)		Aqua: Motion 8-8:30			Closed					
Closed		Closed		Closed						

THURSDAY 5:45 AM – 10 PM

Pools		Leisure	Gymnasium		Studios		Fitness Centre	Program Rooms		
Lane			Cycle	Fitness	1	2		3		
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed	Open Gym 5:45-7		Cycle 6:15-7			Stay 'n' Play 8:45-11:30 (0-5yrs)		
			Lengths 8-8:50 (8)	Open 7-10						
Lengths 9-12 (3)	Aqua: Shallow 9-9:45	Class Set-Up: 8:30-9:10			Cycle 9-9:40	Stretch 11:15-12	Boot Camp 12:10-12:50			
	Swim Lessons 9:45-10:45	Swim Lessons 10-10:30		Body Sculpt: Gentle 12:10-12:50				Gravity/TRX 1:15-1:45		
	Aqua: Deep 11-11:45	Family Fun 10-11			Cardiac 1-2:30	TRX 4:20-5				
	Aqua: Run 12:10-12:40	Therapy/ Adult Swim 11:30-1		Open Gym 11-1			Zumba 4:30-5:30	Strength Training: Teen 6-7★		
Lengths 12-12:40 (6) 12:40-1:20 (8)	Aqua: Gentle 1-1:30		Basketball 1-3 (13yrs+ or with parent)		Cycle 6-6:40	Core 6:45-7:15			Gravity 7:20-7:50	
	Lengths 1:20-3 (2)	Swim Lessons 1:30-2:30		Open 1:30-2:45			Open Gym: Family 3-4	Yoga ♦ 4:30-5:30		
Closed			Gym & Swim 4:15-5		Active Kids 4:15-5 (6-9yrs)	Creative Play 5-6:30 (3-10yrs)				
Lengths 5-8:30 (2)	Swim Lessons 4-6:30		Cardio: Skip 5:15-5:45		Cycle 6-6:40		Strength Training: Teen 6-7★			
	Lifesaving Club 4:15-6:30		Family Fun 6-6:45			Core 6:45-7:15				
	OSAC 6:30-8:30 (6)	Rec Swim 6:30-8		Basketball: Youth 7-8:15 (9-13yrs)			Gravity 7:20-7:50			
		Closed		Basketball 8:15-9:45 (13yrs+ or with parent)						
Closed		Closed		Closed		Closed				

FRIDAY 5:45 AM – 10 PM

Pools			Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane		Leisure		Cycle	Fitness		1	2	3
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed	Open Gym 5:45-6:45			Boot Camp 6:15-7			
Lengths 8-8:50 (8)		Open 7-10	Pickleball: Rec 7-8:30 (18yrs+)		Tai Chi is free for Members! Must be a Y Member. Tai Chi Practice 8:30-9		Stay 'n' Play 8:45-11:30 (0-5yrs)		
			Open Gym 8:30-9			Tai Chi 3 9-10			
Lengths 9-12 (3)	Aqua: Shallow 9-9:45		Cardio: Step 9-9:55	Cycle 9-10	Tai Chi 1 10-11	Gravity: Gentle 10-10:30 10:35-11:05	Fee req'd	Minds in Motion 10:20-12:20 Facilitated by the Alzheimer's Society. Contact them for info and dates.	
	Swim Lessons 10-11	Aqua: Motion 9:50-10:20	Family Fun 10-11		Tai Chi 2 11-12				
	Aqua: Shallow 11-11:45	Family Fun 10:30-11:30	Cardio: Gentle 11:15-12		Stretch 12:15-12:45				
Lengths 12-1:20 (8)		Open 11:30-2	Tabata 12:10-12:50						
Lengths 1:20-3 (3)	Aqua: Shallow 1:30-2			Pickleball: Rec 1-3 (18yrs+)					
	Adult Swim 2-3	Aqua: Gentle 2-2:30 Aqua: Motion 2:30-3							
Closed		Closed	Basketball 3-4:45 (13yrs+ or with parent)						
Lengths 4-7 (2)	Special Olympics 4-4:45 (21yrs+)		Special Olympics 4:45-5:30 (8-21yrs)	Boot Camp 5-5:55					
	OSAC 5:30-7 (6)	Family Fun 5:30-7	*Kids Club 6-8 (4-12yrs)		*Kids Club 6-8 (4-12yrs)		*Kids Club 6-8 (4-12yrs)		
Rec Swim 7-8:30			Basketball 8-8:45 (10yrs+)				*Please note, for Kids Club children must be signed in by 6:15 PM. Children ages 4-7 & those who do not pass the swim test will not swim		
Closed			Basketball 8:45-9:45 (13yrs+)						

