



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									Day Camp & Aquatics		
6:00											
6:15											
6:30											
6:45	Lane Swim 6:30-8:30		Open Swim 7:00-8:45	Pickleball: Rec 6-8:30						WOW 6:15-6:45	
7:00											
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	Lessons 9:30-10:45				Gravity 9:45-10:15						
9:45					Gravity: Mix 10:20-10:50						
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	Lane Swim 12-1			Aqua Motion 12:15-12:45	Day Camp 11:45-1	Kettlebell Flow 12:15-12:45	TRX Boot Camp 12:15-12:45				
11:45											
12:00											
12:15											
12:30	Lessons 1-2			Day Camp 1-2							
12:45											
1:00											
1:15											
1:30	Rec Swim 2-3			Family Gym 1-4							
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15											
3:30			Family Swim 3:30-5								
3:45											
4:00											
4:15											
4:30											
4:45											
5:00											
5:15											
5:30	Lane Swim 5:15-7			Basketball (10+ yrs) 4:30-6:15							
5:45											
6:00											
6:15											
6:30											
6:45											
7:00											
7:15											
7:30	Lane Swim 7-8 (3 lanes)	Aquafit 7-7:45		Badminton (13+ yrs) 6:30-8:45							
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									
6:15									
6:30									
6:45									
7:00	Lane Swim 6:30-8:30		Basketball 6-8:30	Kettlebell Flow 6:15-7					
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						
11:00									
11:15									
11:30									
11:45									
12:00	Day Camp 10:15-11		Family Gym 9-11:45						
12:15									
12:30									
12:45									
1:00									
1:15	Lane Swim 11:15-12 (2 lanes)		Aqua Deep 11:15-12	Open Swim 11:15-12:45					
1:30									
1:45									
2:00									
2:15									
2:30	Lane Swim 12-1		Open Swim 11:15-12:45	Bars & Plates 12:15-12:45					
2:45									
3:00									
3:15									
3:30									
3:45	Lessons 1-2		Day Camp 1-2						
4:00									
4:15									
4:30									
4:45									
5:00	Rec Swim 2-3		Pickleball: Beginner/Rec 1-3:30						
5:15									
5:30									
5:45									
6:00									
6:15	CLOSED								
6:30									
6:45									
7:00									
7:15									
7:30	Lane Swim 4-7		Lessons 4-7	Active Kids 6-12yrs 4-6	Family Gym 4-6				
7:45									
8:00									
8:15									
8:30									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
8:45									
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	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	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		Cycle 9-9:40	Cardiac Rehab* 8:30-11		Stay 'n' Play 8:45-12:00		
9:00									
9:15	Lessons 9:30-10:45		Mommy & Me 9:15-10						
9:30									
9:45					Gravity 9:45-10:15				
10:00					Gravity 10:20-10:50				
10:15		Day Camp 10:15-11	Family Gym 9-11:45						
10:30									
10:45									
11:00									
11:15	Lane Swim	Aqua Deep	Open Swim 11:15-12:45		Stretch 11:15-12				
11:30	11:15-12	11:15-12							
11:45	(2 lanes)								
12:00	Lane Swim 12-1								
12:15			Body Sculpt 12:15-12:45		Joga 12:15-12:45				
12:30									
12:45									
1:00	Lessons 1-2		Day Camp 1-2	Pickleball: Rec 1-3	Cardiac Rehab* 1:00-2:30				
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					Fun Zone 3-12 years 4-7 (Parent must remain in building)		
4:15									
4:30									
4:45			Tabata Set Up						
5:00									
5:15			Tabata 5:15-6:00			Strength Training: Teen* 5-6			
5:30									
5:45									
6:00									
6:15									
6:30		Kickboxing 6:15-7:00							
6:45									
7:00									
7:15									
7:30									
7:45									
8:00			Co-Ed Volleyball 13+ 7:15 -8:45						
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									Day Camp & Aquatics	
6:00										
6:15										
6:30										
6:45										
7:00	Lane Swim 6:30-8:30			Open Swim 7:00-8:45	Open 5:45-8:30	Boot Camp 6:15-7				
7:15										
7:30										
7:45										
8:00										
8:15										
8:30										
8:45										
9:00										
9:15										
9:30	Aquafit 8:45-9:30			Adult/ Aquafit 8:45-9:30	Cardio: Step 9-9:45					
9:45										
10:00										
10:15										
10:30										
10:45	Lessons 9:30-10:45				Yoga 10-10:45		Gravity 9:45-10:15	Family Play 10-12 2-5 yrs (infant siblings welcome)		
11:00										
11:15										
11:30										
11:45										
12:00	Lane Swim 12-1		Open Swim 11:15-12:45	Cardio: Gentle 11-11:45						
12:15										
12:30										
12:45										
1:00										
1:15	Lessons 1-2		Day Camp 1-2	Pickleball: Rec 1-3						
1:30										
1:45										
2:00										
2:15										
2:30	Rec Swim 2-3									
2:45										
3:00										
3:15										
3:30										
3:45				Family Gym 3:15- 5:15	Day Camp 3:15- 5:15					
4:00										
4:15										
4:30										
4:45										
5:00										
5:15										
5:30										
5:45										
6:00										
6:15				Basketball 5:30-6:45						
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						
7:15									
7:30									
7:45									
8:00									
8:15									
8:30	Lane Swim 8:30-10								
8:45									
9:00									
9:15									
9:30									
9:45									
10:00		Open Swim 10:30-11:30	Family Gym 9-11		Tai Chi 1* 9-10	Boot Camp 8:45-9:30			
10:15									
10:30									
10:45									
11:00									
11:15									
11:30		Rec Swim 11:30-2	Birthday Party Set Up		Tai Chi 3* 10-11:30	Gravity 9:45-10:15	Birthday Party Set Up		
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	Lane Swim 9-10:30		Pickleball: Competitive 18yrs+ 7-9:30								
7:15											
7:30											
7:45			Pickleball: Beginner/Rec 9:30-11								
8:00											
8:15											
8:30			Aquafit 9:45-10:30							Open Swim 10:30-11:30	Birthday Party Set Up
8:45											
9:00											
9:15	Rec Swim 11:30-2		Family Gym 1:15-2:45								
9:30											
9:45											
10:00											
10:15											
10:30											
10:45											
11:00											
11:15											
11:30											
11:45											
12:00											
12:15											
12:30											
12:45											
1:00											
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
Sunday											