



Shine On

FALL
2025

PROGRAM SCHEDULE

BEGINS SEPTEMBER 8, 2025

Registered Sessions

Session A: Sept 15 - Nov 9

Session B: Nov 17 - Jan 25

Session C: Feb 2 - April 5

Session D: Apr 13 - June 7

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 A:	Aug 26th	Aug 28th
Session B:	Nov 11th	Nov 13th
Session C:	Jan 27th	Jan 29th
Session D:	April 7th	April 9th

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							Stay 'n' Play (0-5 yrs) 8:45-12 (Parent must remain in building)		
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		OSAC 7-8 (4 lanes)				Open Swim 7-8:45			
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	Gravity 9:45-10:15 Gravity: Mix 10:20-10:50			
9:00									
9:15	Lessons 9:30-11			Tai Chi 3* 10-11:30					
9:30									
9:45									
10:00									
10:15									
10:30									
10:45									
11:00							Cardio: Gentle 11-11:45		
11:15					Lane Swim 11:15-12	Aquafit 11:15-12 (6 lanes)		Open Swim 11-12	
11:30									
11:45									
12:00	Lane Swim 12-1		Adult Therapy 12-1	Youth Fitness (6-13 yrs) 12:15-1	Kettlebell Flow 12:15-12:45	TRX Boot Camp 12:15-12:45			
12:15									
12:30									
12:45									
1:00									
1:15	Lessons 1:15-3:30		Lessons 1:15-3:30	Family Gym 1:15-3:30		Rock Steady Boxing* 1:15-2:45	Rock Steady Boxing* 1:15-2:45		
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45	Lane Swim 3:45-5:30 (2 lanes)	OSAC 3:45-5:30 (6 lanes)	Lessons 4-5:30	Soccer Fundamentals* (6-12 yrs) 4-5					
4:00									
4:15									
4:30									
4:45									
5:00				Jr NBA* (7-9 yrs) 5:15-6:15 Starts Nov 17	Sport Literacy* (3-6 yrs) 5:15-6:15	Cycle 5:15-6			
5:15									
5:30									
5:45									
6:00									
6:15	Lane Swim 5:30-8 (4 lanes)	OSAC 5:30-6:45 (4 lanes)	Family Swim 5:30-6:45			Yoga 6-6:45			
6:30									
6:45									
7:00		Aquafit 7-7:45 (4 lanes)	Open Swim 6:45-8	Badminton (13+ yrs) 6:45-8:45					
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 6-7:45 (3 lanes)	OSAC 6-7:45 (5 lanes)		Basketball 6-8:30							
6:15											
6:30						Kettlebell Flow 6:15-7					
6:45											
7:00											
7:15											
7:30			Open Swim 7:30-8:45								
7:45	Lane Swim 7:45-8:30										
8:00											
8:15											
8:30											
8:45	Aquafit 8:45-9:30		Adult/ Aquafit 8:45-9:30					Stay 'n' Play (0-5 yrs) 8:45-12 (Parent must remain in building)	Mommy & Me Stretch and Strengthen 9:15-10		
9:00											
9:15					Cycle 9-9:40	Cardiac Rehab* 8:30-11	Gravity 9:45-10:15				
9:30							Gravity 10:20-10:50			Chair Fit 10:15-11	
9:45											
10:00											
10:15				Family Gym 9-11:45							
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	Lane Swim 12-1		Aqua Motion 12:30-1	Bars & Plates 12:15-12:45							
12:15											
12:30											
12:45											
1:00				Pickleball: Beginner/Rec 1-3:30		Cardiac Rehab* 1-2:30					
1:15											
1:30											
1:45											
2:00											
2:15											
2:30											
2:45											
3:00											
3:15											
3:30											
3:45											
4:00	Lessons 4-6:30	OSAC 3:45-6:30 (3 lanes)	Lessons 4-6:45	Teen Sports (12-15 yrs) 4-5	Family Gym 4-5		Strength Training Teen* 5-6	Fun Zone (3-8 yrs) 4-6:30 (Parent must remain in building)		Youth Awareness Workshops Dates & more info online	
4:15											
4:30											
4:45											
5:00											
5:15											
5:30				Family Gym 5-6:30	Yoga 5:15-6						
5:45											