SATURDAY 7 AM – 7:30 PM

Pools			Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane		Leisure		Cycle	Fitness		1	2	3
Lengths 7:15-9:45 (3)	OSAC 7:15-9:45 (5)	Closed	Pickleball 7:15-8:30 (13yrs+)	Cycle: 7:30-8		Gravity: Core 8:15-8:45		Active Yoga ♦ 8:15-9	
		Swim Lessons 9-10	Cardio: Step 9-9:55		Tai Chi Practice 8:30-9		Creative Play 9-10 (3-10yrs)		
Lengths 9:45-12 (2)	Swim Lessons 10-12		Active Kids 10:15-11 (6-10yrs)		Tai Chi 3 9-10	TRX 10-10:30			
			Gym & Swim 10:15-11	Family Fun 11-12	Tai Chi 1 10-11				
Lengths 12-1:15 (6)		Adult Swim 12-1:15	Basketball 12-12:45 (13yrs+ or with parent)		Tai Chi 2 11-12		Birthday Set Up 12-1		
Family Fun 1:30-2:30			Birthday Parties 12:45-3:30		Tai Chi is free for Members! Must be a Y Member.		Birthday Parties 1-3:30	Birthday Parties 1-3:30	
Rec Swim 2:30-4			Family Fun 3:30-5 (13yrs+ or with parent)				Birthday Clean Up 3:30-4		
Available for Rental 4:30-7 *call extension 226 to inquire			Basketball 5-6:30						
			Open Gym 6:30-7:15						

SUNDAY 8 AM – 5 PM

Pools			Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane		Leisure		Cycle	Fitness		1	2	3
Closed		Closed	Pickleball: Rec 8:15-11 (18yrs+)	Cycle 8:25-8:55		W.O.W 8:15-8:45 Gravity: Fusion 9-9:30	★ = Triathlon Training No need to register, our schedule accommodates your training needs! Join us for Tri Swim, Cycle then Tri Run or piece them together however you like! Cycle bikes will be reserved for Triathlon participants; remainder available on a first come first served basis.		
Lengths 9-10:15 (3)	Tri Swim ★ 9-9:30 (5)				Cycle ★ 9:45-10:15	Tri Run ★ 10:15-11			
Closed		Family Fun 10:30-12	Pickleball: Family 11-12 (with parent)			W.O.W 11:15-11:45			
Lengths 11:45-12:45 (8)		Adult Swim 12-12:45	Birthday Parties 12:15-2	Youth Fit 12-12:45 (8-12yrs, parents welcome)					Birthday Parties 12:30-3
Aquatic Certifications 1-4 (3)	Rec Swim 1-2:30 (5)	Rec Swim 1-3	Family Fun 2-4	Stretch 1-2	Last 10-20 min. is guided meditation		Participants must bring their own boxing gloves & wraps	Aquatic Certifications 12:30-5	
	Closed	Closed	Open Gym 4-4:45	Kickboxing: Basics 2:30-3	Kickboxing 3-4				

Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
Lane	Leisure		Cycle	Fitness		1	2	3
Closed	Closed	Open Gym 7-9:45	Cycle 8-8:45					<p>Interim Schedule over Christmas and March Break.</p> <p>Facility closed Christmas Day (Dec 25) & Easter Sunday (Apr 12)</p> <p>Special Schedule for Family Day (Feb 17). Will be posted in advance.</p>
		Family Fun 10-11:30						
Lengths 11:45-12:45	Adult Swim 12-12:45		Instructor's Choice 11-11:30					
Rec Swim 1-2	Rec Swim 1-2:30	Open Gym 11:30-2:45	<p><i>Class type varies! Watch for details on our Holiday hours notices in advance.</i></p>					
Closed	Closed							

SWIM LESSONS 1 group lesson session included with membership | **Parent Participation Day:** last day of session

SKILLS SCREENING: Unsure of what level to register for? Sign up for a FREE 10 minute skills screening session where a swim instructor will recommend the appropriate level for you.

