



Shine On

**HOLIDAY
2024/2025**



PROGRAM SCHEDULE

DECEMBER 23, 2024 -
JANUARY 5, 2025

ymcaowensound.on.ca

HOME FOR THE HOLIDAYS PROMO

Students can stay active and enjoy a special rate of just \$40 (plus tax) for 1 month with a student ID Card. There are so many great ways to get your mind and body active over the holidays! Visit our Welcome Desk to sign up (*offer available, December 1, 2024 - January 5, 2024*).

GUIDELINES & POLICIES

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.

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.

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!

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									Holiday Camp	
6:00										
6:15										
6:30	Lane Swim 6:30-8:30		Pickleball: Rec 6-8:30							
6:45										
7:00										
7:15										
7:30										
7:45										
8:00		Open Swim 7-8:45								
8:15										
8:30										
8:45	Aquafit 8:45-9:30									
9:00										
9:15		Adult/ Aquafit 8:45-9:30	Cardio: Mix 9-9:45							
9:30										
9:45										
10:00	Lane Swim 9:30-11 (4 lanes)									
10:15										
10:30		Rec Swim 10-11		Yoga 10-10:45						
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 Lanes)		Cardio: Gentle 11-11:45							
11:30		Aquafit 11:15-12								
11:45										
12:00		Open Swim 11:15-1								
12:15	Lane Swim 12-1		Basketball 12-1							
12:30										
12:45										
1:00										
1:15										
1:30			Holiday Camp 1-3							
1:45										
2:00										
2:15	Lane Swim 1:30-3:30 (4)	Rec Swim 1:30-3:30								
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00			Family Gym 3:15-6:30							
4:15										
4:30										
4:45										
5:00										
5:15	Lane Swim 4-8									
5:30										
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45										
Monday										

TUESDAY December 24th 5:45 AM - 12:00 PM

Holiday Schedule

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									Closed	
6:00										
6:15										
6:30	Lane Swim 6:30-8:30		Basketball 6-8:30							
6:45										
7:00										
7:15										
7:30										
7:45										
8:00		Open Swim 7:30-8:45								
8:15										
8:30										
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30								
9:00										
9:15										
9:30										
9:45										
10:00	Lane Swim 10-11:30 (4)	Rec Swim 10-11:30	Family Gym 9-11:45							
10:15										
10:30										
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										

WEDNESDAY December 25th

Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Closed - Christmas Day									

THURSDAY December 26th

Holiday Schedule

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
Closed - Boxing Day									

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			Open Gym 5:45-8:30						Holiday Camp
6:00									
6:15									
6:30	Lane Swim 6:30-8:30 (4 lanes)	OSAC 6:30-8:30 (4 lanes)				Boot Camp 6:15-7			
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30								
9:00		Adult/ Aquafit 8:45-9:30							
9:15			Cardio: Step 9-9:45						
9:30				Cycle 9-10					
9:45						Gravity 9:45-10:15			
10:00	Lane Swim 9:30-11 (4 lanes)	Rec Swim 10-11							
10:15					Yoga 10-10:45				
10:30									
10:45									
11:00									
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12							
11:30					Cardio: Gentle 11-11:45				
11:45									
12:00		Open Swim 11:15-1							
12:15	Lane Swim 12-1								
12:30									
12:45									
1:00									
1:15									
1:30	Lane Swim 1:30-3:30 (4)	Rec Swim 1:30-3:30							
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45									
4:00	Lane Swim (4 lanes) 4-6	OSAC 4-5:30 (4 lanes)							
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
Friday									

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			Open Gym 7-9						Closed
7:15									
7:30									
7:45									
8:00	Lane Swim 8-10 (4 lanes)	OSAC 8-10 (4 lanes)		Cycle 8-8:30					
8:15									
8:30									
8:45							Boot Camp 8:45-9:30		
9:00									
9:15			Family Gym 9:30-1		Tai Chi 1* 9-10				
9:30									
9:45						Gravity 9:45-10:15			
10:00	Lane Swim 10-12:30								
10:15									
10:30					Tai Chi 3* 10-11:30				
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00		Rec Swim 1-2:30							
1:15									
1:30			Basketball 1:15-2:45						
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Saturday									

