

National Drowning Prevention Week Kick-Off

July 21
AGENDA

Outside (North Parking Lot), 10:00 AM - 1:00 PM:

- Touch-a-Truck (OS Fire, EMS, Police & The Miller Group)
- Kids Activities (Bubbles, chalk, colouring, games and more!)
- Vendor Tables (YMCA Aquatics, Lifesaving Society, Lifesaving Sport, Grey Bruce Dragon Boat Club, Owen Sound Swimming, Grey County Tourism, Owen Sound Tourism)
- Enjoy free popsicles thanks to Chapman's Ice Cream!

Inside, 7:00 AM - 3:00 PM:

- OPP South Bruce Marine Unit - Water Safety and Recreational Human-Powered Watercraft Safety presentations (every 30 minutes starting at 10:00 AM)
- YMCA Health, Fitness & Aquatics schedule*

Pool:

- Lane Swim, 9:15 AM - 10:30 AM
- Aquafit, 9:45 AM - 10:30 AM
- Rec Swim, 10:30 AM - 1:00 PM (leisure pool)
- Lifesaving Sport Showcase, 12:30 PM - 2:00 PM
- **FREE Swim, 1:00 PM - 2:30 PM (both pools)**

Gymnasium:

- Pickleball: Advanced, 7:00 AM - 8:30 AM
- Pickleball: Beginners, 8:30 AM - 10:00 AM
- Badminton, 10:00 AM - 11:30 AM
- Family Gym, 11:45 AM - 2:45 PM

Fitness Centre:

- W.O.W, 10:00 AM - 10:30 AM
- Stretch, 11:15 AM - 12:00 PM
- Kickboxing, 12:15 PM - 1:00 PM

**Partner Day: free access to YMCA Health, Fitness & Aquatics facility all day for Owen Sound residents!*