A: Sun Aug 25: 10-11:30 AM **B: Sun Nov 10:** 9:30-10:30 AM
C: Thurs Jan 30: 4-5 PM **D: Thurs Apr 9:** 4-5 PM

LEVEL	Fee	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tot Lessons (6mos-5yrs + parent)	M: Inc P: \$66		10:30-11 AM	10:30-11 AM	10-10:30 AM		
Splashers / Bubblers (6mos-3yrs + parent)	M: Inc P: \$66	5-5:30 PM	6-6:30 PM	5-5:30 PM	6-6:30 PM	* Session A & D only →	9-9:30 AM* 9:30-10 AM
L'il Dippers (3yrs +) Bobber, Floater, Glider, Diver, Surfer, Dipper	M: Inc P: \$81	5-5:30 PM 5:30-6 PM 6-6:30 PM	4-4:30 PM 5-5:30 PM 6-6:30 PM	5-5:30 PM 5:30-6 PM 6-6:30 PM	4-4:30 PM 5-5:30PM 6-6:30 PM		9-9:30 AM* 9:30-10 AM 10-10:30 AM 11-11:30 AM
Gym & Swim (3-5yrs) Gym play + L'il Dippers swim lesson	M: Inc P: \$122	1-2:30 PM 4:15-5:30 PM	1-2:30 PM		4:15-5:30 PM		10:15-11:30 AM
Learn to Swim (6yrs +) Otter, Seal, Dolphin, Swimmer	M: Inc P: \$85	5:30-6 PM 6:30-7 PM	4:30-5 PM 5:30-6 PM	5:30-6 PM 6:30-7 PM	4:30-5 PM 5:30-6 PM		10:30-11 AM 11-11:30 AM 11:30 AM-12 PM
Star Program Levels 1 - 4	M: Inc P: \$94	6:10-6:55 PM	5:10-5:55 PM	6:10-6:55 PM	4:05-4:50 PM 5:10-5:55 PM		10:10-10:55 AM
Star Leadership Levels 5 - 6	M: Inc			5:30-6:30 PM			12-1 PM
Star Leadership Level 7	P: \$101			(levels 5, 6 & 7)			(levels 5, 6 & 7)
Be'tween' Lessons 11-15yrs	M: Inc P: \$85	7-7:30 PM					
Adult Lessons: Shallow	M: Inc			2-2:30 PM		10-10:30 AM	
Adult Lessons: Deep	P: \$85			2:30-3 PM		10:30-11 AM	
Private Lessons 3yrs+, adults welcome	M: \$98 P: \$150	10-10:30 AM 7:30-8 PM	9:45-10:15 AM 10:15- 10:45 AM 6:30-7 PM	10:15- 10:45 AM 7-7:30 PM	9:45-10:15 AM 10:15- 10:45 AM		11:30 AM-12 PM

Call ext 214 if you know your child will not be attending lessons or volunteering!!

AQUATIC SPECIALITY PROGRAMS

LCOS (Lifesaving Club of Owen Sound)

FUNDamentals I:
M: Included | P: \$45 per session (7-15yrs)
Tuesday 4:15-5:15 PM

Session 2: Feb 11 - June 18 (1 hr/week)

A fun and new way to work on basic stroke correction with an introduction to basic lifesaving skills. **Athletes must be able to swim one length (25m) of the pool unassisted.**

FUNDamentals II:
M: \$50 | P: \$90 per session (7-15yrs)
Tuesday & Thursday 4:15-5:15 PM

Session 2: Feb 11 - June 18 (2hrs/week)

A fun and different way for athletes to learn basic lifesaving skills, stroke correction, endurance and team building. **Athletes must be able to swim two lengths (50m) of the pool unassisted.** Fee includes participation in one Telegames competition.

Competitive:
M: \$100 | P: \$150 per session (7-15yrs)
Tuesday & Thursday 5-6:30 PM, Sunday 10:15-11:15 AM

Session 2: Feb 11 - June 18 (4hrs/week)

Athletes who have completed our FUNDamentals II program or by invitation will have the opportunity to advance their skills and the option to participate in competitions. Fee includes participation in one Telegames competition per session.

OSAC (Owen Sound Aquatic Club)

(Must be a YMCA Member)
Competitive Swimming.
Contact: 519.371.SWIM (7946)

SPECIAL OLYMPICS SWIMMING

(Must be a YMCA Member)
Sept 13, 2019 – June 5, 2020
No swimming Dec 20, 27, Jan 3, Mar 20, Apr 10
Fri: 4-4:45 PM (21yrs+) | **Fri:** 4:45-5:30 PM (8-21yrs)

Contact Dianne at 519.376.0484 ext. 207 for information.

*All Competitive LCOS participants receive \$20 off the cost of any Aquatic Certification Level 1 program.

