



Shine On

**SPRING
2025**



PROGRAM SCHEDULE

BEGINS APRIL 7TH

Registered Sessions

D: April 7th - May 25th

Summer: July 7th - August 22nd

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 online.

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.

FACILITY HOURS

Monday - Friday	5:45-9:00
Saturday & Sunday	7:00-5:00

REGISTRATION DATES

	Member	Public
Session D:	April 1st	April 3rd
Summer:	June 3rd	June 5th

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!

YMCA of Owen Sound Grey Bruce, 700 10th Street East, Owen Sound, ON N4K 0C6, 519.376.0484 | Charitable Reg. #11907 4995 RR001

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, programs with * registration is required									
5:45									
6:00	Lane Swim 6-8:30	OSAC 6-7 (6 lanes)	Open Swim 7-8:45	Pickleball: Rec 6-8:30					
6:15									
6:30									
6:45									
7:00									
7:15	OSAC 7-8 (3 lanes)	Adult/ Aquafit 8:45-9:30	Cardio: Mix 9-9:45	Tai Chi 1* 9-10					
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30		Lessons 9:30-10:30	Yoga 10-10:45	Tai Chi 3* 10-11:30			Stay 'n' Play 8:45-12:00	
9:00									
9:15									
9:30									
9:45									
10:00									
10:15									
10:30									
10:45									
11:00	Lane Swim 11-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-1	Cardio: Gentle 11-11:45					
11:15									
11:30									
11:45									
12:00	Lane Swim 12-1:30								
12:15									
12:30									
12:45									
1:00	Lessons 1:30-3		Family Gym 1:30-3:45	Rock Steady Boxing* 1:15-2:45	Rock Steady Boxing* 1:15-2:45				
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30	Lane Swim 3:30-8	OSAC 3:30-5:30 (5 lanes)	Family Swim 3:45-5	Basketball (10+ yrs) 4-5:15					
3:45									
4:00									
4:15									
4:30		OSAC 5:30-6:45 (6 lanes)	Rec Swim 5-6:30	Jr NBA Set Up	Jr NBA* 5:30-6:30 Ages 7-9				
4:45									
5:00									
5:15									
5:30	Core 5:30-6								
5:45									
6:00	Cardio: Mix 6:15-6:45								
6:15									
6:30									
6:45									
7:00		Aquafit 7-7:45 (3 lanes)	Open Swim 6:30-8	Badminton (13+ yrs) 6:45-8:45					
7:15									
7:30									
7:45									
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, programs with * registration is required											
5:45											
6:00	Lane Swim 6-8:30	OSAC 6-8 (5 lanes)	Basketball 6-8:30	Cycle 6:15-7							
6:15											
6:30											
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		Cycle 9-9:40							
9:00											
9:15											
9:30	Lessons 9:30-11		Family Gym 9-11:45		Cardiac Rehab* 8:30-11		Gravity 9:45-10:15	Stay 'n' Play 8:45-12	Mommy & Me Stretch and Strengthen 9:15-10		
9:45											
10:00									Chair Fit 10:15-11		
10:15											
10:30											
10:45											
11:00											
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)									
11:30											
11:45		Open Swim 11:15-12:30									
12:00											
12:15	Lane Swim 12-1		Bars & Plates 12:15-12:45								
12:30											
12:45										Aqua Motion 12:30-1	
1:00	Lessons 1-3		Pickleball: Beginner/Rec 1-3:15								
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00	CLOSED										
3:15											
3:30											
3:45											
4:00	Lessons 4-6:30	OSAC 4-5:45 (3 lanes)	Teen Sports 12-15yrs 4-5:30	Family Gym 4-5:30					Fun Zone 3-10 years 4-6:30 (Parent must remain in building)		
4:15											
4:30											
4:45											
5:00				Lessons 4-6:30							
5:15											
5:30			Family Gym 5:30-6:30	Yoga 5:15-6	Strength Training Teen* 5-6						
5:45											
6:00											
6:15											
6:30	Lane Swim 6:30-8	OSAC 5:45-7:30 (4 lanes)									
6:45											
7:00										Family Swim 6:30-7:30	
7:15											
7:30											
7:45											
7:55			Co-Ed Volleyball 13+ 7-8:45								
8:00											
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, programs with * registration is required									
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		OSAC 7-8 (4 lanes)							
7:15									
7:30	Open Swim 7:30-8:45								
7:45									
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Tabata Set Up						
9:00			Tabata 9-9:45						
9:15									
9:30	Lessons 9:30-11	Aqua Motion 9:30-10				Tai Chi 1* 9-10			
9:45									
10:00				Yoga 10-10:45			Gravity 9:45-10:15	Family Play 10-12 2-5 yrs (infant siblings welcome)	
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 11:15-1						
11:30									
11:45									
12:00	Lane Swim 12-1		Rock Steady Boxing Set Up 12-1			Core 12:15-12:45	Ride & Glide* 12:15-12:45		
12:15									
12:30									
12:45									
1:00	Lessons 1-3								
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	CLOSED								
3:15									
3:30									
3:45									
4:00	Lessons 4-6:30	OSAC 4-5:30 (3 lanes)	Lessons 4-6:45	Active Kids 8-12yrs 4-5	Family Gym 4-6				
4:15									
4:30									
4:45									
5:00		OSAC 5:30-7 (4 lanes)							
5:15									
5:30									
5:45									
6:00	Lane Swim 6:30-8	Aquafit 7-7:45 (3 lanes)	Open Swim 6:45-8	Basketball 30+ 7:15-8:45		Joga 5:30-6:15			
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
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, programs with * registration is required										
5:45										
6:00	Lane Swim 6-8:30	OSAC 6-8 (5 lanes)	Basketball 6-8:30			Gravity 6:15-6:45				
6:15										
6:30										
6:45										
7:00										
7:15										
7:30	Open Swim 7:30-8:45									
7:45										
8:00										
8:15	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Family Gym 9-11:45		Cycle 9-9:40	Cardiac Rehab* 8:30-11	Stay 'n' Play 8:45-12:00			
8:30										
8:45										
9:00										
9:15										
9:30										
9:45	Lessons 9:30-11							Mommy & Me Yoga 9:15-10		
10:00										
10:15										
10:30										
10:45										
11:00										
11:15	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)	Open Swim 11:15-12:30			Stretch 11:15-12				
11:30										
11:45										
12:00	Lane Swim 12-1		Aqua Motion 12:30-1			Body Sculpt 12:15-12:45				
12:15										
12:30										
12:45	Lessons 1-3		Pickleball: Rec 1-3			Cardiac Rehab* 1:00-2:30				
1:00										
1:15										
1:30										
1:45										
2:00										
2:15	CLOSED									
2:30										
2:45										
3:00										
3:15										
3:30										
3:45	Lessons 4-6:30	OSAC 4-6:15 (3 lanes)	Lessons 4-6:15			Badminton 10-18yrs 3:30-4:30				
4:00										
4:15										
4:30										
4:45										
5:00										
5:15	Lessons 4-6:30	OSAC 4-6:15 (3 lanes)	Lessons 4-6:15			Tabata Set Up				
5:30										
5:45										
6:00	Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)	Rec Swim 6:30-7:30			Tabata 5:15-6:00			Strength Training: Teen* 5-6	
6:15										
6:30										
6:45										
7:00										
7:15										
7:30	OSAC 7-8 (6 lanes)					Power Yoga 5:30-6:30			Fun Zone 3-12 years 4-6:30 (Parent must remain in building)	
7:45										
8:00										
8:15	Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)	Rec Swim 6:30-7:30			Kickboxing 6:15-7:00				
8:30										
8:45										
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, programs with * registration is required									
5:45									
6:00	Lane Swim 6-8:30	OSAC 6-8 (5 lanes)	Open 5:45-8:30						
6:15									
6:30									
6:45									
7:00									
7:15									
7:30		Open Swim 7-8:45		Athletic Performance Training: Teen 7:15-8					
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 9-10					
9:00									
9:15									
9:30	Lessons 9:30-10:30								
9:45									
10:00									
10:15			Yoga 10-10:45						
10:30									
10:45									
11:00									
11:15	Lane Swim 11-12	Aquafit 11:15-12 (6 lanes)	Open Swim 11:15-1	Cardio: Gentle 11-11:45					Family Play 10-12
11:30									
11:45									
12:00									
12:15	Lane Swim 12-1:30	Aqua Run 12:25-12:55	Open Swim 11:15-1	Tabata 12:15-12:45					
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00	Lessons 1-3		Pickleball: Rec 1-3:15						Dancing with Parkinsons 1:30-2:30 *Registered through the PSSO*
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45									
4:00	Owen Sound Otters 3:45-5:45		Basketball 3:30-5:15						
4:15									
4:30									
4:45									
5:00									
5:15									
5:30									
5:45									
6:00	Lane Swim (2 lanes) 5:45-8	OSAC 5:45-7:15 (3 lanes)	Rec Swim 5:30-8	Kid Zone* 6-7:15					Kids Zone Set Up
6:15									
6:30									
6:45	Rec Swim (3 lanes) 5:45-8								Kids Zone* Ages 5-12 6-8
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Friday								