SUNDAY December 29th 7:00 AM - 3:00 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									Closed
7:15									
7:30									
7:45			Pickleball: Competitive 18yrs+ 7-9:15						
8:00									
8:15									
8:30									
8:45									
9:00									
9:15	Lane Swim 9-10:30				Buti Yoga 9-9:45				
9:30									
9:45		Aquafit 9:45-10:30				W.O.W. 9:30-10			
10:00									
10:15			Pickleball: Beginner/ Rec 9:15-11:30						
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00		Rec Swim 11-1:30							
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Sunday									

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									Holiday Camp	
6:00										
6:15										
6:30										
6:45										
7:00	Lane Swim 6:30-8:30 (4 lanes)	OSAC 6:30-8:30 (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							
9:00										
9:15										
9:30	Lane Swim 9:30-11 (4 lanes)	Rec Swim 10-11								
9:45										
10:00										
10:15										
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open Swim 11:15-1							
11:30										
11:45										
12:00	Lane Swim 12-1		Open Swim 11:15-1							
12:15										
12:30										
12:45										
1:00										
1:15										
1:30	Lane Swim 1:30-3:30 (4)	Rec Swim 1:30-3:30								
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lane Swim 4-8	OSAC 4-5:30 (4 lanes)	Rec Swim 4-7							
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15		Aquafit 7-7:45	Open Swim							
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Monday									

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									CLOSED		
6:00			Basketball 6-8:30								
6:15											
6:30	Lane Swim 6:30-8:30 (4 lanes)	OSAC 6:30-8:30 (4 lanes)			Cycle 6:15-7						
6:45											
7:00											
7:15											
7:30											
7:45											
8:00		Open Swim 7:30-8:45									
8:15											
8:30											
8:45	Aquafit 8:45-9:30										
9:00		Adult/ Aquafit 8:45-9:30									
9:15				Cycle 9-9:40							
9:30			Family Gym 9-11:45								
9:45							Gravity 9:45-10:15				
10:00											
10:15							Gravity 10:20-10:50				
10:30											
10:45	Lane Swim 10:30-11:30										
11:00		Open Swim 10:30-11:30									
11:15											
11:30											
11:45					Stretch 11-11:45						
12:00	<p>City Of Owen Sound New Year's Eve Family Celebration Open Swim: 1:00 - 3:30 PM Family Gym: 12:00 - 4:00 PM</p>										
12:15											
12:30											
12:45											
1:00											
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15											
3:30											
3:45											
4:00											

Time	Pools		Gymnasium	Studios		Fitness Centre	Program Rooms		
	Lane	Leisure		Cycle	Fitness		1	2	3
7:00									CLOSED
7:15									
7:30									
7:45			Basketball 7-9						
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
9:30									
9:45									
10:00	Lane Swim 9:30-11 (4 Lanes)	Open Swim 9:30-11 (4 Lanes)							
10:15			Badminton 9:15-11						
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Wednesday									