AQUATIC CERTIFICATIONS

MORE INFORMATION AVAILABLE ON OUR AQUATIC CERTIFICATIONS BROCHURE ON OUR WEBSITE

POOL ADMISSION REQUIREMENTS: CHILDREN MUST BE 10 YEARS OLD TO SWIM BY THEMSELVES

Swimmers 6-9 years old must pass the swim test to swim alone **OR** can be accompanied in the water and directly supervised within arms' reach by a parent/guardian who is 14 years of age or older, with the following ratios of supervisors to swimmers: 1 supervisor to 4 swimmers not wearing lifejackets, 1 supervisor to 8 swimmers wearing lifejackets.

Swimmers 0-5 years old must be accompanied in the water and directly supervised within arms' reach at all times by a parent/guardian 14 years of age or older regardless of swimming ability: 1 supervisor to 2 swimmers.

To swim in the Deep End of the Lane Pool regardless of age, swimmers must pass the swim test to swim in the lane pool deep end. **Lifeguards have the right to restrict deep end use according to swimming ability.** Use of lifejackets or other floatation devices in the deep end is not permitted. Swimmers who pass the swim test will receive a wristband allowing access to the deep end.

Swim Test: Swimmers must be able to swim 1 width of the lane pool using proper front crawl or breaststroke without stopping in order to swim unaccompanied during rec or open swims; or to swim in the deep end.

BABYSITTING COURSE 12yrs+

M: \$45 | P: \$75
Learn about accident prevention, basics in First Aid, infant and child care and supervision, and age appropriate games and activities.

D: Fri **Apr 24**, 9 AM – 4 PM

PARTNER DAYS

Sun **Feb 9, May 24** (8 AM – 5 PM) Residents of Owen Sound and Georgian Bluffs can enjoy FREE access to the YMCA Health, Fitness & Aquatics facility in thanks for the community's help.

STANDARD FIRST AID / CPR-C / AED (Lifesaving Society)

FULL COURSE: \$150
9:30 AM – 6:30 PM both days
B: *Wed **Jan 22** & Thurs **Jan 23** or Sat **Feb 22** & Sun **Feb 23**
C: *Wed **Mar 11** & Thurs **Mar 12** or Sat **Apr 4** & Sun **Apr 5** or D: Sat **Jun 6** & Sun **Jun 7**

RECERTIFICATION: \$95
9:30 AM – 6:30 PM
B: *Thurs **Jan 23** or Sun **Feb 23** or **Weekday courses run 8:30 AM – 5:30 PM Wednesday & 8 AM – 4 PM Thursday.*
C: *Thurs **Mar 12** or Sun **Apr 5**
D: Sun **Jun 7**

FAMILY DAY

Monday February 17: Drop-In
Watch our website, social media, and postings around the Y for a fun special schedule of FREE family-friendly events!

YMCA HEALTHY KIDS DAY

Sunday April 26: Drop-In
Join us for FREE activities, games and special events designed specifically for kids! Watch for details on our website, social media & around the Y.

BIRTHDAY PARTIES

Celebrate your child's big day at the YMCA and let us do the planning for you! We have different party options to suit your needs. See website for full details.

Request Forms must be submitted and are available at ymcaowensound.on.ca

Not all our events are listed here! Visit our "News & Events" section on our website for more details and a complete list of upcoming events!

ORIENTATIONS & SUPPORT

TO BOOK, CALL OUR FITNESS STAFF AT EXT 208 OR EMAIL fitness.support@osgb.ymca.ca

SMART START: CARDIO or STRENGTH 30 min to 1 hr
Free for Members | Public: \$30

Become familiar with our equipment – cardio, strength, or both in this Fitness Centre Orientation! Learn how to safely and effectively use our cardio equipment (treadmills, rowers, bikes, ARC trainer, etc.); or our Strength equipment (weight machines and free weight training area). We will review the schedule and help you find a time/program that works!

Specify type of orientation at time of booking.

Orientations may be booked with a friend, but both people must be receiving the same *type* of orientation.

SMART START: FAMILY 1 hr
Free for Members | Public: \$30

Keep fit as a family! Children ages 8-15years may workout accompanied and directly supervised by an adult (1 adult 18yrs+ to 2 children) after completing this orientation session. Our staff will show appropriate exercises for both you & your child, proper equipment use and safety, and discuss gym etiquette. Only participating members receive a toe tag granting future accompanied access to our fitness centre.
Note: children 12-15yrs must complete our Strength Training: Teen program to gain unaccompanied access to our Fitness Centre.

