



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](http://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 10<sup>th</sup> 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                                                                                         | Lane Swim<br>6-8:30                 | OSAC<br>6-7<br>(6 lanes)         | Pickleball:<br>Rec<br>6-8:30   |                                                       |                                              | WOW<br>6:15-6:45                       |                                 |                              |                                                                               |                     |
| 6:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:00                                                                                         |                                     | OSAC<br>7-8<br>(4 lanes)         |                                |                                                       |                                              |                                        |                                 |                              |                                                                               | Open Swim<br>7-8:45 |
| 7:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:45                                                                                         | Aquafit<br>8:45-9:30                |                                  | Adult/<br>Aquafit<br>8:45-9:30 |                                                       |                                              |                                        | Cardio: Mix<br>9-9:45           | Tai Chi 1*<br>9-10           | Stay 'n' Play<br>(0-5 yrs)<br>8:45-12<br><br>(Parent must remain in building) |                     |
| 9:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 9:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 9:30                                                                                         | Lessons<br>9:30-11                  |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 9:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 10:00                                                                                        |                                     |                                  |                                |                                                       |                                              | Yoga<br>10-10:45                       |                                 |                              |                                                                               |                     |
| 10:15                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 10:30                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 10:45                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 11:00                                                                                        |                                     |                                  | Open Swim<br>11-12             |                                                       |                                              | Cardio: Gentle<br>11-11:45             |                                 |                              |                                                                               |                     |
| 11:15                                                                                        | Lane Swim<br>11:15-12               | Aquafit<br>11:15-12<br>(6 lanes) |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 11:30                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 11:45                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 12:00                                                                                        | Lane Swim<br>12-1                   |                                  | Adult<br>Therapy<br>12-1       |                                                       |                                              | Youth Fitness<br>(6-13 yrs)<br>12:15-1 | Kettlebell Flow<br>12:15-12:45  | TRX Boot Camp<br>12:15-12:45 | Family Play<br>(0-6 yrs)<br>12:15-1:30                                        |                     |
| 12:15                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 12:30                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 12:45                                                                                        |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 1:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 1:15                                                                                         | Lessons<br>1:15-3:30                |                                  | Lessons<br>1:15-3:30           | Family Gym<br>1:15-3:30                               | Rock Steady<br>Boxing*<br>1:15-2:45          | Rock Steady<br>Boxing*<br>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<br>3:45-5:30<br>(2 lanes) | OSAC<br>3:45-5:30<br>(6 lanes)   | Lessons<br>4-5:30              | Soccer<br>Fundamentals*<br>(6-12 yrs)<br>4-5          | Core<br>4:30-5                               | Strength<br>Training<br>Teen*<br>4-5   | Family Play<br>(0-6 yrs)<br>4-6 |                              |                                                                               |                     |
| 4:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 4:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 4:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 4:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 5:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 5:15                                                                                         | Lane Swim<br>5:30-8<br>(4 lanes)    | OSAC<br>5:30-6:45<br>(4 lanes)   | Family Swim<br>5:30-6:45       | Jr NBA*<br>(7-9 yrs)<br>5:15-6:15<br>Starts Nov<br>17 | Sport<br>Literacy*<br>(3-6 yrs)<br>5:15-6:15 |                                        |                                 |                              |                                                                               |                     |
| 5:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 5:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 6:45                                                                                         |                                     | Aquafit<br>7-7:45<br>(4 lanes)   | Open Swim<br>6:45-8            | Badminton<br>(13+ yrs)<br>6:45-8:45                   |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 7:45                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:00                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:15                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:30                                                                                         |                                     |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |
| 8:45                                                                                         | Monday                              |                                  |                                |                                                       |                                              |                                        |                                 |                              |                                                                               |                     |





**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<br>6-7:45<br>(3 lanes) | OSAC<br>6-7:45<br>(5 lanes)        | Basketball<br>6-8:30           |                                              |                               | Gravity<br>6:15-6:45               |                                                                                  |                            |   |  |
| 6:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 6:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 6:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:15                                                                                         |                                  |                                    |                                |                                              |                               | Yoga<br>7:15-8                     |                                                                                  |                            |   |  |
| 7:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:45                                                                                         | Lane Swim<br>7:45-8:30           |                                    | Open Swim<br>7:30-8:45         |                                              |                               |                                    |                                                                                  |                            |   |  |
| 8:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 8:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 8:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 8:45                                                                                         | Aquafit<br>8:45-9:30             |                                    | Adult/<br>Aquafit<br>8:45-9:30 |                                              |                               |                                    | Stay 'n' Play<br>(0-5 yrs)<br>8:45-12:00<br><br>(Parent must remain in building) | Mommy & Me Yoga<br>9:15-10 |   |  |
