



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 RR0001

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)	Pickleball: Rec 6-8:30			WOW 6:15-6:45					
6:15											
6:30											
6:45											
7:00		OSAC 7-8 (3 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	Cardio: Mix 9-9:45			Tai Chi 1* 9-10					
9:00											
9:15											
9:30	Lessons 9:30-10:30									Gravity 9:45-10:15	Stay 'n' Play 8:45-12:00
9:45											
10:00											
10:15											
10:30						Yoga 10-10:45				Gravity: Mix 10:20-10:50	
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					
11:30											
11:45											
12:00	Lane Swim 12-1:30		Open Swim 11:15-1		Olympic Bars & Plates 12:15-12:45	TRX Boot Camp 12:15-12:45					
12:15											
12:30											
12:45											
1:00	Lessons 1:30-3			Youth Circuit 12:30-1:15							
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45				Family Gym 1:30-3:45							
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		Strength Training Teen* 4-5					
3:45											
4:00											
4:15											
4:30		OSAC 5:30-6:45 (6 lanes)	Rec Swim 5-6:30	Jr NBA Set Up							
4:45											
5:00											
5:15											
5:30	Lane Swim 3:30-8	OSAC 5:30-6:45 (6 lanes)	Open Swim 6:30-8	Badminton (13+ yrs) 6:45-8:45							
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 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		Kettle Bell Flow 6:15-7				
6:15									
6:30									
6:45									
7:00		Lessons							
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	Family Gym 9-11:45	Cycle 9-9:40	Cardiac Rehab* 8:30-11	Gravity 9:45-10:15	Stay 'n' Play 8:45-12	Mommy & Me Stretch and Strengthen 9:15-10	
9:00									
9:15									
9:30	Lessons 9:30-11								
9:45									
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	Lane Swim 12-1		Aqua Motion 12:30-1	Bars & Plates 12:15-12:45					
12:00									
12:15									
12:30									
12:45									
1:00	Lessons 1-3		Pickleball: Beginner/Rec 1-3:15	Cardiac Rehab* 1-2:30					
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)	Lessons 4-6:30	Teen Sports 12-15yrs 4-5:30	Family Gym 4-5:30
4:15									
4:30									
4:45									
5:00	Family Gym 5:30-6:30								
5:15									
5:30									
5:45									
6:00	Lane Swim 6:30-8	OSAC 5:45-7:30 (4 lanes)	Family Swim 6:30-7:30		Zumba 6:15-7:15				
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00			Co-Ed Volleyball 13+ 7-8:45						
8:15									
8:30									
8:45									
Tuesday									

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								
6:15												
6:30												
6:45												
7:00												
7:15												
7:30												
7:45												
8:00												
8:15												
8:30					Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12:00					
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30									
9:00				Cycle 9-9:40								
9:15												
9:30	Lessons 9:30-11			Family Gym 9-11:45							Mommy & Me Yoga 9:15-10	
9:45												
10:00												
10:15											Chair Yoga 10:15-11	
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												
12:15	Lane Swim 12-1		Aqua Motion 12:30-1	Body Sculpt 12:15-12:45	Joga 12:15-12:45							
12:30												
12:45												
1:00	Lessons 1-3			Pickleball: Rec 1-3		Cardiac Rehab* 1:00-2:30						
1:15												
1:30												
1:45												
2:00												
2:15												
2:30												
2:45												
3:00	CLOSED						Fun Zone 3-12 years 4-6:30 (Parent must remain in building)					
3:15												
3:30				Badminton 10-18yrs 3:30-4:30								
3:45												
4:00												
4:15	Lessons 4-6:30	OSAC 4-6:15 (3 lanes)	Lessons 4-6:15	Tabata Set Up		Strength Training: Teen* 5-6						
4:30												
4:45												
5:00												
5:15												
5:30												
5:45												
6:00												
6:15				Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)		Rec Swim 6:30-7:30	Kickboxing 6:15-7:00				
6:30												
6:45												
7:00												
7:15	OSAC 7-8 (6 lanes)		Co-Ed Volleyball 13+ 7:15 -8:45									
7:30												
7:45												
8:00												
8:15												
8:30												
8:45	Thursday											

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				Open Gym 7-8:45						
7:15	Lane Swim 7:15-9:30	OSAC 7:15-10:15 (6 lanes)								
7:30										
7:45										
8:00										
8:15										
8:30										
8:45	Lessons 9:30-11	OSAC 10:15-11:30 (4 lanes)	Lessons 9-12:30	Family Gym 9-11:30		Tai Chi 1* 9-10	Boot Camp 8:45-9:30			
9:00										
9:15										
9:30										
9:45										
10:00										
10:15	Lifesaving Sport 11-12:45			Birthday Party Set Up		Tai Chi 3* 10-11:30	Gravity 9:45-10:15		Kung Fu* 10:30-11:15	
10:30										
10:45										
11:00										
11:15										
11:30										
11:45				Birthday Parties 12-1:30					Birthday Party Set Up	
12:00										
12:15										
12:30										
12:45										
1:00	Lane Swim 1-3 (2 lanes)	Rec Swim 1-3	Family Gym 1:30-3:30							
1:15										
1:30										
1:45										
2:00										
2:15										
2:30	Birthday Parties/Rentals									
2:45										
3:00										
3:15										
3:30										
3:45										
4:00				Basketball 3:45-4:45						
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				Pickleball: Competitive 18yrs+ 7-9:30		Buti Yoga 8-8:45								
7:15														
7:30														
7:45														
8:00														
8:15	Lane Swim 8:30-9:15	Lessons 8:30-9												
8:30														
8:45	Lane Swim 9:45-12:30 (4 lanes)		Lessons 9-10:15			Pickleball: Beginner/Rec 9:30-11:30				Tri-Cycle* 10-10:30				
9:00														
9:15		Tri-Swim* 9:15-9:45		W.O.W. 9:30-10										
9:30														
9:45														
10:00														
10:15		AquaFit 9:45-10:30 (4 lanes)												
10:30														
10:45		Open 10:45-12		Birthday Party Set Up	Tri-Run* 10:30-11									
11:00														
11:15														
11:30														
11:45														
12:00		Advanced Courses/ Lessons 10:30-3			Birthday Parties 12-1:30		Kickboxing 12:15-1							
12:15														
12:30	Family Swim 12:30-1:30													
12:45														
1:00	Rec Swim 1:30-3			Family Gym 1:30-3:30										
1:15														
1:30														
1:45														
2:00														
2:15														
2:30														
2:45														
3:00														
3:15														
3:30	Birthday Parties/Rentals													
3:45														
4:00			Basketball 3:45-4:45											
4:15														
4:30														
4:45														
5:00														
Sunday														