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											
6:15						Gravity 6:15-6:45					
6:30	Lane Swim 6:30-8:30 (4 lanes)	OSAC 6:30-8:30 (4 lanes)	Open 6-8:30								
6:45											
7:00											
7:15											
7:30											
7:45											
8:00		Open Swim 7:30-8:45									
8:15											
8:30											
8:45	Aquafit 8:45-9:30										
9:00		Adult/ Aquafit 8:45-9:30									
9:15					Cycle 9-9:40						
9:30											
9:45	Lane Swim 9:30-11 (4 lanes)		Family Gym 9-11:45			Holiday Camp 9:30-10:45	Gravity 9:45-10:15	Stay 'n' Play 8:45-12			
10:00		Rec Swim 10-11			Gravity 10:20-10:50						
10:15											
10:30											
10:45											
11:00											
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12				Stretch 11:15-12					
11:30											
11:45		Open Swim 11:15-1									
12:00	Lane Swim 12-1										
12:15			Body Sculpt 12:15-12:45		Joga 12:15-12:45						
12:30											
12:45											
1:00											
1:15											
1:30	Lane Swim 1:30-3:30 (4)	Rec Swim 1:30-3:30	Pickleball: Rec 1-3			Holiday Camp 1:30-2:30					
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15											
3:30											
3:45			Day Camp 3:15-4:45								
4:00	Lane Swim (4 lanes) 4-7	Rec Swim 4-7									
4:15											
4:30											
4:45					Tabata Set Up						
5:00											
5:15					Tabata 5:15-6:00						
5:30											
5:45											
6:00											
6:15											
6:30			Kickboxing 6:15-7:00								
6:45											
7:00											
7:15											
7:30											
7:45			Badminton 7:15 -8:45								
8:00											
8:15											
8:30											
8:45	Thursday										

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			Open 5:45-8:30						Holiday Camp	
6:00										
6:15										
6:30	Lane Swim 6:30-8:30 (4 lanes)	OSAC 6:30-8:30 (4 lanes)				Boot Camp 6:15-7				
6:45										
7:00										
7:15								Athletic Performance Training: Teen 7:15-8		
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Aquafit 8:45-9:30									
9:00		Adult/ Aquafit 8:45-9:30								
9:15			Cardio: Step 9-9:45		Cycle 9-10					
9:30										
9:45										
10:00	Lane Swim 9:30-11 (4 lanes)	Rec Swim 10-11								
10:15					Yoga 10-10:45					
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12								
11:30					Cardio: Gentle 11-11:45					
11:45										
12:00		Open Swim 11:15-1								
12:15	Lane Swim 12-1									
12:30										
12:45										
1:00										
1:15										
1:30	Lane Swim 1:30-3:30 (4)	Rec Swim 1:30-3:30								
1:45										
2:00										
2:15										
2:30										
2:45										
3:00										
3:15										
3:30										
3:45										
4:00	Lane Swim (4 lanes) 4-6	OSAC 4-5:30 (4 lanes)								
4:15										
4:30										
4:45										
5:00			Rec Swim 4-6							
5:15										
5:30										
5:45										
6:00										
6:15										
6:30										
6:45										
7:00										
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Friday									

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			Open Gym 7-9						Closed	
7:15										
7:30										
7:45										
8:00	Lane Swim 8-12:30			Cycle 8-8:30						
8:15										
8:30										
8:45			OSAC 8-10 (4 lanes)				Boot Camp 8:45-9:30			
9:00										
9:15						Tai Chi 1* 9-10				
9:30				Family Gym 9:30-1						
9:45										
10:00								Gravity 9:45-10:15		
10:15										
10:30							Tai Chi 3* 10-11:30			
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										
12:15										
12:30										
12:45										
1:00										
1:15										
1:30										
1:45		Rec Swim 1-2:30	Basketball 1:15-2:45							
2:00										
2:15										
2:30										
2:45										
3:00										
Saturday										

SUNDAY JANUARY 5th 7:00 AM - 3:00 PM

Holiday Schedule

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									Closed
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15	Lane Swim 9-10:30								
9:30									
9:45		Aquafit 9:45-10:30							
10:00									
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
Sunday									

Pickleball: Competitive
18yrs+
7-9:15

Pickleball: Beginner & Rec
9:15-11:30

Family Gym
12-2:45

Buti Yoga
9-9:45

W.O.W.
9:30-10

Kickboxing
11:15-12

Stretch
12:15-1

Rec Swim
11-1:30

Lane Swim
9-10:30

Aquafit
9:45-10:30

Closed