6:00											
6:15											
6:30											
6:45	Lane Swim 6:30-8 (3 lanes)	OSAC 6:30-8 (5 lanes)	Family Swim 6:45-7:45			Zumba 6:15-7:15					
7:00											
7:15											
7:30											
7:45									Gravity Bootcamp 7:30-8:15		
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									
6:00	Lane Swim 6-7:45 (3 lanes)	OSAC 6-7:45 (5 lanes)	Basketball 6-8:30			Gravity 6:15-6:45			
6:15									
6:30									
6:45									
7:00									
7:15	Lane Swim 7:45-8:30	Open Swim 7:30-8:45							
7:30									
7:45									
8:00			Family Gym 9-11:45	Cycle 9-9:40	Cardiac Rehab* 8:30-11	Stay 'n' Play (0-5 yrs) 8:45-12:00 (Parent must remain in building)	Mommy & Me Yoga 9:15-10		
8:15									
8:30									
8:45	Aquafit 8:45-9:30	Adult/ Aquafit 8:45-9:30						Gravity 9:45-10:15	
9:00									
9:15									
9:30	Lessons 9:30-11								Gravity 10:20-10:50
9:45									
10:00									
10:15									
10:30									
10:45			Stretch 11:15-12						
11:00	Lane Swim 11:15-12	Aqua Deep 11:15-12 (6 lanes)		Open Swim 11:15-12:30					
11:15									
11:30									
11:45	Lane Swim 12-1			Body Sculpt 12:15-12:45	Joga 12:15-12:45				
12:00									
12:15									
12:30	Aqua Motion 12:30-1								
12:45									
1:00					Lessons 1-3:30		Cardiac Rehab* 1:00-2:30		
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45	CLOSED		Youth Basketball (10-16 yrs) 3:15-4:45						
3:00									
3:15									
3:30			Tabata Set Up	Full Body Freestyle 4:15-5	Strength Training: Teen* 5-6	Fun Zone (3-8 yrs) 4-6:30 (Parent must remain in building)			
3:45	Lessons 4-6:15	OSAC 3:45-6:15 (4 lanes)					Lessons 4-6:15		
4:00									
4:15									
4:30									
4:45									
5:00	Lane Swim 6:15-8 (2 lanes)						OSAC 6:15-7 (5 lanes)	Rec Swim 6:30-7:30	Cycle 7-7:30
5:15									
5:30									
5:45									
6:00									
6:15			Co-Ed Volleyball (13+ yrs) 7:15 -8:45						
6:30									
6:45									
7:00									
7:15									
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	Lane Swim 7:15-9 (2 lanes)	OSAC 7:05-9 (6 lanes)		Open Gym 7-8:45					
7:15									
7:30									
7:45									
8:00									
8:15									
8:30									
8:45	Lessons 9-11	OSAC 9-11 (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									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45	Lane Swim 1-3 (2 lanes)	Rec Swim 1-3		Family Gym 1:30-3:30					
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	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	Lane Swim 7:30-9:45 (3 lanes)		OSAC 7:30-8:45 (5 lanes)	Pickleball: Competitive (18+ yrs) 7-9:30								
7:15												
7:30												
7:45												
8:00												
8:15												
8:30												
8:45	Lane Swim 8:45-9:15 (8 lanes)		Lessons 9-11							Pickleball: Beginner/Rec 9:30-11:30	Tri-Cycle* 10-10:30	Tri-Run* 10:30-11
9:00												
9:15	Lane Swim (2 lanes)	Tri-Swim* 9:15-9:45		W.O.W. 9:30-10								
9:30												
9:45	Lane Swim 9:45-12 (4 lanes)	Aquafit 9:45-10:30										
10:00												
10:15												
10:30												
10:45												
11:00	Lessons 10:30-12		Open 11-12:15	Birthday Party Set Up								
11:15												
11:30												
11:45												
12:00												
12:15	Advanced Courses/ Lessons 12-3		Rec Swim 1-3	Birthday Parties 12-1:30		Kickboxing 12:15-1						
12:30												
12:45												
1:00												
1:15												
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											