



Shine On

SUMMER
2025

PROGRAM SCHEDULE

BEGINS JUNE 28TH

Next Registered Session:
Session A (September 15 - November 9)

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	7:00-3:00

IMPORTANT DATES

Facility Closure	Sept 1 - 7
Session A Member Reg	Aug 26
Session A Public Reg	Aug 28

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																
6:15																
6:30																
6:45																
7:00	Lane Swim 6:30-8:30		Open Swim 7:00-8:45	Pickleball: Rec 6-8:30		WOW 6:15-6:45										
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						
9:00																
9:15																
9:30	Lessons 9:30-10:45															
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	Adult/ Therapy 11:15-12:15							Cardio: Gentle 11-11:45						
11:30																
11:45																
12:00	Lane Swim 12-1		Aqua Motion 12:15-12:45	Day Camp 11:45-1												
12:15																
12:30																
12:45																
1:00																
1:15	Lessons 1-2		Day Camp 1-2													
1:30																
1:45																
2:00	Rec Swim 2-3															
2:15																
2:30																
2:45																
3:00																
3:15																
3:30																
3:45																
4:00																
4:15																
4:30			Family Swim 3:30-5													
4:45																
5:00																
5:15										Lane Swim 5:15-7		Basketball (10+ yrs) 4:30-6:15				
5:30																
5:45																
6:00																
6:15																
6:30																
6:45																
7:00	Lane Swim 7-8 (3 lanes)	Aquafit 7-7:45														
7:15																
7:30																
7:45																
8:00																
8:15																
8:30																
8:45																

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	Lane Swim 6:30-8:30		Basketball 6-8:30		Kettlebell Flow 6:15-7				
6:00									
6:15									
6:30									
6:45									
7:00	Lane Swim 6:30-8:30		Basketball 6-8:30						
7:15									
7:30									
7:45									
8:00									
8:15	Open Swim 7:30-8:45								
8:30									
8:45									
9:00									
9:15									
9:30	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30						
9:45									
10:00									
10:15									
10:30									
10:45	Lessons 9:30-10:45		Mommy & Me 9:15-10		Cycle 9-9:40	Cardiac Rehab* 8:30-11	Gravity 9:45-10:15	Gravity 10:20-10:50	Stay 'n' Play 8:45-12
11:00									
11:15									
11:30									
11:45									
12:00	Lane Swim 11:15-12 (2 lanes)		Aqua Deep 11:15-12		Open Swim 11:15-12:45		Stretch 11:15-12		
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 12-1		Open Swim 11:15-12:45		Bars & Plates 12:15-12:45				
1:30									
1:45									
2:00									
2:15									
2:30	Lessons 1-2		Day Camp 1-2			Cardiac Rehab* 1-2:30			
2:45									
3:00									
3:15									
3:30									
3:45	Rec Swim 2-3		Pickleball: Beginner/Rec 1-3:30						
4:00									
4:15									
4:30									
4:45									
5:00	Lane Swim 4-7		Lessons 4-7		Active Kids 6-12yrs 4-6	Family Gym 4-6			
5:15									
5:30									
5:45									
6:00									
6:15	Family Gym 6-6:45								
6:30									
6:45									
7:00									
7:15									
7:30	Co-Ed Volleyball 13+ 7-8:45								
7:45									
8:00									
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	Lane Swim 6:30-8:30		Basketball 6-8:30					Day Camp & Aquatics	
6:00									
6:15									
6:30									
6:45									
7:00									
7:15									
7:30									
7:45	Open Swim 7:30-8:45								
8:00									
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30	Mommy & Me 9:15-10	Cycle 9-9:40	Cardiac Rehab* 8:30-11	Gravity 6:15-6:45	Stay 'n' Play 8:45-12:00		
9:00									
9:15									
9:30	Lessons 9:30-10:45		Family Gym 9-11:45			Gravity 9:45-10:15			
9:45									
10:00									
10:15									
10:30			Day Camp 10:15-11					Gravity 10:20-10:50	
10:45									
11:00									
11:15									
11:15	Lane Swim	Aqua Deep	Open Swim 11:15-12:45						
11:30	11:15-12	11:15-12							
11:45	(2 lanes)								
12:00									
12:15	Lane Swim 12-1		Body Sculpt 12:15-12:45						
12:30									
12:45									
1:00	Lessons 1-2		Pickleball: Rec 1-3						
1:15									
1:30									
1:45									
2:00	Rec Swim 2-3								
2:15									
2:30									
2:45									
3:00	CLOSED		Day Camp 3-4:30						
3:15									
3:30									
3:45									
4:00	Lane Swim 4-7	Lessons 4-7	Tabata Set Up						
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			Co-Ed Volleyball 13+ 7:15 -8:45						
7:45									
8:00									
8:15									
8:30									
8:45									

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										
6:15										
6:30										
6:45	Lane Swim 6:30-8:30			Open 5:45-8:30			Boot Camp 6:15-7			
7:00										
7:15										
7:30										
7:45										
8:00										
8:15	Open Swim 7:00-8:45									
8:30										
8:45										
9:00										
9:15	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45						
9:30										
9:45	Lessons 9:30-10:45									
10:00										
10:15										
10:30										
10:45										
11:00										
11:15										
11:30										
11:45	Lane Swim 11:15-12 (2 lanes)	Aquafit 11:15-12	Open Swim 11:15-12:45	Cardio: Gentle 11-11:45						
12:00										
12:15										
12:30										
12:45	Lane Swim 12-1		Aqua Run 12:30-1	Tabata 12:15-12:45						
12:30										
12:45				Class Clean Up						
1:00										
1:15	Lessons 1-2		Day Camp 1-2	Pickleball: Rec 1-3						
1:30										
1:45										
2:00										
2:15	Rec Swim 2-3									
2:30										
2:45										
3:00										
3:15				Family Gym 3:15- 5:15	Day Camp 3:15- 5:15					
3:30										
3:45										
4:00										
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45				Basketball 5:30-6:45						
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									

SATURDAY 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			Open Gym 7-8:45	Cycle 8-8:30					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-10				Tai Chi 1* 9-10	Boot Camp 8:45-9:30			
8:45									
9:00									
9:15									
9:30									
9:45									
10:00		Open Swim 10:30-11:30	Family Gym 9-11		Tai Chi 3* 10-11:30	Gravity 9:45-10:15		Birthday Party Set Up	
10:15									
10:30									
10:45									
11:00									
11:15									
11:30	Rec Swim 11:30-2	Birthday Party Set Up					Birthday Parties 11-2		
11:45									
12:00									
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30			Basketball 1:15-2:45						
2:45									
Saturday									

SUNDAY 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			Pickleball: Competitive 18yrs+ 7-9:30						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45									
9:00	Lane Swim 9-10:30		Pickleball: Beginner/Rec 9:30-11		W.O.W. 9:30-10				
9:15									
9:30									
9:45									
10:00	Aquafit 9:45-10:30								
10:15									
10:30			Open Swim 10:30-11:30	Birthday Party Set Up		Stretch 11:15-12		Birthday Party Set Up	
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30	Rec Swim 11:30-2		Birthday Parties 11:30-1		Kickboxing 12:15-1		Birthday Parties 11-2		
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30			Family Gym 1:15-2:45						
2:45									
Sunday									