



Shine On

**INTERIM
JUNE
2025**

PROGRAM SCHEDULE

JUNE 2ND - 27TH

This special interim schedule includes more private lessons, extra swim time, extended family gyms and more!

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
Interim:	May 27th	May 29th
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		OSAC 7-8 (3 lanes)								
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	Stay 'n' Play 8:45-12:00			
9:00										
9:15										
9:30	Private Lessons 9:30-10:30		Aqua Motion 9:30-10							
9:45										
10:00										
10:15										
10:30			Family Fun 10-11	Yoga 10-10:45						
10:45										
11:00										
11:15	Lane Swim	Aquafit 11:15-12	Rental 11-12	Cardio: Gentle 11-11:45						
11:30	11:15-12									
11:45	(2 Lanes)									
12:00	Lane Swim 12-2:30		Open Swim 12-1							
12:15										
12:30										
12:45										
1:00		Private Lessons 1-2	Rental 1-2	Family Gym 12:30-3:30						
1:15										
1:30										
1:45										
2:00						Rock Steady Boxing* 1:15-2:45	Rock Steady Boxing* 1:15-2:45			
2:15										
2:30										
2:45										
3:00										
3:15	Lane Swim 3:30-8	OSAC 3:30-5:30 (5 lanes)	Rec Swim 4-6	Basketball (10+ yrs) 4-6:30 Starts						
3:30										
3:45										
4:00										
4:15		OSAC 5:30-6:45 (6 lanes)	Open Swim 6-8							
4:30										
4:45										
5:00										
5:15										
5:30										
5:45							Core 5:30-6			
6:00										
6:15										
6:30										
6:45			Open Swim 6-8							
7:00										
7:15	Aquafit 7-7:45									
7:30										
7:45				Badminton (13+ yrs) 6:45-8:45						
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													
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			Cardiac Rehab* 8:30-11						Stay 'n' Play 8:45-12	Mommy & Me Stretch and Strengthen 9:15-10				
9:00				Cycle 9-9:40													
9:15																	
9:30																	
9:45	Lessons 9:45-10:30				Family Gym 9-11:45			Gravity 9:45-10:15									
10:00								Gravity 10:20-10:50									
10:15																	
10:30																	
10:45																	
11:00																	
11:15	Lane Swim 11:15-12 (2 Lanes)	Aqua Deep 11:15-12	Open Swim 11:15-12:30				Stretch 11:15-12										
11:30																	
11:45																	
12:00	Lane Swim 12-2:30		Aqua Motion 12:30-1														
12:15				Bars & Plates 12:15-12:45													
12:30																	
12:45																	
1:00	Lessons 1-3			Pickleball: Beginner 1-3:15	Cardiac Rehab* 1-2:30												
1:15																	
1:30																	
1:45																	
2:00																	
2:15																	
2:30	CLOSED																
2:45																	
3:00																	
3:15																	
3:30																	
3:45																	
4:00	Lane Swim 4-5 (3 lanes)	OSAC 4-5:45 (3 lanes)	Family Swim 4-6	Family Gym 4-6:30						Fun Zone 3-10 years 4-6:30 (Parent must remain in building)							
4:15																	
4:30																	
4:45																	
5:00	Lifesaving Sport 5:15-6:30	OSAC 5:45-7:30 (4 lanes)	Rec Swim 6-7		Yoga 5:15-6	Strength Training Teen* 5-6											
5:15																	
5:30																	
5:45																	
6:00	Lane Swim 6:30-7:30 (4 lanes)																
6:15																	
6:30																	
6:45																	
7:00				Co-Ed Volleyball 13+ 6:45 -8:45													
7:15																	
7:30																	
7:45																	
8:00																	
8:15																	
8:30																	
8:45																	

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	Mommy & Me Yoga 9:15-10											
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30		Family Gym 9-11:45															
9:00																			
9:15																			
9:30																			
9:45						Lessons 9:45-10:30													
10:00																			
10:15																			
10:30																			
10:45																			
11:00																			
11:15	Lane Swim	Aqua Deep	Open Swim 11:15-12:30	Family Gym 9-11:45		Cardiac Rehab* 8:30-11	Gravity 9:45-10:15	Stay 'n' Play 8:45-12:00	Chair Yoga 10:15-11										
11:30	11:15-12	11:15-12																	
11:45	(2 Lanes)																		
12:00	Lane Swim 12-2:30																		
12:15																			
12:30																			
12:45																			
1:00																			
1:15																			
1:30																			
1:45																			
2:00																			
2:15			Lessons 1-3																
2:30																			
2:45																			
3:00																			
3:15																			
3:30																			
3:45																			
4:00																			
4:15																			
4:30																			
4:45	Lane Swim 4-6:30 (3 lanes)	OSAC 4-6:15 (3 lanes)	Family Swim 4-5:30	Tabata Set Up		Strength Training: Adult * 4:15-5:15	Strength Training: Teen* 5-6	Fun Zone 3-12 years 4-6:30 (Parent must remain in building)											
5:00																			
5:15																			
5:30																			
5:45																			
6:00																			
6:15																			
6:30																			
6:45																			
7:00																			
7:15	Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)	Open Swim 6:30-7:30	Kickboxing 6:15-7:00															
7:30																			
7:45																			
8:00																			
8:15																			
8:30																			
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			Open 5:45-8:30							
6:00	Lane Swim 6-8:30	OSAC 6-8 (5 lanes)				Open Swim 7-8:45				Bootcamp 6:15-7
6:15										
6:30										
6:45										
7:00		Open Swim 7-8:45								
7:15										
7:30										
7:45										
8:00	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45	Cycle 9-10						
8:15										
8:30										
8:45										
9:00	Lessons 9:30-11	Yoga 10-10:45		Gravity 9:45-10:15	Family Play 10-12					
9:15										
9:30										
9:45										
10:00	Lane Swim 10:30-12	Aquafit 11:15-12	Open Swim 11:15-1	Gentle Fit 11-11:45						
10:15										
10:30										
10:45										
11:00	Lane Swim 12-2	Aqua Run 12:25-12:55	Open Swim 11:15-1	Tabata 12:15-12:45						
11:15										
11:30										
11:45										
12:00	Lane Swim 12-2	Aquafit 1-1:30	Private Lessons 1-3	Pickleball: Rec 1-3:15						
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	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	Family Gym 5:30-7						
6:15										
6:30										
6:45										
7:00	Rec Swim (3 lanes) 5:45-8									
7:15										
7:30										
7:45										
8:00		Basketball 7:15-8:45								
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	Lane Swim 7:15-11 (2 lanes)	OSAC 7:15-10:15 (6 lanes)	Open Gym 7-8:45	Cycle 8-8:30					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00									
9:15									
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2:45									
3:00									
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				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 9:45-11:30 (4)	Aquafit 9:45-10:30	Lessons 9-10:15	Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 10-10:30		W.O.W. 9:30-10					
9:00												
9:15			Tri-Swim* 9:15-9:45									
9:30												
9:45			Advanced Courses/ Lessons 10:30-3	Open 10:45-12			Tri-Run* 10:30-11					
10:00												
10:15												
10:30												
10:45												
11:00												
11:15												
11:30												
11:45					Birthday Parties/Rentals	Family Swim 12:30-3	Birthday Party Set Up		Stretch 11:15-12			Birthday Party Set Up
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												
3:15	Birthday Parties/Rentals								Birthday Party Clean Up			
3:30												
3:45												
4:00												
4:15				Basketball 3:45-4:45								
4:30												
4:45												
5:00												
Sunday												