



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		Family Fun 10-11	Yoga 10-10:45							
10:30										
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 (2 Lanes)									
11:45										
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										
3:30	Lane Swim 3:30-8	OSAC 3:30-5:30 (5 lanes)	Rec Swim 4-6	Basketball (10+ yrs) 4-6:30 Starts						
3:45										
4:00										
4:15										
4:30		OSAC 5:30-6:45 (6 lanes)	Open Swim 6-8	Badminton (13+ yrs) 6:45-8:45						
4:45										
5:00										
5:15										
5:30						Core 5:30-6				
5:45										
6:00										
6:15										
6:30										
6:45										
7:00		Aquafit 7-7:45								
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							
6:15											
6:30			Kettle Bell Flow 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	Adult/ Aquafit 8:45-9:30		Cycle 9-9:40		Cardiac Rehab* 8:30-11					
9:00			Family Gym 9-11:45								
9:15											
9:30											
9:45	Lessons 9:45-10:30					Gravity 9:45-10:15					
10:00						Gravity 10:20-10:50					
10:15							Chair Fit 10:15-11				
10:30											
10:45											
11:00											
11:15	Lane Swim	Aqua Deep	Open Swim 11:15-12:30		Stretch 11:15-12						
11:30	11:15-12 (2 Lanes)	11:15-12									
11:45											
12:00	Lane Swim 12-2:30			Bars & Plates 12:15-12:45							
12:15											
12:30			Aqua Motion 12:30-1								
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											
2:45											
3:00	CLOSED										
3:15											
3:30											
3:45											
4:00											
4:15	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)					
4:30											
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	Lane Swim 6:30-7:30 (4 lanes)										
6:00											
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	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					
6:15									
6:30									
6:45									
7:00									
7:15									
7:30	OSAC 7-8 (4 lanes)	Open Swim 7:30-8:45	Athletic Performance Training: Teen 7:15-8						
7:45									
8:00									
8:15									
8:30			Tabata Set Up						
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Tabata 9-9:45						
9:00									
9:15									
9:30			Aqua Motion 9:30-10						
9:45	Lessons 9:45-10:30	Rental 10:30-11:15	Yoga 10-10:45						
10:00									
10:15									
10:30									
10:45			Cardio: Gentle 11-11:45						
11:00	Lane Swim 11:15-12 (2 Lanes)	Aquafit 11:15-12	Open 11:15-1						
11:15									
11:30									
11:45									
12:00	Lane Swim 12-2:30	Open 11:15-1	Set Up						
12:15									
12:30									
12:45									
1:00	Lessons 1-2:30	Rental 1-2	Rock Steady Boxing* 1:15-2:45						
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 4-6:30 (3 lanes)	OSAC 4-6:45 (5 lanes)	Family Swim 4-5:30	Family Gym 4-6:45		Strength Training: Teen* 4-5			
4:15									
4:30									
4:45									
5:00									
5:15									
5:30	Lane Swim 6:30-8 (3 lanes)	Aquafit 7-7:45	Open 7-8	Basketball 7-8:45					
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	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							
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	Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12:00	Mommy & Me Yoga 9:15-10		
9:00											
9:15											
9:30				Family Gym 9-11:45					Chair Yoga 10:15-11		
9:45	Lessons 9:45-10:30						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											
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	CLOSED										
2:30											
2:45											
3:00											
3:15											
3:30				Badminton 10-18yrs 3:30-4:30							
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			Rec Swim 5:30-6:30								
6:15											
6:30	Lane Swim 6:30-8	OSAC 6:15-7 (4 lanes)	Open Swim 6:30-7:30	Kickboxing 6:15-7:00							
6:45											
7:00											
7:15											
7:30											
7:45				Co-Ed Volleyball 13+ 7:15 -8:45							
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															
6:00	Lane Swim 6-8:30	OSAC 6-8 (5 lanes)	Open 5:45-8:30				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															
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			Family Play 10-12							
9:00															
9:15															
9:30		Lessons 9:30-11								Gravity 9:45-10:15					
9:45										Gravity 10:20-10:50					
10:00															
10:15															
10:30	Lane Swim 10:30-12			Yoga 10-10:45											
10:45															
11:00															
11:15															
11:30	Aquafit 11:15-12	Open Swim 11:15-1	Gentle Fit 11-11:45												
11:45															
12:00															
12:15															
12:30	Lane Swim 12-2		Tabata 12:15-12:45												
12:45		Aqua Run 12:25-12:55	Class Clean Up												
1:00															
1:15	Aquafit 1-1:30	Pickleball: Rec 1-3:15													
1:30															
1:45															
2:00	Private Lessons 1-3														
2:15															
2:30															
2:45															
3:00															
3:15															
3:30															
3:45	Owen Sound Otters 3:45-5:45		Basketball 3:30-5:15												
4:00															
4:15															
4:30															
4:45															
5:00															
5:15															
5:30			Family Gym 5:30-7												
5:45	Lane Swim (2 lanes) 5:45-8	OSAC 5:45-7:15 (3 lanes)	Rec Swim 5:30-8							Teen Sport Cond* 6-7					
6:00															
6:15															
6:30															
6:45	Rec Swim (3 lanes) 5:45-8														
7:00															
7:15															
7:30															
7:45			Basketball 7:15-8:45												
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	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			Family Gym 9-11:30	Tai Chi 1* 9-10	Boot Camp 8:45-9:30				
9:15									
9:30									
9:45									
10:00									
10:15									
10:30	OSAC 10:15-11:30 (4 lanes)	Tai Chi 3* 10-11:30			Gravity 9:45-10:15				
10:45									
11:00	Lifesaving Sport 11-12:45	Lane Swim 11:30-12:30 (4 lanes)			Family Swim 10:30-12	Birthday Party Set Up			
11:15									
11:30									
11:45									
12:00									
12:15	Birthday Parties 12-1:30				Birthday Party Set Up				
12:30									
12:45									
1:00									
1:15									
1:30	Lane Swim 1-3	Rec Swim 1-3	Family Gym 1:30-3:30			Birthday Parties 12-3	Birthday Parties 12-3		
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	Birthday Parties/Rentals		Family Gym 1:30-3:30					Birthday Party Clean Up	
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					
7:15									
7:30									
7:45									
8:00									
8:15	Lane Swim 8:30-9:15	Lessons 8:30-9	Pickleball: Beginner/Rec 9:30-11:30			Buti Yoga 8-8:45			
8:30									
8:45									
9:00									
9:15		Tri-Swim* 9:15-9:45							
9:30									
9:45									
10:00									
10:15	Lane Swim 9:45-11:30 (4)	Aquafit 9:45-10:30		Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 10-10:30				
10:30									
10:45									
11:00									
11:15			Open 10:45-12				Tri-Run* 10:30-11		
11:30									
11:45									
12:00									
12:15	Stretch 11:15-12								
12:30									
12:45									
1:00									
1:15			Advanced Courses/ Lessons 10:30-3	Family Swim 12:30-3	Birthday Party Set Up	Kickboxing 12:15-1			
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00	Birthday Parties/Rentals								
3:15									
3:30									
3:45									
4:00			Basketball 3:45-4:45						
4:15									
4:30									
4:45									
5:00	Sunday								