GRAVITY and/or TRX 30 min
Free for Members | Public: \$20

Receive a guided introduction to our popular Gravity machine and/or our TRX system, led by one of our Fitness Staff. Combined Gravity/TRX orientation will take 1 hour.

Gravity: Learn how to adjust the Gravity machine for different types of exercises and leave confident in your ability to use the machine in a class or on your own.
TRX: Gain a better understanding on this specialized form of suspension training that targets your whole body using your own bodyweight and leave confident in your ability to use this system in a class or on your own.

FITNESS ESSENTIALS PROGRAM 30 min to 1 hr
Free for Members | Members Only

Looking for a basic strength and conditioning program to start your training, add variety, or refresh your last program? A Fitness Programmer will work with you to create a strength and conditioning Fitness Essentials Program customized specifically to help you reach your goals! 1 person per time slot only.

AQUATIC CENTRE 20 min
Free for Members | Public: \$20

Looking to give our pools a try but aren't sure where to start? One of our Aquatic Staff will walk you through the change rooms to the pools and can answer any questions you may have coming in. We will review the pool schedule and help you find a time/program that works!

FROM POOL TO FITNESS CENTRE 1 hr
Free for Members | Members Only

Familiar with the pool and ready to make a move to our Fitness Centre to enhance your fitness routine? Join one of our Aquatic Staff in a Fitness Centre orientation session with a Fitness Programmer to introduce you to the equipment and programs available.

PERSONAL TRAINING (MEMBERS ONLY)

\$42 / 1 hour
\$180 / 5 hours (includes 1hr Goal Consult*)
\$310 / 10 hours (includes 2hrs Goal Consult*)
Purchase personal training packages at our Welcome Desk and book sessions with one of our trainers. We'll keep you motivated and on track to reach your fitness goals!
*Goal Consult allows you to sit down with your trainer to discuss your progress, goals, nutrition tips and more.

Fees are non-refundable and non-transferable. We require 24 hours advance notice to cancel or reschedule a session. If you **cancel, reschedule or miss** your appointment without 24 hours' notice, the scheduled session will be deducted from your purchased package. We understand that emergencies do occur. You may cancel or reschedule a session for emergency reasons up to 2 times a year by giving us a minimum of 3-hour notice. To reschedule or cancel, please call 519-376-0484 ext 208.

ONSITE DIETITIAN

Looking to fine tune or improve your nutrition?
Alison Antonette, Registered Dietitian and Sports Nutritionist is offering one-on-one nutrition coaching to provide you with practical habits and nutrition resources to help you achieve your goals.

Fee required, date determined when booking.

To book an appointment, contact Alison:
Email: onebitenutrition.info@gmail.com
Telephone: 519-270-8711.

WORKSHOPS

OPTIMIZING YOUR HEALTH & WELLNESS
Free for Members & Public
Workshops are offered in partnership with Grey Bruce Health Services and the YMCA on the **2nd Tuesday of every month** and are designed for those who had a stroke, heart surgery, heart attack, or who have had other heart conditions including high blood pressure or cholesterol; or are at risk. Times vary, **register through the Cardiac Rehab office at 519-376-4832 by leaving your name & phone #.**

YMCA WORKSHOPS

We often run various workshops throughout the year. They range in topics from Healthy Lifestyles, Kids Safety and Youth Leadership. Once workshops are confirmed, more details will be posted on our website, social media and around the Y.

STAY 'n' PLAY BABYSITTING SERVICE

Mon to Fri, 8:45-11:30 AM (0-5yrs)
- \$5 for 1st hour
- \$2 for each add'l 30 min per child
- \$80 for an 18 hour pass.

*Fees due in advance at our Welcome Desk.
*Parent must be participating in Y programs
*Please note this service is not available on statutory holidays.

VOLUNTEER OPPORTUNITIES

If you share our commitment to the wellbeing of our community, consider becoming a YMCA volunteer! To apply, complete the Volunteer Application on our website and drop off at our Health, Fitness, and Aquatics Facility. Information regarding volunteer positions, and how to apply are available on our website. Minimum age requirement is 12 years old.

Volunteer Orientation & Training:

Your application will be given to the YMCA Staff Supervisor responsible for your area of interest and you will be contacted by that person to discuss their current volunteer opportunities and upcoming training dates.



As a charity, the YMCA of Owen Sound Grey Bruce is dedicated to improving quality of life for everyone in our community. Donations to our YMCA help ensure that we will always be ready to offer financial assistance to people in need. **Donate today at ymcaowensound.on.ca or in person at our Welcome Desk.**