| 9:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 9:15                                                                                         |                                  |                                    |                                | Cycle<br>9-9:40                              | Cardiac Rehab*<br>8:30-11     |                                    |                                                                                  |                            |   |  |
| 9:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 9:45                                                                                         | Lessons<br>9:30-11               |                                    |                                | Family Gym<br>9-11:45                        |                               |                                    | Gravity<br>9:45-10:15                                                            |                            |   |  |
| 10:00                                                                                        |                                  |                                    |                                |                                              |                               |                                    | Gravity<br>10:20-10:50                                                           | Chair Yoga<br>10:15-11     |   |  |
| 10:15                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 10:30                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 10:45                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 11:00                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 11:15                                                                                        | Lane Swim<br>11:15-12            | Aqua Deep<br>11:15-12<br>(6 lanes) | Open Swim<br>11:15-12:30       |                                              | Stretch<br>11:15-12           |                                    |                                                                                  |                            |   |  |
| 11:30                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 11:45                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 12:00                                                                                        | Lane Swim<br>12-1                |                                    | Open Swim                      |                                              |                               |                                    |                                                                                  |                            |   |  |
| 12:15                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 12:30                                                                                        |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 12:45                                                                                        |                                  |                                    | Aqua Motion<br>12:30-1         | Body Sculpt<br>12:15-12:45                   |                               |                                    |                                                                                  |                            |   |  |
| 1:00                                                                                         | Lessons<br>1-3:30                |                                    |                                | Pickleball:<br>Rec<br>1-3                    |                               | Cardiac Rehab*<br>1:00-2:30        |                                                                                  |                            |   |  |
| 1:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 1:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 1:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 2:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 2:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 2:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 2:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 3:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 3:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 3:30                                                                                         | CLOSED                           |                                    |                                | Youth Basketball<br>(10-16 yrs)<br>3:15-4:45 |                               |                                    |                                                                                  |                            |   |  |
| 3:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 4:00                                                                                         | Lessons<br>4-6:15                | OSAC<br>3:45-6:15<br>(4 lanes)     | Lessons<br>4-6:15              |                                              | Full Body Freestyle<br>4:15-5 | Strength Training:<br>Teen*<br>5-6 | Fun Zone<br>(3-8 yrs)<br>4-6:30<br><br>(Parent must remain in building)          |                            |   |  |
| 4:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 4:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 4:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 5:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 5:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 5:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 5:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 6:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 6:15                                                                                         | Lane Swim<br>6:15-8<br>(2 lanes) | OSAC<br>6:15-7<br>(5 lanes)        |                                | Kickboxing<br>6:15-7:00                      |                               |                                    |                                                                                  |                            |   |  |
| 6:30                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 6:45                                                                                         |                                  | OSAC<br>7-8<br>(6 lanes)           | Rec Swim<br>6:30-7:30          |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:00                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:15                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 7:30                                                                                         |                                  |                                    |                                | Cycle<br>7-7:30                              |                               |                                    |                                                                                  |                            |   |  |
| 7:45                                                                                         |                                  |                                    |                                |                                              |                               |                                    |                                                                                  |                            |   |  |
| 8:00                                                                                         |                                  |                                    |                                | Co-Ed Volleyball<br>(13+ yrs)<br>7:15 -8:45  |                               |                                    |                                                                                  |                            |   |  |
| 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<br>7:15-9<br>(2 lanes) | OSAC<br>7:05-9<br>(6 lanes) |                    | Open Gym<br>7-8:45    |         |                        |                        |   |                                       |
| 7:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 7:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 7:45                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 8:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 8:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 8:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 8:45                                                                                         | Lessons<br>9-11<br>(2 lanes)     | OSAC<br>9-11<br>(4 lanes)   | Lessons<br>9-12:30 | Family Gym<br>9-11:30 |         | Tai Chi 1*<br>9-10     | Boot Camp<br>8:45-9:30 |   |                                       |
| 9:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 9:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 9:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 9:45                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 10:00                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 10:15                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 10:30                                                                                        | Lifesaving Sport<br>11-12:45     |                             | Lessons<br>9-12:30 | Family Gym<br>9-11:30 |         | Tai Chi 3*<br>10-11:30 | Gravity<br>9:45-10:15  |   | Kung Fu*<br>(7-12 yrs)<br>10:30-11:15 |