SATURDAY 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, programs with * registration is required									
7:00									
7:15	Lane Swim 7:15-9:30	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45						
7:30									
7:45									
8:00									
8:15					Cycle 8-8:30				
8:30									
8:45									
9:00									
9:15									
9:30	Lessons 9:30-11	OSAC 10:15-11:30 (4 lanes)	Family Gym 9-11:30						
9:45									
10:00									
10:15									
10:30									
10:45									
11:00									
11:15									
11:30	Lifesaving Sport 11-12:45	Lessons 9-12:30	Birthday Party Set Up						
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 1-3 (2 lanes)	Rec Swim 1-3	Birthday Parties 12-1:30						
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	Birthday Parties/Rentals		Family Gym 1:30-3:30						
3:15									
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00	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, programs with * registration is required									
7:00									
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-9:15	Lessons 8:30-9		Pickleball: Competitive 18yrs+ 7-9:30					
8:45									
9:00									
9:15	Tri-Swim* 9:15-9:45								
9:30		Lessons 9-10:15							
9:45									
10:00		Aquafit 9:45-10:30 (4 lanes)							
10:15									
10:30									
10:45	Lane Swim 9:45-12:30 (4 lanes)								
11:00									
11:15			Open 10:45-12						
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00		Family Swim 12:30-1:30							
1:15									
1:30									
1:45	Advanced Courses/ Lessons 10:30-3								
2:00									
2:15			Rec Swim 1:30-3						
2:30									
2:45									
3:00									
3:15	Birthday Parties/Rentals								
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00	Sunday								