| 10:45                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 11:00                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 11:15                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 11:30                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 11:45                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 12:00                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 12:15                                                                                        | Birthday Parties<br>12-1:30      |                             |                    |                       |         |                        |                        |   |                                       |
| 12:30                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 12:45                                                                                        |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 1:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 1:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 1:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 1:45                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 2:00                                                                                         | Lane Swim<br>1-3<br>(2 lanes)    | Rec Swim<br>1-3             |                    |                       |         |                        |                        |   |                                       |
| 2:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 2:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 2:45                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 3:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 3:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 3:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 3:45                                                                                         | Birthday Parties/Rentals         |                             |                    |                       |         |                        |                        |   |                                       |
| 4:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 4:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 4:30                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 4:45                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 5:00                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 5:15                                                                                         |                                  |                             |                    |                       |         |                        |                        |   |                                       |
| 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                                                                                         | <div>Lane Swim<br/>7:30-9:45<br/>(3 lanes)</div> <div>OSAC<br/>7:30-8:45<br/>(5 lanes)</div> |                                   | <div>Pickleball: Competitive<br/>(18+ yrs)<br/>7-9:30</div> |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 7:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 7:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 7:45                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 8:00                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 8:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 8:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 8:45                                                                                         | Lane Swim<br>8:45-9:15 (8 lanes)                                                             |                                   | <div>Lessons<br/>9-11</div>                                 | <div>Pickleball: Beginner/Rec<br/>9:30-11:30</div> |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 9:00                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 9:15                                                                                         | Lane Swim<br>(2 lanes)                                                                       | Tri-Swim*<br>9:15-9:45            |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    | <div>W.O.W.<br/>9:30-10</div> |                                    |                                  |
| 9:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 9:45                                                                                         | <div>Lane Swim<br/>9:45-12<br/>(4 lanes)</div>                                               | <div>Aquafit<br/>9:45-10:30</div> |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               | <div>Tri-Cycle*<br/>10-10:30</div> | <div>Tri-Run*<br/>10:30-11</div> |
| 10:00                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 10:15                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 10:30                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 10:45                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 11:00                                                                                        |                                                                                              |                                   | <div>Lessons<br/>10:30-12</div>                             | <div>Open<br/>11-12:15</div>                       | <div>Birthday Party Set Up</div> | <div>Stretch<br/>11:15-12</div> |                                         |                                   |                                    |                               |                                    |                                  |
| 11:15                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 11:30                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 11:45                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 12:00                                                                                        | <div>Advanced Courses/<br/>Lessons<br/>12-3</div>                                            | <div>Rec Swim<br/>1-3</div>       |                                                             |                                                    |                                  |                                 | <div>Birthday Parties<br/>12-1:30</div> | <div>Kickboxing<br/>12:15-1</div> |                                    |                               |                                    |                                  |
| 12:15                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 12:30                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 12:45                                                                                        |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 1:00                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 1:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 1:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 1:45                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 2:00                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 2:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 2:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 2:45                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 3:00                                                                                         | <div>Birthday Parties/Rentals</div>                                                          |                                   | <div>Rec Swim<br/>1-3</div>                                 | <div>Birthday Parties<br/>12-3</div>               |                                  |                                 |                                         |                                   | <div>Birthday Party Clean Up</div> |                               |                                    |                                  |
| 3:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 3:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 3:45                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 4:00                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 4:15                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 4:30                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 4:45                                                                                         |                                                                                              |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |
| 5:00                                                                                         | Sunday                                                                                       |                                   |                                                             |                                                    |                                  |                                 |                                         |                                   |                                    |                               |                                    |                                  |